

**2025/FYUG/ODD/SEM/  
HWYVAC-101T/442**

**FYUG Odd Semester Exam., 2025**

**VALUE ADDED COURSE**

**( 1st Semester )**

**Course No. : HWYVAC-101T**

**( Introduction to Health and Wellness,  
Yoga and Sports )**

Full Marks : 50

Pass Marks : 20

**Time : 2 hours**

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

**UNIT—I**

1. Answer any three from the following questions :

**1×3=3**

- (a) Who is considered as the father of modern physical education?
- (b) Name one major difference between sports and games.
- (c) Mention one importance of sports in education.
- (d) What does the term 'sportsmanship' mean?

- ( 2 )
2. Answer any one from the following questions :
- (a) State two ways in which physical education contributes to mental health.
  - (b) Differentiate between competitive sports and recreational sports.

3. Answer any one from the following questions :
- (a) Describe the aim and objectives of physical education in modern society.
  - (b) Explain the relationship between sports, physical education and overall education with suitable examples.

#### UNIT—II

4. Answer any three from the following questions :
- (a) What is meant by personal hygiene?
  - (b) Give one example of a non-communicable disease.
  - (c) Name any one lifestyle factor affecting wellness.
  - (d) Which communicable disease is caused by a virus?

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- ( 3 )
5. Answer any one from the following questions :
- (a) List any two components of wellness.
  - (b) Mention any two methods to prevent communicable diseases.

6. Answer any one from the following questions :
- (a) Discuss the hygiene practices required for maintaining the health of eyes, ears and teeth.
  - (b) Explain the basic concepts of communicable and non-communicable diseases with suitable example.

#### UNIT—III

7. Answer any three from the following questions : 1×3=3
- (a) In which ancient text is Yoga first systematically described?
  - (b) Name one limb of Ashtanga Yoga that deals with moral discipline.
  - (c) Which type of Yoga is centered on devotion to God?

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( Turn Over )

( 4 )

(d) What does the term 'Pranayama' literally mean?

8. Answer any one from the following questions :

(a) Write any two benefits of practising Bhastrika Pranayama.

(b) Mention two ways in which Yoga contributes to a stress-free lifestyle.

9. Answer any one from the following questions :

(a) Discuss the role of Pranayama in promoting respiratory health and mental calmness.

(b) Explain how Yoga integrates body, mind and spirit giving examples from different types of Yoga.

#### UNIT—IV

10. Answer any three from the following questions :

1×3=3

(a) What is meant by flexibility in physical fitness?

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(b) Name one chronic disease linked to a sedentary lifestyle.

(c) Which component of fitness relates to the proportion of fat and lean mass in the body?

(d) Give one example of a preventive lifestyle measure for heart health.

11. Answer any one from the following questions : 2

(a) Mention two mental health benefits of regular exercise.

(b) Write two ways technology can help in maintaining a healthy lifestyle.

12. Answer any one from the following questions : 5

(a) Discuss the role of physical fitness components in improving sports performance.

(b) Explain five lifestyle-related causes of poor health and how to prevent them through daily habits.

( Turn Over )



UNIT—V

( 7 )

13. Answer any three from the following questions :
- (a) What are the main functions of protein in the body?
  - (b) Name one water-soluble vitamin.
  - (c) Which mineral deficiency causes goitre?
  - (d) Give one example of nutritive component of food.

(b) Explain the health problems caused by mineral deficiencies with symptoms and dietary sources for any three metals.

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14. Answer any one from the following questions :
- (a) List two non-nutritive components of diet and state their benefits.
  - (b) Mention two reasons why hydration is important for athletes.

15. Answer any one from the following questions :
- (a) Discuss the importance of sports nutrition for performance, recovery and injury prevention.

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