

P.G. DEGREE EXAMINATION, NOVEMBER 2016.

**THIRD SEMESTER
FITNESS AND WELLNESS**

(Non-Core Subject)

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. Meaning and definition of fitness.
2. Fartlek training method.
3. Health and wellness.
4. Healthy life style.
5. BMI and its classification.
6. Diabetes mellitus.
7. Physical and mental stress.
8. Anxiety and depression.

PART B — (5 × 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

Each answer should not exceed 4 pages.

9. Explain about competitive and health related fitness.

Or

10. Describe the methods of developing fitness.

11. Define health and wellness and explain the facts about health and wellness.

Or

12. Discuss about emotional health, emotional wellness, in detail.

13. Explain the meaning of hypo-kinetism and its impact on health.

Or

14. Explain about principles of body weight loss.

15. Define nutrition and explain constituents of nutritional food.

Or

16. Describe nutritional supplements and explain the importance of nutrition in life.

17. Define mental stress and explain about pain full effects of mental stress on health.

18. Discuss the harmful effects of over training and excessive exercise on health.

