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Reg.No :

Name :

MAHATMA GANDHI UNIVERSITY, KOTTAYAM
MGU-UGP (HONOURS) REGULAR /IMPROVEMENT/ REAPPEARANCE
EXAMINATION NOVEMBER 2025

FIRST SEMESTER

Multi-Disciplinary Courses (MDC) - MG1MDCPES101 - PHYSICAL FITNESS
AND HEALTHY LIVING

(2024 ADMISSION ONWARDS)

Duration: 1 Hour

Maximum Marks: 35

Remember(K), Understand(U), Apply(A), Analyse(An), Evaluate(E), Create(C), Skill(S), Interest(I)
and Appreciation(Ap)

Students should attempt at least one question from each course outcome to enhance their overall outcome attainability.

Part A

Multiple Choice Questions

Answer **All** Questions

Each Question carries **1** mark

1. Why is Flexibility is an important component of Physical Fitness? [U] / [CO1]
 - a). It enhances the ability to perform vigorous activities
 - b). It reduces the risk of injury and improves the range of motion in joints
 - c). It decrease body fat
 - d). It decreases endurance

2. How does regular physical activity affect Mental Health? [U] / [CO1]
 - a). It increases anxiety
 - b). It helps reduce stress and improve mood
 - c). It has no effect on mental health
 - d). It reduces concentration

3. Give the correct pathway for air entering the respiratory system. [K] / [CO4]

- a). Nose → Larynx → Pharynx → Alveoli b). Nose → Pharynx → Larynx → Trachea
- c). Nose → Trachea → Pharynx → Larynx d). Nose → Alveoli → Bronchi → Larynx

4. What is the best example of the principle of Specificity in action? [A] / [CO3]

- a). A) A marathon runner lifting heavy weights to improve speed. b). B) A sprinter doing long-distance running to enhance endurance.
- c). C) A swimmer focusing on different strokes to improve overall performance. d). D) A football player training for agility through plyometric exercises.

5. How can a fitness enthusiast best apply the principle of recovery in their training regimen? [A] / [CO4]

- a). A) Train hard every day without breaks. b). B) Include rest days and lighter workout sessions.
- c). C) Focus only on one type of exercise. d). D) Increase workout duration without any breaks.

6. Which health-related fitness component is often assessed by body fat percentage? [K] / [CO1, CO2]

- a). Muscular Endurance b). Body composition
- c). Flexibility d). Aerobic fitness

7. The training which emphasizes quick, explosive movements to enhance neuromuscular coordination? [U] / [CO5]

- a). Plyometric Training b). Circuit Training
- c). Agility Training d). None of these

8. Name the process by which nutrients move from the digestive tract into the bloodstream is called: [K] / [CO4]

- a). Absorption b). Digestion
- c). Ingestion d). Secretion

9. Aerobics primarily improve which of the following [Ap] / [CO6]
- a). Cardiovascular fitness b). Flexibility
- c). Muscular strength d). Coordination
10. Which of the following is a major risk factor associated with physical inactivity [An] / [CO2]
- a). Improved cardiovascular health b). Enhanced muscle strength
- c). Reduced stress level d). Increased risk of obesity

[10x1 = 10]

Part B

Short Answer Type Questions

Answer any **5** Questions

Each Question carries **2** marks

11. How can technology be used to track improvements in Physical Fitness? [A] / [CO1, CO2]
12. What are the two main categories of physical fitness? [K] / [CO1, CO2]
13. What does the acronym FITT stand for in fitness training? [A] / [CO3]
14. Explain the principle of optimum load and how it can be applied to improve fitness. [A] / [CO3]
15. Explain the importance of Balance in physical fitness [K] / [CO1, CO2]
16. How does the regular exercises reduces the risk of Muscle Injury? [K] / [CO4]
17. What are the key components to include in a personal activity record [Ap] / [CO6]

[5x2 = 10]

Part C

Short Essay Type Questions

Answer any **3** Questions

Each Question carries **5** marks

18. Explain the concept of physical exercise and how it differs from physical activity [K] / [CO1]

19. Briefly explain any three principles of fitness. [K] / [CO2, CO3, CO4]
20. Describe the Principles of Individual difference and optimum load. [K] / [CO2, CO3]
21. What are the main components of Blood, and what are their functions? [K] / [CO4]
22. Explain the role of exercise in mitigating the effects of the ageing process. How do different types of exercises (e.g., strength training, aerobics) benefit older adults? [Ap] / [CO5]

[3x5 = 15]