



PC-004-003304 Seat No. _____

M. P. Ed. (Sem. III) (CBCS) Examination

June / July - 2018

Physical Fitness & Wellness

Faculty Code : 004

Subject Code : 003304

Time : $2\frac{1}{2}$ Hours]

[Total Marks : 70

- 1 Meaning of Physical Fitness and Exercise. Explain the components of physical fitness. **15**
- OR**
- 1 Explaining health related qualifications by giving meaning to physical fitness. **15**
- 2 Explaining the guiding principles of ideal exercise for children and teenagers, telling the principles of exercises. **15**
- OR**
- 2 Explain isometric training and water exercises. **15**
- 3 Explain the components of physical fitness. **15**
- OR**
- 3 Define physical fitness and explain the meaning of force and speed. **15**
- 4 Explain the principles of exercise to define physical fitness. **15**
- OR**
- 4 Define physical fitness and describe endurance and empowerment. **15**
- 5 Write a short note : (Any Two) **10**
 - (1) Aerodynamic exercises.
 - (2) Household exercise equipment.
 - (3) Brain and balance exercises.
 - (4) Samples of stress.