

Undergraduate Examination, 2018
Semester-II (CBCS)
Physical Education
Generic Elective Course (GEC-2)
(Health Fitness and Wellness)

Time – 3 Hours

Full Marks – 60

Questions are of value as indicated in the margin

UNIT-I

1. What is health? Write its dimension in details. 2+10=12

Or

Define health. Write about any three factors which effects health. 3+9=12

UNIT-II

2. What do you mean by Physical fitness? Write in details about the components of Health Related Physical Fitness with examples of daily living and sports activity. 2+10=12

Or

Define Physical Fitness. What do you mean by motor related Physical Fitness? Write any four motor components in details with suitable examples. 2+2+8=12

UNIT-III

3. What do you mean by Physical fitness? Prepare a four week schedule to develop physical fitness. 2+10=12

Or

Differentiate between HRPF and SRPF. Write any four exercises to develop muscular strength and endurance with examples. 4+8=12

UNIT-IV

4. What is Wellness? Write it's components in detail. 2+10=12

Or

'Even people who are not sick may not have optimal wellness'- Discuss 12

UNIT-V

5. What is Balance diet? Write in detail about Macronutrients. 2+10=12

Or

What is Nutrients? Write in detail about Micronutrients. 2+10=12
