

QP Code : D 123576		Total Pages: 02	Name:
		Register No.	
SECOND SEMESTER (CUFYUGP) DEGREE EXAMINATION, APRIL 2025			
PHYSICAL EDUCATION			
PEN2FM106(1) : Physical Fitness and Active Living			
2024 Admission onwards			
Maximum Time :One and Half (1.5) Hours		Maximum Marks :50	
Section A			
All Question can be answered. Each Question carries 2 marks (Ceiling : 16 Marks)			
1	Define exercise?		
2	What is cooling down?		
3	Define ageing?		
4	What is strength endurance?		
5	What is Flexibility?		
6	Define Body composition?		
7	Explain tidal volume?		
8	Define Heart rate?		
9	What is physical inactivity?		
10	Main organ of respiratory system?		
Section B			
All Question can be answered. Each Question carries 6 marks (Ceiling : 24 Marks)			
11	Explain FITT principle?		
12	Explain the activities for developing HRPF?		
13	Impact of exercise on muscular system?		
14	How can we improve our ageing by exercise?		
15	Effect of warming up??		
Section C			

Answer any ONE. Each Question carries 10 marks (1x10=10 Marks)	
16	Effect of exercise on cardiac system and respiratory system?
17	Types of physical fitness?