

17004

M.P.Ed. DEGREE EXAMINATION, OCTOBER/NOVEMBER 2019.

FIRST SEMESTER

Paper IV — FITNESS AND LIFE STYLE MANAGEMENT

Time : Three hours

Maximum : 75 marks

(No additional sheet will be supplied)

PART A — (5 × 5 = 25 marks)

Answer any FIVE questions.

Each question carries 5 marks.

Each answer should not exceed 2 pages.

1. Explain the wetness revolution in Human life.
2. What is the active life style?
3. Describe the cardio vascular fitness.
4. Explain concepts of body weight and components of body weight.
5. Discuss the optimal nutrition for exercise.
6. Role of fats and proteins for Human Performance.
7. Discuss the stress relief through exercise.
8. Explain the mental stress on health.

PART B — (5 × 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

Each answer should not exceed 4 pages.

9. Define fitness and explain skill related and health related fitness.
- Or
10. Describe the physical inactivity on diabetes and hypertension.
  11. Explain the importance of nuclear Endurance strength and flexibility for players.
- Or
12. What is obesity and explain risk factors of obesity in daily life.

13. Discuss the role of vitamins and minerals in the diet of sportsmen.

Or

14. Explain the during and after exercise temperature regulation for players.

15. What is stress and explain how physical and mental stress harmful for humans.

Or

16. Differentiate between anxiety and depression.

17. Discuss the self-efficacy on health behaviour.

Or

18. Role of behavioural modification for wellness - Discuss.

