

M.P.Ed - III

2024

PHYSICAL FITNESS AND WELLNESS

Course : MPEC-302

Full Marks : 70

The figures in the margin indicate full marks.

*Candidates are required to give their answers in their own words
as far as practicable.*

1. Define health related physical fitness and discuss its components. Explain the principles of physiology involved in human movement. (3+6)+6

Or,

Discuss the current trends in Fitness and Conditioning. Explain the relation between Physical Activity and Lifelong Wellness. 7+8

2. What is meant by Nutrition and Healthy Diet? What are macro- and micronutrients? Discuss the factors influence in food choices. 4+6+5

Or,

Distinguish between aerobic fitness and anaerobic fitness. What types of training should you prescribe to develop Cardio Respiratory Endurance? Explain the various training methods for developing Flexibility. 4+5+6

3. Define Resistance Training. State the various types of basic resistance exercises. Write down the principles of Resistance Training. 3+4+8

Or,

Mention the modern concept of Weight Training. Give brief explanation about freehand exercise, exercise with Medicine ball and Fit ball. Describe the advance techniques used in modern weight training. 4+6+5

4. Write notes on the following (*any two*) : 7½×2

- (a) Relaxation Techniques
- (b) Core Training
- (c) Eating disorder
- (d) Leisure time physical activity for community.

5. Answer the following MCQs by choosing the correct option given below and write the answer on your answer-script (*any ten*) : 1×10

- (a) What energy do minerals provide to the body?
- (i) Electrical
 - (ii) Thermal
 - (iii) Chemical
 - (iv) No energy.

**Please Turn Over
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- (b) Which one of the following provides the greatest energy value per gram of nutrient?
- (i) Carbohydrate
 - (ii) Protein
 - (iii) Fat
 - (iv) Water.
- (c) Insufficient blood flow to the muscle tissue is known as
- (i) Insomnia
 - (ii) Ischemia
 - (iii) Hypoxia
 - (iv) Sarcopenia.
- (d) By using maximal effort method in weight training we can develop
- (i) Flexibility
 - (ii) Maximum strength
 - (iii) Explosive strength
 - (iv) Strength endurance.
- (e) There is no muscle contraction during
- (i) Isotonic workouts
 - (ii) Isometric exercise
 - (iii) Ballistic exercise
 - (iv) Isokinetic bursts.
- (f) Which of the following test does not measure cardio respiratory fitness?
- (i) Queens' college step test
 - (ii) Harvard step test
 - (iii) Rockport fitness walking test
 - (iv) Margaria kalamen power test.
- (g) In sports, the most effective way for rehabilitation is
- (i) Freehand exercise
 - (ii) Obstacle exercise
 - (iii) Exercise with light weight
 - (iv) Corrective exercise.
- (h) Aerobic fitness is an important component of
- (i) Health related physical fitness
 - (ii) Skill related physical fitness
 - (iii) Performance related physical fitness
 - (iv) Plyometric fitness.
- (i) If you are a good jumper, in which area of the following you need to be strong?
- (i) Reaction time
 - (ii) Flexibility
 - (iii) Muscles Power
 - (iv) Speed ability.
- (j) Best method to develop flexibility is
- (i) Ballistic method
 - (ii) Slow stretching method
 - (iii) Slow stretching and holding method
 - (iv) Post-isometric stretch.
- (k) Passive flexibility refers to
- (i) Muscular stretch without resistance
 - (ii) Muscular stretch with resistance
 - (iii) Stretching at maximum range
 - (iv) None of these.
- (l) One's health is significantly related to
- (i) Nutrition
 - (ii) Daily exercise
 - (iii) Lifestyle
 - (iv) All of these.