

M. P. Ed 3rd Semester Examination 2021
Physical Fitness and Wellness
MPEC – 302

Full Marks – 70

Time – 3 Hours

***The figures in the margin indicates full Marks.
The candidates are required to give their answers in their own words as far as practicable.
Illustrate the answer wherever necessary.***

1. Write down the meaning and definition of Physical Fitness. Explain the physical fitness components in details. 3+3+9=15

OR

What is wellness and state role of physical activity in present pandemic situation. Explain the concept “Physical activity and lifelong wellness”. 6+9=15

2. Define nutrition, food and nutrients. What is over weight? Discuss about about proper weight management measures? 2+2+2+9=15

OR

What is aerobic exercises. What are the various training methods for improving cardio respiratory endurance? Calculate training heart rate zones of an adult? 2+9+4=15

3. Explain in detail about weight training.? Discuss about safety technique in weight training. How will you set goal to maintain and improve your fitness level through weight training? 5+5+5=15

OR

Explain in detail about modern concept and advance technique of weight training? 8+7=15

4. What are the various types of flexibility? Write down the importance of flexibility. Make a list of sixteen important stretching exercises for your different body parts with stick figure. 3+4+8=15

OR,

What is resistance training. What are the principles of resistance training? Explain about basic resistance exercises. 2+5+8=15

5. Write short notes on the following (any two) 5X2 =10
- a. Core muscles and core training
 - b. Hydration and dehydration
 - c. Food pyramid
 - d. Breathing and relaxation technique