

M.P.Ed. Semester-III Examination 2014

Course Code : MPED-234

(Fitness and Wellness)

Time : Three Hours

Full Marks : 40

Questions are of value as indicated in the margin

Answer **one** question from each unit

UNIT - I

1. Explain the role of exercise in enhancing the Quality of life? 8

OR

Describe Health-related Fitness components from physiological point of view. 8

UNIT - II

2. Describe various dimensions of Wellness. 8

Or

Name the factors affecting wellness. What do you mean by lifetime fitness and wellness.

4+4=8

UNIT - III

3. Discuss the nutritional need for the wellness of active sportspersons. 8

Or

What do you understand by modern trends in wellness? Discuss the objectives of various wellness centres established in the society today.

2+6=8

UNIT - IV

4. Produce a model fitness programme for the adolescent Girls mentioning the objectives. 8

Or

What are the guidelines to be followed to prepare a fitness programme for exceptionally challenged people? 8

UNIT - V

5. Discuss on any one of the following conditions requiring modification of exercise programmes :
(i) Osteoporosis (ii) Hypertension 8

Or

What do you mean by life-style-related diseases? Prescribe exercises for developing health related fitness of apparently healthy adults.

4+4=8
