

[This question paper contains 2 printed pages.]

Your Roll No.....

Sr. No. of Question Paper : 6447 L

Unique Paper Code : 2154001201

Name of the Paper : (GEN): Physical Fitness,
Activity and Performance

Name of the Course : **B.Sc. (H), Part I**

Semester : II - Theory Examination May/
June 2026

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. Attempt any **five** questions.
3. **All** questions carry equal marks.

1. What do you understand by physical fitness? How physical fitness is assessed in humans. Elaborate with suitable examples.
2. Define body composition. Discuss various factors affecting body composition.
3. Discuss relevance of anthropology in studying physical fitness.

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4. Elaborate the relationship between physical activity and health with suitable examples.
5. Write an essay on doping and performance.
6. Describe the principles of physical conditioning. Explain with suitable examples.
7. Elucidate the importance of physical performance in preventing chronic disease.
8. How physical fitness and performance associated with ethnic differences in Indian scenario. Support the answer with examples.
9. Write short note on **any two** of the following :
 - (a) Nutrition and performance
 - (b) Sports and Anthropology
 - (c) Physical performance test
 - (d) Flexibility and fitness

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