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UNIVERSITY OF PETROLEUM
AND ENERGY STUDIES



Supplementary Examination – December 2017

Program/course –BBA (DM) , BBA - AM ,BBA - AO , BBA - FSM
BBA - FT ,BBA - LM , BBA - O&G , BBA - RM III

Subject: Physical Fitness & Wellness

Code : OPEL 251

Semester –III

Max. Marks : 100

Duration : 2 Hrs

Section A (20 MARKS)

1. Fill in the blanks / Define (5 x 2 marks = 10 marks)

A) The immune system patrols and guards the body against attackers. This system consists of about a trillion cells called _____.

B) Physical Education is the sum of those _____ which comes to individual through movements.

C) _____ may be critical for regulation of body temperature when exercising in warm environments.

D) _____ also known as swayback, is a condition in which the spine in the lower back has an excessive curvature

E) Often, your _____ are found near your joints and are usually named according to the specific name of the muscle.

2. Write short note on: (5x 2 marks=10 marks)

A) Three basic keys of healthful eating

B) General adaptation syndrome

C) Reaction time

D) Principal of Individuality

E) Maximal oxygen uptake

Section B (20 MARKS)

3. Answer the following questions (4x 5 marks=20 marks)

- A) Define any two
 - a. Sedentary Exercise
 - b. Moderate Exercise
 - c. High Intensity Exercise
- B) Define obesity
- C) Importance of good posture
- D) Reversibility or Detraining:
- E) Basics of Meal Planning

Section C (30 MARKS)

4. Define any three (3x 10 marks=30 marks)

- A) Stress Adaption and it's various stages
- B) Explain different any two types of sports drinks
- C) Explain the relation between sleep and Wellness
- D) Various types of eating disorders.
- E) Define Axial Extension

Section D (30 MARKS)

5. Explain in Detail (2 x 15 marks = 30 marks)

- A) 1) Explain Kyphosis in detail with the help of a diagram
OR
2) Explain **Repetitive Strain Injury** Its Symptoms, Causes and Solutions
- B) 1) Explain Health related components of fitness.
OR
2) Define wellness and its various dimensions.