

**FIRST SEMESTER FYUGP EXAMINATION, NOVEMBER 2025****(Regular/Improvement/Supplementary)****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.	'Healthy living is key to life'. Comment on this statement.	2	3	CO1
2.	Write a short note on the importance of sleep.	2	2	CO1
3.	List any four causes of CHD.	2	2	CO1
4.	Expand PCOS.	2	1	CO2
5.	What do you mean by own body exercise.	2	2	CO2
6.	Discuss general and specific training.	2	3	CO2
7.	How does aerobic exercise positively impact mental health and reduce stress?	2	3	CO3
8.	List down the benefits of strengthening exercises.	2	2	CO3
9.	Comment on nutrient.	2	1	CO4
10.	What are the factors affecting BMR.	2	2	CO4

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

No.	Question	M	BL	CO
11.	Define physical activity. Expound on the importance of physical activity.	6	3	CO1
12.	Analyze the possible risk factors associated with diabetes mellitus.	6	3	CO1
13.	How does regular physical activity contribute to overall health and well-being?	6	4	CO2
14.	Prepare a Sample Weekly Aerobic Exercise Plan with illustration.	6	6	CO3
15.	Illustrate macronutrient? Explain different type of macronutrients.	6	3	CO4

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

No.	Question	M	BL	CO
16.	Analyze all possible risk factors associated with obesity, causes of obesity, types of obesity and its management.	10	3	CO3
17.	Some of your friends are suffering from vitamin deficiency diseases. Write your suggestions and recommendations to them with its importance and sources.	10	5	CO4