

QP CODE: 24900103



Reg No:.....

Name:.....

MAHATMA GANDHI UNIVERSITY, KOTTAYAM

FIRST SEMESTER MGU-UGP (HONOURS)

REGULAR EXAMINATION NOVEMBER 2024

First Semester

Discipline Specific Core Course - MG1DSCFIM101

GENERAL CONDITIONING & RECREATION

(2024 ADMISSION ONWARDS)

Duration: 1.5 Hours

Maximum Marks: 50

**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 { 10*1=10 }

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|---|--|---------|
| 1 | In resistance training, the principle of progression refers to: | [U] [3] |
| | a) Using the same weight continuously b) Decreasing the weight over time | |
| | c) Increasing resistance or load over time d) Only focusing on cardio exercises | |
| 2 | To achieve a target heart rate, it's important to focus on which FITT component? | [U] [3] |
| | a) Intensity b) Frequency | |
| | c) Type d) Time | |

- 3 What is the primary muscle group worked by burpees? [K] [2]
 a) Biceps b) Chest
 c) Quadriceps d) Abdominals
- 4 Which of the following is a variation of mountain climbers? [U] [4]
 a) Side Lunges b) Cross-body mountain climbers
 c) Jump Squats d) Triceps dips
- 5 Number of heartbeats per unit is called [U] [1]
 a) Heart rate b) Target heart rate
 c) Maximum heart rate d) Resting heart rate
- 6 Which is the following is a conditioning exercise [U] [1]
 a) Fartlek b) Circuit
 c) Shoulder stretch d) Interval training
- 7 Fartlek training is also known as [K] [1]
 a) Recreational game b) Box Training
 c) Ladder Training d) Speed play
- 8 Speed can be improved through [K] [1]
 a) Weight training b) Ladder drills
 c) Short Sprints d) All of these
- 9 The muscle that involved in throwing [K] [1]
 a) Pectoralis b) Deltoid
 c) Latissimusdorsi d) All of these
- 10 Skipping improves which aspect of fitness the most? [K] [1]
 a) Flexibility b) Muscular strength
 c) Cardiovascular endurance d) Balance

(10 × 1 = 10)

Part B

Short Answer Questions
Answer any 10 questions.
Each question carries

- | | | |
|----|--|------------|
| 11 | Why is general conditioning important in sports? | [U] [1, 2] |
| 12 | What does the acronym FITT stand for? | [U] [2] |
| 13 | What is a common mistake people make when performing burpees? | [U] [4] |
| 14 | Write a short note on the benefits of High intensity interval training(HIIT) | [U] [4] |
| 15 | What are the different types of stretching? | [U] [1, 2] |
| 16 | What is the primary benefit of strength training? | [U] [1, 2] |
| 17 | Why are explosive exercises important? | [U] [2] |
| 18 | What is calisthenics? | [K] [1] |
| 19 | How do Bird Dogs improve coordination and balance? | [U] [3, 4] |
| 20 | How do Air Squats improve mobility in the hips and knees? | [U] [3, 4] |
| 21 | What muscles are primarily targeted by the single-leg deadlift? | [U] [1, 3] |
| 22 | what are the target Muscles in power snatch | [K] [3] |

(10 × 2 = 20)

Part C

Short Essays
Answer any 4 questions.
Each question carries 5 marks.

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|----|--|------------|
| 23 | "Lack of proper conditioning leads to injury" .Justify | [U] [2, 4] |
| 24 | Describe the mechanism of stretch reflex | [K] [1, 2] |
| 25 | Discuss the principles of resistance training. | [U] [2] |
| 26 | How can running long slow distances (LSD) help the development of aerobic capacity? | [K] [1] |
| 27 | How does regular aerobic exercise influence endurance? | [U] [3] |
| 28 | How does Zumba enhance cardiovascular endurance, and how does it compare to traditional aerobic exercises? | [U] [2] |

(4 × 5 = 20)

END OF THE QUESTION PAPER
