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D.K.M. COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-1
SEMESTER EXAMINATIONS
APRIL – 2016 **SNF6A**

HEALTH AND FITNESS

Time : 2 Hrs

Max. Marks : 50

SECTION-A (10 x 2 = 20)

Answer ALL the questions.

1. Define fitness.
2. Explain any one muscle endurance test.
3. Define balanced diet.
4. Define aerobics.
5. Define anaerobic.
6. Give short note on osteoporosis.
7. Explain about carbohydrate loading.
8. Explain space nutrition.
9. Explain yoga.
10. What is the condition called as obesity?

SECTION- B (3 x 10 = 30)

Answer any THREE of the following questions.

11. Elaborate the physical fitness test for flexibility.
12. Give the pyramid of basic five food groups.
13. Give a brief note on the importance of exercise in preventing life style disease.
14. Plan a day's menu for CVD person.
15. Brief on the importance of yoga and give any two yoga's steps.

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