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UNIVERSITY OF RUHUNA
BACHELOR OF SCIENCE GENERAL DEGREE LEVEL II (SEMESTER I)
EXAMINATION – JULY 2016

SUBJECT: Physical Fitness and Health Management

COURSE UNIT: FSC214α

Section 1

Answer all questions

Question 1-15 underline or circle the correct answer (01 mark each)

01. Which muscle groups from the following are developed by the exercise front press?
I. Pectorals, Finger Flexors, Triceps II. Pectorals, Trapezius, Latissimus
III. Pectorals, Trapezius, Deltoids IV. Pectorals, Triceps, Deltoids
02. The proper range of repetitions per set that one needs to perform to develop muscle mass by weightlifting exercises is
I. 20 – 60 II. 1 -5 III. 8-12 IV. 6 - 10
03. Hypertrophy exercise develops
I. Strength endurance II. Muscle mass
III. Muscle power IV. Explosive strength
04. What is the relevant exercise for developing abdominal muscles?
I. Back press II. Pull over III. Sit-ups IV. Front squats
05. Neuron passes messages in
I. only one direction. II. no specific direction
III. both directions. IV. a direction that cannot be predetermined.
06. How many different types of muscles are there in the body?
I. 1 II. 2 III. 3 IV. 4
07. Which gas binds with hemoglobin instantaneously, if inhaled?
I. CO II. H₂ III. O₂ IV. N₂
08. Cardiac output depends on
I. heart rate only. II. stroke volume only.
III. heart rate and stroke volume. IV. none of the above.

09. Which of the following group of exercises are relevant to develop Tricep muscle?
- I Tricep curl, Bicep curl, Back squat II Pullover, Tricep curl, Front press
 III Front press, Good morning, Tricep curl IV Bent rows, Tricep curl, Wrist curl
10. What is the most relevant method to develop strength endurance?
- I. Using light weight and high repetitions
 II. Short distance speed running
 III. Using high weight with low repetitions.
 IV. Short distance speed cycling
11. Which of the following formula calculates your Body Mass Index?
- I. $\frac{\text{Weight}}{\text{Height}}$ II $\frac{\text{Height}}{\text{Weight}}$ III $\frac{\text{Weight}}{(\text{Height})^2}$ IV $\frac{\text{Height}}{(\text{Weight})^2}$
12. Warming up exercises
- I. decrease the blood circulation of the muscle.
 II. decrease the Flexibility of muscle.
 III. increase the blood circulation of the muscle.
 IV. increase the possibility of injuries.
13. What is correct about selecting sports equipment?
- I. Should carry a proper brand name
 II. Should not be very expensive
 III. Country of origin matters the most
 IV. Equipment should have correct standards
14. Which exercise develops the pectoral major muscle
- I. Front press_ II. Back press III. Bench press IV. Back squats
15. Which game from the following is included in Olympics?
- I. Power lifting II. Body Building (Men)
 III Weight lifting IV. Body Building (Women)
16. What is correct regarding a muscle injury?
- I. Injuries always occur at the tendon of the muscle.
 II. Internal bleeding occurs every time.
 III. Micro injuries do not need treatment.
 IV. Having an avulsed muscle tendon at the bone in children.

17. What is **not correct** regarding warming up before a sports activity?
- I. Muscles relax
 - II. Circulation to muscles improves
 - III. Possibility of internal bleeding to muscles
 - IV. Energy production of muscle becomes efficient
18. The best test to measure Endurance is,
- I. Bleep test
 - II. ergometer test
 - III. 1.5 mile run test
 - IV. The step test
19. The total Body Rotation test is used to measure
- I. Endurance
 - II. Agility
 - III. Flexibility
 - IV. Muscular Strength
20. The measurements used to check the percentage of body fat is
- I. Hip Girth/ Height for women and waist Girth/ Weight for men
 - II. Hip Girth/ weight for women and waist Girth/ Height for men
 - III. Waist Girth/ weight for women and Hip Girth/ Weight for men
 - IV. Waist Girth/ Height for women and Hip Girth/ Weight for men

Questions 21-25

Mark True (T) or False (F)

(02 marks each)

21. Following may describe methods of exercise.
- I. Number of times that one needs to exercise is 3-5 days per week
 - II. Strength is achieved by lifting heavier weights at high repetitions.
22. Following may be required for the recovery of muscles.
- I. Need 24 hours to replace glycogen stored in the muscles.
 - II. It is appropriate to have a body massage after finishing a game.
23. Health related physical fitness activities may include
- I. long distance running events including aerobic category
 - II. short distance running events including aerobic category.
24. In a mode of strength exercise
- I. muscle mass may be developed using low weight with low repetition.
 - II. training schedules may be prepared using 1Rm method.

25. Stretching exercises

- I. may increase bone density.
- II. may decrease muscle flexibility .

Section II

Answer only ((07) questions. (10 marks each)

1. Explain following weight training terms.
 - I. Repetitions
 - II. Sets
 - III. 1 Rm
 - IV. Strength endurance
 - V. Hypertrophy
2. What changes will appear in the heart of an athlete when he engages in sports for long term?
3. It is important for the body to warm up to do its performance. Explain, briefly.
4.
 - I. What is Physical Fitness?
 - II. What is the six components of Physical Fitness?
5. Why test an athlete? Explain important facts to test the Athlete.
6. Write short notes about the importance of water in sport nutrition.
7. Name five methods that can be used for sport recovery.
8. Name five factors considered during pre-participation medical examination.
9. Write short notes about safe environment for sports.
10. What are aerobic and anaerobic games? Give 03 examples for each.