

(No additional sheet will be supplied)

PART A — (5 × 5 = 25 marks)

Answer any FIVE questions.

Each question carries 5 marks.

All answers should be written at One place continuously.

Each answer should not exceed 2 pages.

1. Kinds of Fitness.
2. Meaning of Active Lifestyle.
3. Cardio vascular fitness.
4. Obesity.
5. Minerals and Performance.
6. Anxiety.
7. Insomnia.
8. Self-efficacy.

PART B — (5 × 10 = 50 marks)

Answer ALL questions:

Each questions carries 10 marks.

Each answer should not exceed 4 pages.

9. Explain the relationship of fitness and health fitness to develop health of an individual.

Or

10. What are the health risks may occur due to Physical inactivity?
11. Explain about concepts and components of body weight.

Or

12. Define Obesity. Explain risk factors due to Obesity.

13. Explain the amount of Nutrition recommended intake for normal persons and Sports persons.

Or

14. Discuss about fluid replacement before, during and after exercise.

15. Define Stress. Explain the types of Stress.

Or

16. Define Mental Stress. Explain painful effects of mental stress on Health.

17. Discuss about Lifestyle and other related aspects of activity during Childhood.

Or

18. Explain about behavior modification through wellness.

