

B.A/B.Sc. (Honours) Examination, 2019
Semester-IV (CBCS)
Physical Education
Course : CC-8
(Fitness and Wellness)

Time : 3 Hours

Full Marks : 60

Questions are of value as indicated in the margin

Answer one question from each unit

UNIT - I

1. Write the meaning of fitness. Discuss in detail about the importance and scope of fitness and wellness in modern era. 3+9=12

Or

What is wellness? Write the aim and objectives of fitness and wellness. 3+9=12

UNIT – II

2. What do you mean by skill related fitness components? Discuss in detail about the components of skill related fitness. 3+9=12

Or

Write short notes on a) Body composition b) Health benefit of Fitness. 6+6=12

UNIT – III

3. What do you mean by flexibility? How do you measure cardio respiratory endurance? 3+9=12

Or

Write short notes on a) Speed test b) Muscular endurance test. 6+6=12

UNIT – IV

4. What do you mean by anaerobic exercise? How do you develop aerobic fitness? 2+10=12

Or

Write short notes on a) Fitness training program b) Fitness and weight training. 6+6=12

UNIT – V

5. What is hypokinetic disease? Discuss in detail about one hypokinetic disease, prevention and management in relation to physical activity. 3+9=12

Or

Write note on Modern life style and its impact on health. 3×4=12
