

2023

**M.P. Ed 3<sup>rd</sup> Semester Examination**  
**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 answer in their own words as far as practicable*

*Illustrate the answer wherever necessary*

1. What is physical fitness. Discuss the principles of physical fitness. Write in details the physiological principles involved physical fitness in human. 2+5+8 =15

**OR**

Define conditioning. State the current trends in fitness. Write the relations between physical activity and lifelong wellness. 2+5+8 =15

2. Define cardio respiratory endurance. Discuss about warm-up and cooling down in endurance training. State how cardio respiratory fitness set goals to maintain the fitness level. 2+5+8=15

**OR**

Prescribe food pyramid. Role of food values to maintain weight management. Discuss about eating disorders. 2+5+8=15

3. Define muscular strength. Write the principle of weight training. Mention the safety technique in resistance training. 2+5+8=15

**OR**

Briefly discuss on anaerobic exercise. State the advance techniques of weight training. Differentiate free hand exercise and free weight exercise. 2+5+8=15

4. Write the types of flexibility. Describe flexibility exercises. List in details of relaxation technique in flexibility training. 2+5+8=15

**OR**

Define flexibility training. Discuss the basic competency in relaxation of flexibility training. Write the concept of breathing technique during flexibility training. 2+5+8=15

5. Write short note on following (any two) : 5X2=10
- a) Leisure time physical activity.
  - b) Core Training.
  - c) Fit ball weight training.
  - d) Pilates.