

QP CODE: 24900041



Reg No:.....

Name:.....

MAHATMA GANDHI UNIVERSITY, KOTTAYAM

FIRST SEMESTER MGU-UGP (HONOURS)

REGULAR EXAMINATION NOVEMBER 2024

First Semester

Multi-Disciplinary Course - MG1MDCPES101

PHYSICAL FITNESS AND HEALTHY LIVING

(2024 ADMISSION ONWARDS)

Duration: 1 Hours

Maximum Marks: 35

**Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Interest (I),
Appreciation (Ap), and Skill (S)**

*Students should attempt atleast one question from each course outcome to enhance their overall
outcome attainability.*

[Learning Domain][CO No(s)]

Part A

Multiple Choice Questions

Answer all questions.

Each question carries 1 mark

- | | | |
|---|--|--|
| 1 | Which is a type of health-related physical fitness? | [K] [1] |
| | a) Agility | b) Cardiovascular endurance |
| | c) Reaction time | d) Speed |
| 2 | What types of exercises would you suggest for improving agility? | [A] [1, 2] |
| | a) Strength Training exercises only | b) Quick lateral movements and cone drills |
| | c) Only flexibility exercises | d) Long-distance running |
| 3 | Which of the following is a test of balance? | [K] [3] |
| | a) Vertical jump test | b) Sit-and-reach test |

- c) Single-leg stand test d) 1-mile run test
- 4 Cosmetic fitness primarily focuses on: [U] [2]
- a) Enhancing physical health b) Improving body aesthetics and appearance
- c) Increasing cardiovascular endurance d) Developing flexibility
- 5 Choose how high-altitude training improve an athlete's performance at sea level? [U] [5]
- a) By increasing the efficiency of oxygen utilization b) By increasing lung size permanently
- c) By reducing the need for oxygen during exertion d) By lowering the body's energy needs
- 6 Name the muscle which is responsible for the movement of the arm at the shoulder? [U] [4]
- a) Biceps femoris b) Deltoid
- c) Trapezius d) Triceps
- 7 Which type of training is most effective for improving neuromuscular coordination? [U] [5]
- a) Resistance training b) Plyometric training
- c) Flexibility training d) Aerobic Training
- 8 What does the acronym FITT stand for in fitness training? [K] [3]
- a) Frequency, Intensity, Time, Type b) Fitness, Intensity, Training, Type
- c) Frequency, Intensity, Total, Time d) Flexibility, Intensity, Time, Type
- 9 Which of the following is a sign of overtraining? [A] [4]
- a) Increased energy levels b) Improved performance
- c) Fatigue and decreased performance d) Enhanced muscle recovery
- 10 How can a fitness enthusiast best apply the principle of recovery in their training regimen? [A] [4]
- a) Train hard every day without breaks. b) Include rest days and lighter workout sessions.
- c) Focus only on one type of exercise. d) Increase workout duration without any breaks.

(10 × 1 = 10)

Part B

Short Answer Type Questions

Answer any 5 questions.

Each question carries 2mark

- | | | | |
|----|--|------|-----|
| 11 | Design a training program that focuses on improving agility for soccer players. Include specific drills and exercises. | [A] | [3] |
| 12 | What role does cardiovascular exercise play in a cosmetic fitness regimen? | [A] | [2] |
| 13 | What role does exercise play in reducing the risk of diseases such as Alzheimer's and Parkinson's? | [U] | [5] |
| 14 | What are the common symptoms of digestive disorders? | [K] | [4] |
| 15 | What is the principle of optimum load in the context of exercise? | [U] | [3] |
| 16 | List three risk factors associated with physical inactivity | [An] | [2] |
| 17 | How does rest contribute to muscle growth and repair? | [A] | [4] |

(5 × 2 = 10)

Part C

Short Essay Type Questions

Answer any 3 questions.

Each question carries 5 marks

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|----|---|------|-----|
| 18 | Discuss the psychological benefits of engaging in regular physical activity. | [U] | [1] |
| 19 | Define skill-related physical fitness and explain its significance in athletic performance. | [K] | [3] |
| 20 | What are the common respiratory diseases? Recommend the different activities for controlling the risk factors of respiratory diseases? | [K] | [5] |
| 21 | How do rest days contribute to the principles of fitness, particularly in terms of recovery and performance enhancement? | [A] | [4] |
| 22 | Explain the role of exercise in mitigating the effects of the ageing process. How do different types of exercises (e.g., strength training, aerobics) benefit older adults? | [Ap] | [5] |

(3 × 5 = 15)

END OF THE QUESTION PAPER
