

Name of Examination:- Master of Physical Education (M.P.E.d)
Paper No :- MPE-1006 (ii) (Add-On)
Subject:- Fitness and Wellness
Semester:- IV (May/June 2025)
Maximum marks:- 50
Time:- 3 hours

Instructions: Answer any five questions. Each question carries 10 marks.

- Q1. Define fitness and wellness. Discuss their significance in the present scenario and how they contribute to a healthy lifestyle.
- Q2. Describe the components of fitness. How do these components interrelate to enhance overall physical performance?
- Q3. What are the dimensions of wellness? Explain, how adopting a healthy and positive lifestyle can lead to the maintenance of wellness?
- Q4. Discuss the causes of obesity and outline effective prevention strategies. How can lifestyle changes contribute to weight management?
- Q5. Explain the principles of physical fitness. How can understanding these principles help in designing an effective fitness program?
- Q6. Identify the barriers to behaviour change in adopting a healthy lifestyle. Discuss the six stages of the change process and how they can be applied to overcome these barriers.
- Q7. What are the benefits of a fitness program? Discuss how regular physical activity can impact both physical and mental health.
- Q8. Outline a daily schedule that promotes quality of life and wellness. Consider factors such as age, gender, and occupation in your response.