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UNIVERSITY OF RUHUNA  
BACHELOR OF SCIENCE GENERAL DEGREE LEVEL II (SEMESTER I) EXAMINATIONS  
- SEPTEMBER 2017

SUBJECT: Physical Fitness and Health Management

COURSE UNIT: FSC 214 $\alpha$

TIME: one hour

**Section I**  
**Answer all questions.**

Question 1-15: Underline or Circle the correct answer.

(02 marks each)

1. Which of the following exercises may develop abdominal muscles?  
(i) Squat    (ii) Front Press    (iii) Sit-Ups    (iv) Pull over
2. Strength endurance is developed by doing a relevant exercise in  
(i) 8-10 repetitions    (ii) 1-5 repetitions    (iii) 8-12 repetitions    (iv) 20 repetitions or more
3. Respective percentages of carbohydrates, proteins and fat that should be included in a balanced diet is  
(i) 55%, 12%, 30%,    (ii) 15%, 30%, 20%    (iii) 40%, 50%, 12%    (iv) 30%, 55%, 12%
4. Which of the following formula gives the BMI?  
(i) weight/(height x height)    (ii) height/weight  
(iii) height/(weight x weight)    (iv) weight/height
5. Which of the following is **NOT** a feature of sports wear?  
(i) Having a minimum number of seams  
(ii) Having good air circulation  
(iii) Having water proof quality always.  
(iv) Absorption of sweat.
6. What is **not correct** about effects of warm up exercises before a sports activity?  
(i) Muscles tend to relax from warm up exercises  
(ii) Energy production of muscle becomes efficient  
(iii) Possible internal bleeding to muscles  
(iv) Circulation to muscles improves
7. The total body rotation test measures  
(i) Agility    (ii) Endurance    (iii) Muscle strength    (iv) Flexibility
8. Reaction speed of an athlete depends on  
(i) Age and sex    (ii) Age and level of practice  
(iii) Sex and level of practice    (iv) Age, sex and level of practice

9. The best test to measure Endurance is
- (i) 1.5 mile run test
  - (ii) Bleep test
  - (iii) Step test
  - (iv) Ergometer test
10. What would be the most appropriate thing to do to create an elite athlete?
- (i) Identify talents during young adult age.
  - (ii) Make him do daily exercises.
  - (iii) Train at least six months without injuries.
  - (iv) Doing two workout sessions per day.
11. Hypertrophy exercise develops
- (i) strength endurance
  - (ii) muscle power
  - (iii) muscle mass
  - (iv) explosive strength
12. Starch is divided into ..... main parts.
- (i) one
  - (ii) two
  - (iii) three
  - (iv) four
13. Choose muscle groups developed through the exercise, Back Press.
- (i) pectorals, deltoids and triceps
  - (ii) pectorals, hamstrings and deltoids
  - (iii) deltoids, trapezius and triceps
  - (iv) hamstrings, quadriceps and biceps
14. What is meant by "Intellectual Health"?
- (i) Exploring new ideas and new ways of thinking.
  - (ii) Develop proper food habits.
  - (iii) Give Consideration to personal safety.
  - (iv) Develop habits on good physical health behavior.
15. What would be the most suitable thing to do first when giving first aid to a person with epilepsy?
- (i) Bring the person to a dark place.
  - (ii) Giving a piece of iron to patient's hand.
  - (iii) Keeping the patient away from disturbances by bringing to a safe place.
  - (iv) Giving the accurate dose of drugs that patient normally uses.

**Questions 16-25: Mark True (T) or False (F)**

**( 01 marks each)**

16. (i) Stretching exercises increase coordination of muscles and nerves. ( )
- (ii) Stretching exercises decrease elasticity of ligaments. ( )
17. What is true/false about health related physical fitness?
- (i) Flexibility and endurance are two components of health related physical fitness. ( )
  - (ii) Muscular endurance means that the maximal ability of a muscle to maintain force over a long period of time. ( )



## Section II

Answer only Six (06) questions. (10 marks each)

1. Indicating the six (06) components (dimensions) needed for a healthy life, explain two of them, briefly.
2. Describe, briefly, the advantages of performing daily physical exercises.
3. (i) Discuss the benefits of stretching exercises, briefly.  
(ii) What is the purpose of cool down and warm up exercises?
4. (i) What is BMI stands for?  
(ii) How is BMI measured?  
(iii) Give appropriate range of BMI for healthy life (separately, for men & women)
5. Explain, briefly, following weight training terms.  
(i) Repetitions (ii) Sets (iii) Power training (iv) Strength training
6. (i) How many calories in 01 gram each of fat, carbohydrate and protein?  
(ii) Explain, how liquids should be taken while exercising.
7. What is pre-participation medical examination? Explain, briefly.
8. Explain, briefly, following weight exercises.  
(i) Front press (ii) Squat (iii) Curl (iv) Bent rows
9. Discuss, briefly, the four major groups classified under nutrition.

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