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MDH 451

II Semester M.P.Ed. Examination, September 2022
PHYSICAL EDUCATION (Open Elective)
Fitness, Wellness and Lifestyle Management

Time : 3 Hours

Max. Marks : 70

Instructions : 1) Answer **all** questions.

2) **Each** answer shall **not** exceed **6** pages.

1. Write the concept of wellness. Explain the various components of wellness. **15**

OR

What is active lifestyle ? Describe the causes and management of Diabetes and Cardiovascular diseases through a healthy lifestyle. **15**

2. Write the components of health related fitness. Explain them with suitable examples. **15**

OR

Discuss the factors contributing to obesity. Write the measures to overcome obesity. **15**

3. Explain the various macronutrients and their role in maintaining good health. **15**

OR

What is balanced diet ? Add a note on nutritional planning. **15**

4. Discuss the ill effects of smoking and alcohol consumption. **15**

OR

How would you incorporate fitness activities in aged individuals ? **15**

5. Write short notes on **any two** of the following : **(5×2=10)**

- a) Skill related fitness.
 - b) Assessment of body composition.
 - c) Micronutrients.
 - d) Types of Stress.
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