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**D.K.M. COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-1**  
**SEMESTER EXAMINATIONS**  
**APRIL – 2017** **SNF6A**

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**HEALTH AND FITNESS**

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Time : 2 Hrs

Max. Marks : 50

**SECTION-A ( 10 x 2 = 20 )**

Answer ALL the questions.

1. Define Health.
2. Explain fitness test.
3. Discuss on factors that affect health.
4. Explain Yoga and Asana.
5. Define aerobic exercise, give example.
6. Define anaerobic exercise, give example.
7. Define supplements.
8. Define Osteoporosis.
9. What is carbohydrate loading?
10. Explain basic five food groups.

**SECTION- B ( 3 x 10 = 30 )**

Answer any THREE of the following questions.

11. Explain briefly about life style disease CVD and Diabetes.
12. Give a brief note on special nutritional need for person in space.
13. Differentiate aerobic and anaerobic exercise and their energy requirements.
14. Bring out basic food groups role in health.
15. Explain importance of CHO Loading.

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