

FIRST SEMESTER FYUGP EXAMINATION, NOVEMBER 2024**PHYSICAL EDUCATION****MULTI DISCIPLINARY COURSE****PEN1FM105(2): LIFE STYLE DISEASES AND PHYSICAL ACTIVITY****Time: 1 ½ Hours****Maximum Marks: 50**

M: Mark

BL: Bloom's Taxonomy Level (1 to 6)

CO: Course Outcome

Section A: Answer all questions. Each carries 2 marks.**Ceiling: 16 Marks**

No.	Question	M	BL	CO
1.	State the consequences of unhealthy lifestyle.	2		
2.	Comment on importance of physical activity.	2		
3.	List any four causes of diabetes.	2		
4.	Define CHD.	2		
5.	Expound on Recovery & Reversibility.	2		
6.	Explain the multiple sensory inputs in the body that are important for balance?	2		
7.	Vitamin A is an essential vitamin. Comment on this statement.	2		
8.	Comment on types of nutrients.	2		
9.	Illustrate Calorie.	2		
10.	Your friend is practicing for weightlifting championship. What is your suggestion on protein intake to him?	2		

Section B: Answer all questions. Each carries 6 marks.**Ceiling: 24 Marks**

No.	Question	M	BL	CO
11.	What are the symptoms and causes of obesity?	6		
12.	Mr. Raju is addicted to screen time. Make an advisory note for him.	6		
13.	Comment on stretching. Explain different types of stretching.	6		
14.	Your friend is suffering with malnutrition. What suggestion you can give him/her about the importance of consuming nutrition and diet in day-to-day life.	6		
15.	Comment on BMR. Illustrate the factors determining BMR.	6		

Section C: Answer any one question. Each carries 10 marks. (1 x 10 = 10 marks)

No.	Question	M	BL	CO
16.	Evaluate psychosomatic diseases and hypokinetic diseases.	10		
17.	Discuss aerobic and anaerobic activity with its benefits in fitness program.	10		