

MAHATMA GANDHI UNIVERSITY, KOTTAYAM
MGU-UGP(HONOURS)
FIRST SEMESTER PRACTICAL EXAMINATIONS
(2024 ADMISSION ONWARDS)

MGIDSCPES101- HEALTH AND FITNESS

Total Marks -35 Marks

Sl No	Mode of assessment	Marks	Description	CO
1	Viva	10	Topics of Concept of Health	1
			Topics of Concept of fitness	1
			Communicable and Non-communicable diseases	2&4
			Immunization and vaccination Programmes	2 & 3
			Health services and its objectives	4,5 & 6
			Personal hygiene	4
1	Demonstration	25	Demonstration of assessment of Health Physical Fitness Components . 1. Cardiovascular Endurance 2. Muscular Endurance 3. Muscular Strength 4. Flexibility 5. Body Composition Demonstration of Measuring Height and Weight	1
			Demonstration of Hand Wash Techniques	4

Mahatma Gandhi University Kottayam
MGU-UGP (HONOURS)
FIRST SEMESTER PRACTICAL EXAMINATION
(2024 ADMISSION ONWARDS)
MG1DSCPES102: General Conditioning and Recreation

Total Marks: 35

SI NO	Mode of Assessment	Marks	Description	CO
1	Viva	10	<ul style="list-style-type: none">• Fitness.• Health Related Physical Fitness Components• Training methods• Fartlek Training.• Sports Related Fitness Components.• T Test• Flexibility assessment• Iso Metric Exercises , Isotonic Exercises.• 1 RM.• FITT Principle.	1,2,3,& 4

2	Demonstration	25	<ul style="list-style-type: none"> • Assess your pulse manually(Arterial pulse/ carotid pulse) • agility T test • kettle bell exercises. • machine exercises for upper body strength. • Perform mountain climbers. • Show the technique of shoulder press exercise. 	2,3 & 4
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