

Seat No. : _____

DG-111

December-2013

5 Years MBA Integrated (KS) TY MBA

Health and Fitness Management

Time : 2 Hours]

[Max. Marks : 50

1. Distinguish between micro and macro nutrients. Explain briefly different types and functions of macronutrients. **10**

OR

Explain 'balanced diet' by drawing a suitable food pyramid. Also write down WHO's recommendations on a balanced diet ?

2. Explain family Floater plan and Group Health Insurance in Health Insurance Policies. Also mention the key Government and Private players in Health Insurance Sector in India. **10**

OR

Write short note on :

- (i) Health benefits of Cinnamon and Green tea.
(ii) Direct and Indirect methods of Health Education.

3. (a) Explain three types of Physical exercises. **10**
(b) Define Body Mass Index (BMI) and discuss its uses ?

OR

Define briefly the most popular and commonly used five physical fitness tests.

4. Explain benefits and techniques of meditation. **10**

OR

Explain various Asanas of Yoga.

5. What are the causes of Stress in Students. Suggest any four Stress Management Techniques in detail. **10**