

2023/FYUG/ODD/SEM/
VAC-101T(C)/170

FYUG Odd Semester Exam., 2023
(Held in 2024)

VALUE ADDED COURSE

(Group—C)

(1st Semester)

Course No. : VAC-101T(C)

(Health and Wellness, Yoga and Sports)

Full Marks : 50

Pass Marks : 20

Time : 2 hours

*The figures in the margin indicate full marks
for the questions*

SECTION—A

Answer *fifteen* questions, selecting any *three* from
each Unit : 1×15=15

UNIT—I

1. What is physical education?

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(Turn Over)

(2)

2. What is the recommended amount of daily physical activity for children?
3. What is the purpose of warm-up exercises?
4. In which sport do we find a shuttlecock being hit back and forth over a net?

UNIT—II

5. How can regular exercise contribute to health and wellness?
6. Why is personal hygiene important?
7. What is the utility of showering or bathing?
8. How can one prevent the spread of communicable diseases?

UNIT—III

9. What does the term 'Yoga' mean?
10. What is the ultimate goal of Aṣṭāṅga Yoga?

11. What is the meaning of Prāṇāyāma?
12. Is Prāṇāyāma beneficial in managing anxiety?

UNIT—IV

13. What is physical fitness?
14. How can one improve cardiovascular endurance?
15. What is Body Mass Index (BMI)?
16. Can social connections be a component of a healthy lifestyle?

UNIT—V

17. Why is protein important in sports nutrition?
18. What is a balanced diet?
19. Which vitamin deficiency can cause beriberi?
20. Which mineral deficiency can lead to thyroid dysfunction?

(4)

SECTION—B

Answer *five* questions, selecting *one* from each Unit :

2×5=10

UNIT—I

21. Mention two ways in which physical education helps in promoting fitness and health.
22. Briefly explain the concept of sports.

UNIT—II

23. How does stress affect a person's health and wellness?
24. How do lifestyle factors contribute to the development of non-communicable diseases, like cardiovascular disease?

UNIT—III

25. How does Yoga help in stress reduction?
26. Mention any two types of Prāṇāyāma.

UNIT—IV

27. How is aerobic exercise different from anaerobic exercise?
28. Mention two ways in which one can set and achieve fitness goals effectively.

UNIT—V

29. Mention two ways in which a balanced diet can contribute to maintaining a healthy weight.
30. Mention two health issues that can arise due to an iron deficiency in the diet.

SECTION—C

Answer *five* questions, selecting *one* from each Unit :

5×5=25

UNIT—I

31. Discuss the scope of physical education.
32. Explain the different types of sports.

UNIT—II

33. What are the factors that influence the health and wellness of a person?
34. Distinguish between communicable and non-communicable diseases with suitable examples.

UNIT—III

35. Explain briefly the eight-fold limbs (Aṣṭāṅga Yoga) of Yoga.
36. What are the benefits of practising Prāṇāyāma?

UNIT—IV

37. What are the components of physical fitness?
38. Briefly explain how lifestyle changes can help in preventing health threats.

UNIT—V

39. Discuss the role of nutrition in enhancing health and overall well-being of an individual.
40. Expound the concepts of nutritive and non-nutritive components of a diet.
