

B A, B SC, B COM DEGREE END SEMESTER EXAMINATION - NOVEMBER 2025**UGP (HONS.) SEMESTER - 1: MULTI DISCIPLINARY COURSE****COURSE: 24UPHEMDC101 –: PHYSICAL FITNESS AND ACTIVE LIVING***(For Regular 2025 and Improvement/Supplementary 2024 Admission)*

Time: 1.5 Hours

Max. Marks - 50

PART A (one word)***Answer all questions. Each question carries 1 mark.***

1. The ability to produce maximum force in shortest time is called.
2. The ability to maintain equilibrium of the human body during static and dynamic condition.
3. The condition in which excessive fats are accumulated in our body is called.
4. Name of test for strength endurance.
5. Name of test for reaction time.
6. Penalty corner is associated with which sport.
7. The ability to change direction quickly is called.
8. Use it or lose it is associated with which principle of training.
9. General formula to find out maximum heart rate of human being.
10. Name of test for explosive strength.

(1 x 10 = 10)**PART B (Short notes)*****Answer any five questions***

11. Explain the qualities of a first aider.
12. Explain on Khel Ratna Award.
13. Describe the effect of exercise on respiratory system.
14. Explain Kyphosis and its preventive measures.
15. Merits and Demerits of League tournament.
16. Write about benefits of Yoga.

(5 x 5 = 25)**PART C (Essay)*****Answer any one question***

17. Draw a Knock out Fixture of 16 teams.
18. Write about health and performance related fitness components

(15 x 1 = 15)