Reg. No …………………………………   Name …………………………………….   **26U4135**

BCA DEGREE END SEMESTER EXAMINATION - MARCH 2026

UGP(HONS.) SEMESTER - IV: VALUE ADDED COURSE (COMPUTER SCIENCE)

COURSE: – 24UBCAVAC202 - HEALTH AND WELLNESS

(For Regular 2024 Admission)

Time : 1.5 Hours   Max. Marks : 50

PART A
Answer any FIVE Questions

1. Define health education.   (R, CO1)

2. What is a sedentary lifestyle?   (R, CO2)

3. What is obesity?   (R, CO3)

4. Define cardiovascular disease.   (R, CO3)

5. How can you say that a person is physical fitness?   (R, CO3)

6. What is sleep hygiene?   (R, CO4)

7. What are processed foods?   (R, CO1)
                                                                                            (2 x 5 = 10)

PART B
Answer any FOUR questions

8. Explain importance of health and wellness education.   (U, CO1)

9. Explain malnutrition and common diseases.   (U, CO2)

10. Explain benefits of spirituality in mental health.   (U, CO3)

11. Describe the role of carbohydrates, proteins, and fats in maintaining
     good health.   (U, CO1)

12. Explain the functions of vitamins and minerals in the human body.   (U, CO1)

13. Discuss metabolic diseases such as PCOS and diabetes.   (U, CO3)
                                                                                            (5 × 4 = 20)

PART C

Answer any TWO Questions.

14. Explain balanced diet with reference to carbohydrates, proteins, fats, vitamins
     and minerals.   (U, CO1)

15. Discuss substance abuse and its prevention. (U, CO3)

16. Explain role of yoga, asanas, meditation and sleep in wellness. (U, CO4)

(2 x 10 = 20)

OBE: Questions to Course Outcome Mapping

CO	Course Outcome Description	CL	Questions	Total Marks
CO1	Importance of a healthy lifestyle	U	1,7,8,11,12,14	34
CO2	Improve the physical and mental health	U	2,9	267
CO3	Interpret the various lifestyle related diseases	U	3,4,5,10,13,15	26
CO4	Explain the stress management	U	6,16	12

Cognitive Level (CL): Cr - CREATE; E - EVALUATE; An - ANALYZE; A - APPLY; U - UNDERSTAND; R - REMEMBER;