

QP CODE: D2BPE2501		Reg. No :
		Name :
Second Semester (FYUGP) Degree Examinations April 2026 (Regular/Improvement/Supplementary) Multi-Disciplinary Courses (MDC) 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.	Analyze the impact of cosmetic fitness on an individual's self-esteem and body image	BL4 CO2
2.	Explain the factors affecting training program.	BL2 CO3
3.	Exercise can reduce stress' – Comment on this statement.	BL2 CO4
4.	Explain the relationship between exercise and cardiovascular health in older adults.	BL2 CO5
5.	Summarize how lack of physical activity contributes to the risk of certain types of cancer.	BL2 CO1
6.	Elaborate on the procedure of cooling down.	BL3 CO3
7.	Explain Active living.	BL2 CO5
8.	Explain the effect of exercise on digestive disorders.	BL2 CO4
9.	Comment on fitness balance.	BL2 CO1
10.	Differentiate between stroke volume and cardiac output.	BL2 CO4
Section B		
Answer the following questions. Each carries 6 marks (Ceiling: 24 Marks)		
11.	Describe the types of physical fitness.	BL2 CO2
12.	Discuss FITT principle.	BL2 CO3
13.	Explain short-term effects of exercise on respiratory system.	BL2 CO4
14.	You are a fitness oriented person. Explain the activities you will include in your fitness program.	BL3 CO3
15.	What are the positive impacts of exercise on the muscular system.	BL2 CO4
Section C		
Answer any one question. Each carries 10 marks (1 x 10 = 10 Marks)		
16.	Elaborate on the activities to develop the components of Performance Related Physical Fitness.	BL3 CO3
17.	Define and elaborate on the terms Physical Activity, Physical Exercise and physical fitness.	BL2 CO1
CO : Course Outcome		
BL : Bloom's Taxonomy Levels (1 – Remember, 2 – Understand, 3 – Apply, 4 – Analyse, 5 – Evaluate, 6 – Create)		