



QP CODE: 24802866



24802866

Reg No : .....

Name : .....

**M.P.E.S DEGREE EXAMINATION, MAY 2024**  
**Third Semester**  
MASTER OF PHYSICAL EDUCATION AND SPORTS  
**Elective - PE800302 - HEALTH EDUCATION AND SPORTS NUTRITION**

2020 Admission Onwards

904FC77C

Time: 3 Hours

Weightage: 30

**Part A (Short Answer Questions)**

*Answer any **eight** questions.*

*Weight 1 each.*

1. Define health.
2. What are the different types of materials used for health education?
3. Explain the factors that can negatively impact hygiene strategies.
4. Explain the impact of population explosion on environment.
5. What are the common symptoms of leptospirosis in humans?
6. How can obesity be prevented or managed?
7. List out the sources of vitamin D. Provide some consequence of vitamin D deficiency.
8. What role do proteins play in sports nutrition?
9. What is the recommended amount and routine of daily physical activity for sporty children?
10. Examine the various types of exercise modalities in weight management.

(8×1=8 weightage)

**Part B (Short Essay/Problems)**

*Answer any **six** questions.*

*Weight 2 each.*

11. What are the determinants of health?
12. Explain the importance of hygiene in schools.
13. What are the long term hazards of alcoholism?





14. Define disease. Name four examples of diseases.
15. The family history plays a role in cancer risk. Explain.
16. What is the difference between proteins and carbohydrates?
17. Explain balanced diet and why is it important for health?
18. How regular physical activity is effective for reducing risk of obesity?

(6×2=12 weightage)

**Part C (Essay Type Questions)**

*Answer any **two** questions.*

*Weight 5 each.*

19. Explain the general principles of first aid.
20. Discuss how the contaminated food, water and poor sanitation contribute to spread of typhoid? Write in detail on various preventive measures that can be implemented.
21. Compare and contrast the energy metabolism pathways of aerobic and anaerobic organisms.
22. Explain the relationship between higher BMI values and increased health risks conditions.

(2×5=10 weightage)

