

Set I

OPEN BOOK EXAMINATION SCHEME 2021

PHYSICAL EDUCATION

B.A. (H)/B.Com.(H)/B.Sc.(H) SEM.V (CBCS)Nov/Dec 2021

(SEMESTER SCHEME ADMISSION OF 2019/2020/2021)

UNIQUE CODE NO. : 62555504
NAME OF THE PAPER : WELLNESS, FITNESS & NUTRITION
NAME OF THE COURSE : B.A. PROGRAMME -GENERIC ELECTIVE

Instruction for students:

- Attempt any **FOUR QUESTIONS**. All questions carry equal marks. Maximum Marks will be 50.
- The duration of question paper is of **4 hours out of which** the student is provided with **3 hours for answering** the question paper and **1 hour is given for** downloading the question paper, scanning the answer sheet in PDF format and uploading the scanned PDF of the answer sheet on the portal.
- Answers may be written either in English or Hindi; but the same medium should be used throughout the paper.

- Write about Physical Activity and its benefits with reference to Health.
स्वास्थ्यकेसंदर्भमेंशारीरिकगतिविधिऔरउसकेलाभोंकेबारेमेंलिखें।
- Write about the components of Physical fitness in detail.
शारीरिकफिटनेसकेघटकोंकेबारेमेंविस्तारसेलिखें।
- Write about the Concept and Components of Wellness with reference to positive lifestyle.
सकारात्मकजीवनशैलीकेसंदर्भमेंसुस्वस्थताकीसंकल्पनाऔरघटकोंकेबारेमेंलिखें।
- What do you understand by Nutrient, Nutrition and Balanced diet? Explain.
पोषक, पोषणऔरसंतुलितआहारसेआपक्यासमझतेहैं? स्पष्टकीजिए।
- What are the causes of Obesity? Write about obesity related Health problems.
मोटापेकेकारणक्याहैं? मोटापेसेसंबंधितस्वास्थ्यसमस्याओंकेबारेमेंलिखिए।
- Define Warming-up, Conditioning and Cooling down. How can physical fitness components be developed and maintained?
ताप-वर्धन, कंडीशनिंग और ताप-शमन को परिभाषित करें। शारीरिक फिटनेस घटकों को कैसे विकसित और बनाए रखा जा सकता है?