

B.P.Ed. 2yrs. (CBSGS)

SEM-III (ATKT)

COURSE-XI: FITNESS, WELLNESS AND WEIGHT MANAGEMENT

(Sample online exam question paper)

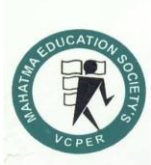
1. It is defined as the ability of your body systems to work efficiently
 - a. Physical fitness
 - b. Physical activity
 - c. Exercise
 - d. Sports

2. Muscle-fitness exercise in which the amount of force exerted is constant throughout the range of motion, including muscle shortening (concentric contractions), and muscle lengthening (eccentric contractions)
 - a. Isotonic exercises
 - b. Isometric exercises
 - c. Callisthenic exercises
 - d. Aerobic exercises

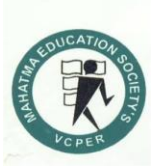
3. To achieve health related Physical fitness it is essential to have one of this component
 - a. Balance
 - b. Strength
 - c. Speed
 - d. Aerobic capacity

4. The ability to exert maximum muscular contraction instantly in an explosive burst of movement is known as
 - a. Co-ordination
 - b. Flexibility
 - c. Power,
 - d. Strength

5. One of the factor given below fall under dimensions of wellness
 - a. Emotional,
 - b. Agile,
 - c. Flexible,
 - d. Aged



6. WHO describes that a state of complete physical, mental, and social well-being and not merely the absence of disease or enornity is known as
- Spirituality
 - Fitness
 - Exercise
 - Health
 - e.
7. This body type tent to be soft, well rounded with large proportion of body and gain body weight easily.
- Endomorph
 - Obese
 - Over weight
 - Ectomorph
8. There are two types of factors that affect wellness extensively and one of them is given below
- Agility
 - Health
 - Internal factors
 - Outstanding fitness
9. This condition is associated with increased risk of co-morbid conditions:
- Fitness
 - Obesity
 - Overweight
 - Physical activity
10. Body Mass Index (BMI) is the global method of determining
- Overweight/obesity
 - Diseases
 - Wellness
 - Health
11. It is an immediate treatment given to the injured victim of an accident or sudden illness before the medical help is obtained
- Conditioning
 - First aid
 - Cooling down
 - Rest



12. When one part of the body is used over and over again and this places a strain on the body part causing repetitive strain is type of an injury.

- a. External violence
- b. Internal violence
- c. Overuse injury
- d. Repeated injury

13. Completely torn ligament and complete loss of function is a sprain counted in

- a. 1st degree,
- b. 3rd degree
- c. 2nd degree
- d. 4th degree

14. This types of slings are used to give comfort to the patient who is suffering from a collar bone fracture.

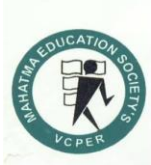
- a. Scalp sling
- b. Triangular sling
- c. Cuff & collar sling
- d. Small arm sling

15. This procedure fastens healing time by reducing the swelling around the injury and decreases seepage of fluids into injured area from adjacent tissue.

- a. Rest
- b. Elevation
- c. Compression
- d. Ice

16. It is a receiving method for muscular relaxation, fatigue and weight loss by means of moist heat taken continuously for 7 to 15 minutes

- a. Sauna bath
- b. Ccontrast bath
- c. Steam bath
- d. Ice bath



17. In knee injury ACL stands for:

- a. Anterior cruciate ligament
- b. Antigen cure ligament
- c. Alternate cruciate ligament
- d. Air cruciate ligament

18. These are the basic substances of our bodies, the stuff out of which each cell is built

- a. Carbohydrate
- b. Minerals
- c. Fat
- d. Protein

19. These are very concentrated sources of energy. They give twice as much energy as either proteins or carbohydrates

- a. Vitamins
- b. Fats
- c. Minerals
- d. Water

20. Night blindness is deficiency symptom of Vitamin

- a. A
- b. B1
- c. B12
- d. D

21. These are necessary vitamin for the production of genetic materials

- a. Pantothenic acid
- b. Biotin
- c. Folacin
- d. Ascorbic acid

22. This training method develops the following qualities such as Cardio vascular Fitness, Muscular endurance, Muscular strength and Flexibility.

- a. Interval training
- b. Fartlek training
- c. Circuit training
- d. Weight training



23. The method of training for power or explosiveness has been termed as:

- a. Plyometric training
- b. Slow continuous training
- c. Fartlek training
- d. Circuit training

24. The method of training which involves many changes of speed, improves aerobic and anaerobic fitness is known as:

- a. Strength training
- b. Plyometric training
- c. Fartlek training
- d. Speed training

25. The kind of training alternating between strenuous exercise and rest is known as:

- a. Interval training
- b. Cooling down
- c. Warming up
- d. Conditioning
