

Reg. No.:



W6595

Name:

University of Kerala

Third Semester FYUGP Degree Examination, November 2025

Value Addition Courses

PHYSICAL EDUCATION

UK3VACPES200 - FUNDAMENTALS OF HEALTH AND FITNESS

Academic Level: 200-299

2024 Admission

Time: 1 Hour 30 Minutes(90 Mins.)

Max. Marks: 42

Part A. 6 Marks.Time:6 Minutes.(Cognitive Level:Remember(RE)/Understand(UN)) Objective Type. 1 Mark Each.Answer all questions

Qn No.	Question	CL	CO
1	"Health is a state of complete physical, mental and _____ well-being." Options : A)Economic B)Social C)Spiritual D)Emotional	RE	1
2	Choose the correct from the following as a key factor of importance of good health Options : A)Prevents chronic diseases B)Increases stress and anxiety C)Reduces productivity D)Increases healthcare costs	RE	1
3	Identify the macro nutrient that is an 'energy provider' Options : A)Vitamin B)Minerals C)Carbohydrate D)Water	UN	3
4	Physical activity performed before main exercise to prevent injury. Options : A)Cooldown B)Strength Training C)Fartlek D)Warm Up	UN	3
5	Long-term goals are designed to achieve Options : A)Within a day B)Within a week C)Over a Long period D)Immediately after training	UN	4
6	Physical activity in daily routine is important	UN	2

Qn No.	Question	CL	CO
	Options : A)It has no impact on overall well-being B)To increases stress and fatigue C)To reduces flexibility and endurance D)To promotes overall health and prevents lifestyle diseases		

Part B.8 Marks.Time:24 Minutes.(Cognitive Level:Understand(UN)/Apply(AP))Short Answer. 2 marks each.Answer all questions

Qn No.	Question	CL	CO
7	Explain the holistic concept of health.	UN	1
8	Define performance-related physical fitness and briefly explain any four components of performance-related fitness.	UN	2
9	Explain the importance of warm-up and cool-down exercises.	AP	3
10	How can recreational activities contribute to physical fitness?	AP	4

Part C. 28 Marks.Time:60 Minutes (Cognitive Level:Apply(AP)/Analyse(AN)/Evaluate(EV)/Create(CR)) Long Answer.7 marks each.Answer all 4 Questions choosing among options * within each question

Qn No.	Question	CL	CO
11	A) Interpret in detail the factors affecting health. OR B) Explain the need for regular health check-ups in maintaining physical fitness. Justify your answer?	AP	1, 5
12	A) Analyse the role of various fitness components needed for an elite athlete and a sedentary man. OR B) Explain how regular exercise improves immunity and cardiovascular health.	AN	2, 3
13	A) Evaluate the importance of setting both short-term and long-term goals in a fitness programme? OR B) Evaluate the impact of integrating physical activity into daily routines.	EV	4, 4
14	A)	CR	3, 4

Qn No.	Question	CL	CO
	<p>Create a fitness program incorporating diet, hydration, and recovery.</p> <p>OR</p> <p>B)</p> <p>Create a one-week training schedule for a beginner to improve overall Health-Related Physical Fitness by including different types of exercises.</p>		