

2025

M.P.Ed. 1st Semester Examination

PHYSICAL EDUCATION

Paper : MPCC-103

[Health Nutrition Fitness and Wellness]

Full Marks : 100

Time : Three Hours

*The figures in the margin indicate full marks.
Candidates are required to give their answers
in their own words as far as practicable.*

Group - A

Answer any five questions : 2×5=10

1. What are degenerative diseases?
2. What are stress and stressor?
3. What is body frame size?
4. What is healthy food habits?
5. Mention two principles of human movement.
6. What is leisure time physical activity?
7. Mention the signs of good mental health.
8. What is emotional wellness?

P.T.O.

Group - B

Answer any *four* questions : $15 \times 4 = 60$

9. Define health. Explain the determinants of health. Briefly explain the various spectrum of health with suitable examples. $3+6+6$
10. What are hypokinetic diseases? Discuss the causes and symptoms of diabetes. Explain the preventive role of exercise on diabetes. $4+5+6$
11. What is lifestyle management? Briefly explain the major components of lifestyle management. Discuss the role of exercise in promoting healthy lifestyle. $3+5+7$
12. What is sport nutrition? What is meant by macro and micro nutrients? Explain the role of macro and micro nutrients in meeting energy requirements and maintaining energy balance. $3+4+8$
13. What is body composition? Mention the pattern of BML. Describe Ponderal Index and Waist Hip Ratio as indicator of health. $3+5+7$
14. What is fitness? Briefly explain the current trends in fitness and conditioning. Write down the maintenance principles of sports performance through physical fitness. $3+5+7$
15. What is wellness? Discuss the factors affecting wellness. Briefly explain the different dimensions of wellness. $2+4+9$

(3)

16. What is lifelong wellness? What are the components of lifelong wellness? Discuss the relation between physical activity and lifelong wellness. 2+4+9

Internal Assessment : 30 marks
