

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER- IV - 2017
Paper - MPE-1006(ii): Optional Group-III:
(Fitness & Wellness)**

Time: 03 Hours.

Maximum Marks: 50

Write your Roll No. on the top right side immediately on receipt of this question paper)

Note: Attempt any FIVE questions. All questions carry equal marks.

1. Write a short notes on the following:- (5x2)
 - i) Components of Wellness
 - ii) Fitness & Wellness for life.
2. Identify & discuss various types of Fitness. Also discuss importance of each components of Fitness. (10)
3. Discuss the role of diet & exercise in maintaining ideal body weight. (10)
4. Write a note on the knowledge of nutrition & its implication on healthy lifestyle. (10)
5. Write short notes on the following: (5x2)
 - i) Hazards of Drug Abuse
 - ii) Identifying stressors & managing stress.
6. Discuss various stages of behavior modification process. Also discuss challenges faced for behavior modification. (10)
7. Discuss the principles to achieve good quality of life. (10)
8. Write briefly on any two of the following: (10)
 - i) SMART Goal (05)
 - ii) Yoga for achieving health & Fitness (05)
 - iii) Eating Disorder (05)