

**Vidya Vikas Mandal's**  
**Shree Damodar College of Commerce & Economics, Margao-Goa**  
**BBA, Term- VI End Term Assessment- January 2024**  
**Physical Health & Games 2 (BBON013)**

**Duration: 90 minutes**

**Maximum Marks: 25**

**Instructions:**

- 1) Start each question on fresh page.
- 2) Figures to the right indicate maximum marks.
- 3) Internal choice is available for Question 5

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- Q.1** Kunal is suffering from Obesity. How can doing Exercise & Yoga, everyday will improve Kunal's Health? **(4 Marks)**
- Q.2** Paschimottanasana is translated as "West Stretching Pose". Explain its benefits and Contraindications? **(4 Marks)**
- Q.3** State and explain any four types of Coordinative Abilities. **(4 Marks)**
- Q.4** Muscle Conditioning is a crucial element in Exercise and Fitness programs. Explain the various Methods of Muscles Conditioning. **(4 Marks)**
- Q.5** Explain the type of training in which an athlete undergoes a series of selected exercises at different stations performed in sequence. **(4 Marks)**
- OR**
- Q.5** How does Fartlek Training differ from Interval Training?
- Q.6** Mahesh wants to participate in a National Powerlifting Championship to be held in the month of January. Design one week training program aimed at enhancing the upper body and lower body Muscular Strength and Endurance of Mahesh? **(5 Mark)**

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