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D.K.M. COLLEGE FOR WOMEN (AUTONOMOUS),VELLORE – 1
SEMESTER EXAMINATIONS
APRIL – 2017 **15NNF4A**
NON MAJOR ELECTIVE – II : HEALTH AND FITNESS

Time: 2 Hrs

Max. Marks: 50

SECTION – A (10 X 2 = 20)

Answer ALL the questions.

1. Define Health.
2. Define Wellness.
3. Define balanced diet.
4. What do you mean by nutritious diet?
5. Expand RDA.
6. List any two factors affecting our health.
7. What do you mean by malnutrition?
8. Write your asanas.
9. What is flexibility test?
10. State two muscle endurance tests.

SECTION – B (3 X 10 = 30)

Answer any THREE of the following questions.

11. What are the factors affecting health of a person? - explain.
12. What are the basic five food groups? Enumerate the functions of food.
13. Explain special nutritional need for space and military persons.
14. Explain the importance of exercise in diabetes management.
15. Explain on yoga and asanas for healthy life.

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