



**Indian Association for the Cultivation of Science**  
(Deemed to be University under *de novo* Category)  
Master's/Integrated Master's-PhD Program/Integrated Bachelor's-Master's  
Program/PhD Course  
*End Semester Examination-Spring 2025*

**Subject: SPORTS AND FITNESS**  
**Full Marks: 50**

**Subject Code(s): VAC 1201**  
**Time Allotted: 3 h**

Answer the following MCQs by choosing the correct option given below and write it on Your answer script any twenty  
 $20 \times 1 = 20$

**Group-A**

- ✓ 1. Wellness can be best described as:
  - A. Physical fitness only
  - B. A passive state of being
  - C. A dynamic process of change and growth
  - D. Complete absence of stress
- ✓ 2. Which is NOT a dimension of wellness?
  - A. Emotional
  - B. Financial
  - C. Spiritual
  - D. Genetic
- ✓ 3. Which is not promoting healthy behavior?
  - A. Physical activity
  - B. Balance Diet
  - C. Adequate Sleep
  - D. Excessive Alcohol consumption
- ✓ 4. The concept of health has changed over time. Today, it is viewed as:
  - A. A medical condition
  - B. Merely physical strength
  - C. A holistic state of overall well-being
  - D. A mental condition
- ✓ 5. Which of the following is a factor that affects health and wellness?

- A. Heredity
- B. Environment
- C. Lifestyle choices
- D. All of the above

✓ 6. The dimension of wellness that involves developing a sense of purpose and meaning in life is:

- A. Social wellness
- B. Emotional wellness
- C. Spiritual wellness
- D. Occupational wellness

✓ 7. Which one of the following is an example of promoting wellness?

- A. Ignoring symptoms of disease
- B. Regular physical activity and healthy eating
- C. Taking medicine without a prescription
- D. Avoiding medical checkups

✓ 8. What are the health risk behavior?

- A. Smoking
- B. Poor Diet
- C. Sedentary Lifestyle
- D. All of the above

✓ 9. What is the primary goal of physical fitness?

- A. To win competitions
- B. To improve financial status
- C. To enhance overall health and performance
- D. To increase body weight

10. Which of the following is a *health-related* component of fitness?

- A. Agility
- B. Speed
- C. Flexibility
- D. Balance

✓ 11. Which type of fitness is most associated with athletic performance?

- A. Emotional fitness
- B. Skill-related fitness
- C. Mental fitness
- D. Social fitness

✓ 12. Which factor does NOT directly influence physical fitness?

- A. Genetics
- B. Regular exercise
- C. Sleep quality
- D. Political opinion

✓13. **Warming up before exercise is important because it:**

- A. Increases fatigue
- B. Cools down the body
- C. Prepares muscles and joints for activity
- D. Reduces mental alertness

✓14. **Which of the following is considered as *specific warm-up* activity?**

- A. Jogging for 10 minutes
- B. Arm swings
- C. Practicing sport-specific drills
- D. Static stretching

✓15. **What is the main benefit of cooling down after exercise?**

- A. Decreasing muscle strength
- B. Promoting lactic acid build-up
- C. Preventing dizziness and aiding recovery
- D. Increasing heart rate

16. **Which of the following is NOT a component of skill-related fitness?**

- A. Reaction time
- B. Power
- C. Muscular endurance
- D. Coordination

✓17. **Stretching exercises are important because they:**

- A. Increase body fat
- B. Decrease muscle flexibility
- C. Improve range of motion and prevent injuries
- D. Only help during sleep

✓18. **The term "cooling down" refers to:**

- A. Resting in an air-conditioned room
- B. A set of activities done after a workout to return the body to normal
- C. Drinking cold water
- D. Sleeping after physical activity

✓19. **21. Good time for Yogic practices –**

- A. Evening
- B. Night
- C. Early Morning
- D. Noon

✓20. **How many steps in suryanamaskara?**

- A. 10
- B. 12
- C. 08

D. 14

21. .... is the path of willpower.

- A. Raja Yoga
- B. Jnana Yoga
- C. Bhakti Yoga
- D. Hatha Yoga

✓ 22. Dress for Yoga practices should be

- A. Costly and sophisticated dresses
- B. Protective covering from head to toe
- C. Loose fitting and comfortable
- D. Tight fitted

✓ 23. Suryanamkara is a well devised combination of ..... and breathing

- A. Pranayama
- B. Meditation
- C. Asana
- D. Dharana

✓ 24. Which of the following is a cooling pranayama?

- A. Nadishodhana
- B. Sheetal Pranayama
- C. Ujjayi
- D. Anulom-vilom

✓ 25. How many limbs in astanga yoga?

- A. 80
- B. 04
- C. 08
- D. 88

#### Group-B

Answer any ten questions:

10x2 = 20

1. What is stretching?
2. Why is wellness important in modern life?
- ✓ 3. What is the name of two Kumbhaka (Breath Retention) in Pranayama?
4. Explain the changing concept of health.
5. Write the differences between illness and wellness.
- ✓ 6. Write the name of four Vedas.
7. What is dynamic stretching?

8. Mention the types and importance of any two stretching exercises.
- ✓ 9. What is warming up?
- ✓ 10. Mention any two factors that influence health and wellness.
- ✓ 11. What is cooling down?
- ✓ 12. Mention the name of two cooling Pranayama?
13. What is 'Rechaka' and 'Puraka'?
- ✓ 14. Name of two asanas which helps to increase digestion?
- ✓ 15. Define specific warmup

### Group-C

**Answer any two questions:**

**5x2 = 10**

- ✓ 1. Define health? What are the dimension of health?  
2+3
- ✓ 2. Describe the term 'Yoga'?  
5
3. What is physical fitness? Enlist types of physical fitness and its components?  
2+3
4. Write the names of 'Astanga Yoga' (Eight Limbs of Yoga)  
5
5. What is Meditation? Write the name of various types of meditation.  
2+3