

2023

**M.P. Ed 3rd Semester Examination
Health Education and Sports Nutrition
MPCC – 303**

Full Marks – 70

Time- 4 hours

The figures in the margin indicate full marks.

The candidates are required to give their answer in their own words as far as practicable

Illustrate the answer wherever necessary

1. Discuss about dimensions of health. Elaborate the determinants of health. How does mental health influences total health? 5+5+5 = 15

OR

Describe social health. Explain occupational health. Discuss how occupational health influence social health 5+5+5 = 15

2. Define hypokinetic disease. Differentiate overweight, over fatness and obesity. Discuss about the causes of enhancing obesity in India. 3+6+6=15

OR

Define degenerated disease. Explain in details the type-2 diabetes. Enlist thee risk factors of type-2 diabetes. 4+7+4=15

3. Explain the components of lifestyle management. Describe how stress affects lifestyle. Explain adverse effects of high blood pressure. 5+5+5=15

OR

Discuss the effect of tobacco on blood . Discuss the role of exercise to maintain personal hygiene. How alcohol affect personal hygiene. 5+5+5=15

4. Define sports nutrition. Differentiate between micro and macro nutrients with specific examples. Explain the causes and symptoms protein deficiency. 4+6+5= 15

OR

What is meant by healthy lifestyle. Explain the role of diet and exercise in weight management. Describe the role of weight management to maintain healthy life style. 4+6+5= 15

5. Write short notes on the following (any Two) (5 X 2 = 10)
- a) Population Health.
 - b) Healthful school environment.
 - c) Hypertension.
 - d) BMI