

Name :

Reg no :

MAHATHMA GANDHI UNIVERSITY
B.VOC. (HONOURS) ADVANCED COURSE IN MULTI SPORTS AND
FITNESS TRAINING
THIRD SEMESTER PRACTICAL EXAMINATION OCTOBER 2026
MODEL QUESTION PAPER
MG3SDCMFT201: APPLIED AEROBIC FITNESS AND RHYTHMIC WORKOUTS

Duration: 2 hours

maximum mark :70

Section A(theory)

Answer all question

1. Define aerobic fitness and explain its components and energy systems. [U][1]
2. Evaluate safety guidelines, contraindications, and modifications in aerobic exercise.
[U][5]
3. Analysis of choreography, music, cueing and session structure [A][3]
4. Define cardiorespiratory endurance and state its benefits. [R][2]
5. Describe the importance of warm-up and cool-down . [U][4]

Section B

6. SKILL ASSESSMENT

TABULATION SHEET

Name of the Student :Reg no :

Q .NO	ASSESMENT METHODS	MAX MARKS	MARK AWARDED
1	THEORY ASSESSMENT	20	
2	SKILL ASSESSMENT	30	
3	RECORD	10	
4	VIVA	10	

EXAMINERS :

- 1.
- 2.

CO- MAPPING**MG3SDCMFT201: APPLIED AEROBIC FITNESS AND RHYTHMIC WORKOUTS**

SL .NO	ASSESSMENT COMPONENTS	CO1	CO2	CO3	CO4	CO5
1	Question 1	4				
2	Question 2					4
3	Question 3			4		
4	Question 4		4			
5	Question 5				4	
6	Question 6		15	15		
7	VIVA	2	2	2	2	2
8	RECORD	2	2	2	2	2
		8	23	23	8	8