

Serial No. 3156(ii)

Roll No.....

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-IV-2018**

Paper: MPE-1006(ii): Optional Group-III

Fitness & Wellness

Time: 3 Hrs.

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 question carry equal marks.

- Q.1. Discuss the concept of fitness & wellness. Also describe the components of wellness. 10
- Q.2. Discuss the significance of fitness & wellness in present day scenario. 10
- Q.3. Explain health related & skill related fitness components briefly. 10
- Q.4. Discuss the knowledge of nutrition & its implication on healthy lifestyle. 10
- Q.5. Explain the Following: (5X2= 10)
- (a) Causes & Prevention of obesity
 - (b) Role of Diet & Exercise in maintenance of ideal weight
- Q.6. Discuss the stages & process of behavior modification in detail. 10
- Q.7. Discuss important principles to achieve quality of life & wellness. 10
- Q.8. Write short notes on the followings (Any two): (5X2= 10)
- (a) Prevention of Cardio-Vascular Diseases through Physical Activity
 - (b) Hazards of Substance abuse
 - (c) Smart Goal setting
 - (d) Identifying stressors & their management