

NAME OF THE COURSE : MASTER OF PHYSICAL EDUCATION (M.P.Ed.)

**NAME OF THE PAPER : Optional Group-III FITNESS & WELLNESS
PAPER-MPE 1006 (ii)**

SEMESTER : IV- MAY 2026

DURATION : 3 HOURS

MAXIMUM MARKS : 50

NOTE: Attempt any five questions in total. All questions carry equal marks.

- Q1. Define fitness and wellness. Explain the components of fitness and their importance.
- Q2. Discuss the components of wellness in detail. How do they contribute to overall well-being?
- Q3. Explain the different types of fitness (physical, health-related and motor skill-related fitness) with suitable examples.
- Q4. Discuss the principles of physical fitness and explain their role in designing a fitness programme.
- Q5. Explain the causes of obesity. Discuss preventive measures and the role of diet and exercise in weight management.
- Q6. Explain the dimensions of wellness. Describe strategies for achieving and maintaining wellness in modern life.
- Q7. What is behavior modification? Explain the stages of change and SMART goal setting in detail.
- Q8. Prepare a daily schedule for achieving quality of life and wellness. Highlight the role of rest, sleep, diet, and physical activity.