

B.Sc. (Hons) (FNS) Sem.-2 Examination

EC - 121

Physical Fitness & Sports

June 2022

Time : 2-00 Hours]

[Max. Marks : 50

Instructions:		
All questions in Section I & II carry equal marks		
Illustrate your answers with neat diagrams wherever necessary.		
Section-I Answer in detail (Any six)		[42]
1	What is energy system? Explain the types in detail.	
2	Explain FITTE principle in detail with suitable examples.	
3	Define physical fitness and explain health related components of physical fitness in detail.	
4	Define exercise, and explain skill related components of physical fitness.	
5	What is body composition? Explain the gender wise difference in body composition.	
6	What is skinfold measurement? Describe any four sites in detail	
7	What is TEE? Explain the components of TEE in detail.	
8	What is BMR? Explain the factors affecting BMR in detail.	
9	Enlist the methods of assessment of energy expenditure, describe any one detail.	
10	What is thermogenesis? Explain its types in detail.	
11	Define energy requirement. Describe factors affecting it.	
12	What is BIA? Explain the principle and method of assessment.	
Section -II Answer in short (any eight)		[08]
1	Describe carbohydrate loading in short	
2	Enlist skill related components of physical fitness	

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	3	What is PAR?	
	4	What is PAL?	
	5	Define energy.	
	6	Write a short note on hydrostatic weighting.	
	7	Write a short note on Archimedes principle.	
	8	How TBW is measured?	
	9	Give typical body composition of a 65 kg male.	
	10	Difference between FFM and LBM.	
	11	Define energy expenditure.	
	12	What is ICMR?	
	13	What is Doglus bag?	
	14	What is EEPA?	

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