

[This question paper contains 2 printed pages.]

Your Roll No.....

Sr. No. of Question Paper : 6026

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Unique Paper Code : 2154001201

Name of the Paper : Physical fitness, Activity and Performance

Name of the Course : **GENERIC ELECTIVES
Common Prog Group**

Semester : Part-I Sem-II Exam July
2023
NEP-UGCF-2022

Duration : 3 Hours

Maximum Marks : 90

Instructions for Candidates

1. Write your Roll No. on the top immediately on receipt of this question paper.
2. Answer any **five** questions.
3. **All** questions carry equal marks.

1. How is physical fitness assessed? Critically describe one of the methods used for physical performance test.
2. What is the relation between physique, body composition, nutrition and performance?

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3. Explain the concept of regulation of body weight, energy expenditure and physical activity.
4. What is Physical Fitness? Discuss various components of physical fitness with relevant example.
5. Write an essay on physical fitness and performance with respect to anthropology.
6. Discuss the relationship between physical performance and ethnic group with the help of suitable examples.
7. What are the different ways to improve physical fitness and performance? Explain with examples.
8. What are the principles of effective physical conditioning techniques? Discuss with example.
9. Write notes on any **two** of the following :
 - (a) Doping and performance
 - (b) Cardiovascular endurance
 - (c) Talent identification in sports science
 - (d) Muscular flexibility