

Vidya Vikas Mandal's  
Shree Damodar College of Commerce & Economics, Margao-Goa  
FYBBA(FS), Semester- 1 (REGULAR) Semester End Assessment NOVEMBER 2023  
Health & Physical Education (VAC 118) OA-38 NEP-2020

**Duration: 1 Hour**

**Maximum Marks: 40**

**Instructions:**

- 1) Start each question on fresh page.
- 2) Figures to the right indicate maximum marks.

Q. 1 A)

- I. What are the primary benefits of cardiovascular exercises for overall health? 2
- II. What are the common chronic diseases associated with lack of physical activity? 2
- III. What are the long physiological effects of regular aerobic exercises on lung capacity and function? 2
- IV. what are the fundamental principles of motor development and learning in context of physical education? 2

Q.2 A) I) What are the key components of balance diet? 3

OR

Q.2 A) I) Name three factors that influence an individual health behavior choice and briefly describe how they impact decision making? 3

Q.2 B) I) Name three different types of physical activities that can improve muscular strength and briefly explain the benefits of each 3

Q.2 C) I). Name a specific cognitive dimension of physical activity related to problem solving or creativity and provide an example of an activity that foster this dimension. 2

Q.3 A) I). Explain the difference between aerobic and anerobic cardiovascular exercises 3

OR

Q.3 A) I) Explain the relationship between physical activity and stress reduction 3

Q.3 B) I) Compare and contrast the exercises recommendations for children and adults, highlighting the difference and similarities? 3

Q.3) C) I) How do the components of physical fitness, including muscular strength, cardiovascular fitness flexibility, body composition and agility collectively contribute to an individual's overall health and performance? 2

Q.4 A) I) How would you assess an individual's muscular strength and muscular endurance? 3

OR

Q.4 A) I) How physical activity can contribute to the prevention of chronic disease such as hypertension and osteoporosis? 3

Q.4 B) I) How do lifestyle choices, such as smoking and alcohol consumption impact overall health. 3

Q.4 C) I) In the context of sports like soccer or basketball, discuss how Speed, agility and cardiovascular fitness work together to enhance and athlete's performance on the field 2

Q.5 A) I) Evaluate the impact of technology and sedentary lifestyles on the declining levels of physical activity and its consequences for public health 3

OR

Q.5 A) I). Compare the psychological benefits of solitary physical activities (e.g. running) with group activities (E.g. Team sports). 3

Q.5 B) I). How would you assess the safety of a physical activity environment, and what precautions would you take before starting an activity? 3

Q5 C) I. Design a core-strengthening routine using exercises like plank, leg raises, and bicycle crunches, specifying sets and repetitions 2