

QP CODE: D2BPE2401	(Pages: 2)	Reg. No :
		Name :
Second Semester (FYUGP) Degree Examination April 2025		
MDC Physical Education		
PEN2FM106(1) : Physical Fitness and Active Living		
(Credits: 3)		
Time: 1.5 Hours	Maximum Marks: 50	
Section A		
Answer the following questions. Each carries 2 marks (Ceiling: 16 marks)		
1. Differentiate between physical activity and physical exercise.	BL2	CO1
2. Elaborate on the procedure of warming up.	BL3	CO3
3. Exercise reduce risk of cardiovascular disease. Explain.	BL2	CO4
4. Differentiate between exercise and active living.	BL3	CO1
5. Explain the impact of physical inactivity on bone density and the risk of osteoporosis.	BL2	CO1
6. Explain FITT principle.	BL2	CO3
7. Describe the connection between active living and healthy ageing.	BL2	CO1
8. Define Tidal Volume.	BL2	
9. Examine the importance of strength as a component of physical fitness.	BL3	CO2
10. Write a note on the effect of exercise on muscle strength and endurance.	BL2	CO4
Section B		
Answer the following questions. Each carries 6 marks (Ceiling: 24 Marks)		
11. Explain body composition and provide examples for assessing body composition.	BL3	CO1
12. Briefly explain the principles of training.	BL2	CO3
13. Describe how regular exercise reduce digestive disorders.	BL2	CO4
(PTO)		

14.	Elaborate on the activities for developing Performance Related Physical Fitness.	BL3	CO3
15.	'Exercise has a significant effect on mood and mental health of a person'. Comment on this statement.	BL2	CO4
Section C			
Answer any one question. Each carries 10 marks (1 x 10 = 10 Marks)			
16.	We can develop our Health Related Physical Fitness components through different activities. Describe.	BL3	CO3
17.	Explain the importance of cosmetic fitness in today's scenario.	BL2	CO1
CO : Course Outcome			
BL : Bloom's Taxonomy Levels (1 – Remember, 2 – Understand, 3 – Apply, 4 – Analyse, 5 – Evaluate, 6 – Create)			