



QP CODE: 24802867



Reg No :

Name :

M.P.E.S DEGREE EXAMINATION, MAY 2024
Third Semester
MASTER OF PHYSICAL EDUCATION AND SPORTS
Elective - PE810302 - PHYSICAL FITNESS , WELLNESS AND LIFESTYLE
MANAGEMENT

2020 Admission Onwards

B5261376

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

Weight 1 each.

1. What is Agility?
2. Define Physical Activity.
3. Brief note on Fat.
4. State the importance of Weight Management.
5. What is Skinflod Caliper?
6. What is Bio Electric Impedance machine?
7. Muscular Endurance.
8. Define the Concept of Resistance Training.
9. Meaning of Spotting .
10. How to ensure safety in Fitness Centes?

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

Weight 2 each.

11. Define Wellness. Explain its importance.
12. Briefly explain about the commom leasure time physical activities.





13. Describe about the intensity of exercises.
14. Define Stress. What are the benefits of Stress management?
15. Briefly explain hydrostatic weighing.
16. Importance of resistance training for middle ages groups.
17. Explain about eccentric and concentric contractions.
18. Role of public relation in fitness centre management.

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

Weight 5 each.

19. Define Nutrition. What are the key fuction of nutrients?
20. Prepare a fitness program for elderly persons.
21. Explain the procedure of CPR.
22. Type of memberships in fitness centres.

(2×5=10 weightage)

