

# **DKM COLLEGE FOR WOMEN (AUTONOMOUS),VELLORE-1**

## **DEPARTMENT OF FOODS AND NUTRITION**

### **HEALTH AND FITNESS**

#### **CLASS : II BSC**

##### **UNIT – I**

##### **SECTION-A**

**2 Marks**

1. Definition of Health and Wellness.
2. Any two factors affecting health and wellness.
3. Factors affecting psychological, physiological and social health

##### **SECTION-B**

**5 Marks**

1. Write down the factors affecting health and wellness.
2. Factors affecting psychological, physiological and social health

##### **SECTION-C**

**10 Marks**

1. Basic 5 food groups , RDA and role of balanced diet in general health
2. Factors affecting health and wellness, psychological, physiological and social health

##### **UNIT – II**

##### **SECTION-A**

**2 Marks**

1. Definition of fitness
2. Any 2 tests for physical fitness tests for flexibility and muscle endurance

##### **SECTION-B**

**5 Marks**

1. Physical fitness tests for the flexibility and muscle endurance: Any three

##### **SECTION-C**

**10 Marks**

1. Write down the definition, physical fitness tests for flexibility and muscle endurance

##### **UNIT – III**

##### **SECTION-A**

**2 Marks**

1. Basic 5 food groups
2. What is RDA
3. Any 2 functions of food

4. Role of balanced diet in general health

**SECTION-B                      5 Marks**

1. Basics 5 food groups and nutritional balance
2. RDA and role of balanced diet in general health

**SECTION-C                      10 Marks**

1. Basic 5 food groups , RDA and role of balanced diet in general health

**UNIT – IV                      SECTION-A                      2 MARKS**

1. What is mean by carbohydrate loading
2. Importance of exercise in preventing life style diseases – any two
3. List out the Aerobic and Anaerobic exercises.

**SECTION-B                      5 Marks**

1. Aerobic and anaerobic exercises
2. Importance of exercise in preventing life style diseases – any 3
3. What is carbohydrate loading

**SECTION-C                      10 Marks**

1. Aerobic and anaerobic exercises and carbohydrate loading.
2. Importance of exercise in preventing life style diseases – Diabetes Mellitus, CVD, Obesity and osteoporosis

**UNIT – V                      SECTION-A                      2 Marks**

1. Importance of yoga – any 2 points
2. Asanas in general health – any 2 asanas

**SECTION-B                      5 Marks**

1. Importance of yoga and any two asanas

**SECTION-C                      10 Marks**

1. Importance of yoga and asanas in general health.