

M. P. Ed 3rd Semester Examination 2022
Physical Fitness and Wellness
MPEC – 301

Full Marks – 70

Time – 4 Hours

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

1. Discuss the changing concept of Physical fitness. Write down the health-related components of physical fitness in details. 5+10 = 15

OR

Write on the importance of Leisure time physical activity? How different dimensions of wellness play important role in maintaining one's quality of life? – Explain. 5+10=15

2. State the components of healthy diet? How food and nutrients affect fitness? Discuss the factors to be considered while selecting food by an athlete. 3+4+8 =15

OR

Define Cardio-Respiratory Fitness. Explain the various activities for developing cardio respiratory fitness. 5+10 = 15

3. Define resistance training. Mention the principles of resistance training. Discuss about various safety techniques for weight training. 2+5+8 =15

OR

Explain the modern concept and techniques of weight training? Briefly explain about free hand exercise, free weight exercise, medicine ball and fit ball as instrument of weight training +8=15

4. Define Flexibility Training. Write in details how to develop basic competency in relaxation and breathing Techniques with proper examples, 5+10=15

OR

Discuss the importance of weight management in the present time. Write the concept and components of total health fitness in lifelong wellness. 7+8=15

5. Write short notes on following (any two): 5 X 5= 10

- a) Importance of warming up and cooling down
- b) Differentiate between Core Training and Circuit Training
- c) Body alignment
- d) Proprioceptive Neuromuscular Facilitation (PNF) Stretching