

2/VAC-190 Syllabus-2023

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(May-June)

FYUP : 2nd Semester Examination

VALUE ADDED COURSE

(Health and Wellness)

(VAC-190)

Marks : 56

Time : 2½ hours

*The figures in the margin indicate full marks
for the questions*

PART—A

(Short Answer-type Questions)

Answer any four questions

- 1. Define spectrum of health. How does the concept illustrate the range between illness and wellness?** 4
- 2. Describe three popular sports in India and comment on the fitness benefits associated with each sport.** 4

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(Turn Over)

(2)

3. Discuss the role of community engagement in promoting participation in sports. 4
4. What is the importance of Calisthenics in improving physical performance? 4
5. Define fitness and wellness strategies. 4
6. Describe the role of exercise in avoiding cardiovascular diseases. 4

PART—B

(Descriptive Answer-type Questions)

Answer *any four* questions

7. (a) Explain the role of a balanced diet and water intake in weight management. 7
- (b) Discuss the impact of sleep on mental wellness. 3
8. (a) Define BMI. How is BMI used as a tool to assess health? 6
- (b) What is the relationship between socio-economic factors and wellness? 4

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(Continued)

9. (a) Explain the contemporary health problems faced by Indian youth. 5
(b) How can fitness and wellness practices help prevent diabetes? 5
10. (a) How does Yoga affect health? 5
(b) How does substance abuse affect physical and mental health? 5
11. (a) Discuss the role of parents and community for the maintenance of fitness and wellness. 6
(b) Discuss the importance of spiritual management. 4
12. Write short notes on any *two* of the following : 5×2=10
(a) Sedentary lifestyle and wellness
(b) Stress management and its effect on health
(c) Dance forms for wellness
(d) Role of parents in promoting wellness

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