

FAROOK COLLEGE (AUTONOMOUS), KOZHIKODE

Second Semester BA Degree Examination, April 2025

PEN2FM106 – Physical Fitness and Active Living

(FYUGP 2024 Admission)

Time: 1.5 hours

Max. Marks : 50

PART – A

All questions can be attended.
Each question carries Two mark.
Ceiling -16 Marks

		COs	Knowledge Level(KL)	Marks
1	How does physical exercise differ from physical activity	CO1	C	2
2	What do the letters in FITT stand for?	CO3	C	2
3	What is endurance and what are the types of endurance?	CO2	P	2
4	Why do athletes have lower resting heart rates compared to non-athletes?	CO4	C	2
5	What are the benefits of exercise on muscular system?	CO4	C	2
6	What is physical fitness and what are the types of physical fitness?	CO2	C	2
7	What do you mean by cosmetic fitness?	CO2	P	2
8	Distinguish between muscular strength and Muscular Endurance.	CO1	C	2
9	Why are physically inactive individuals more prone to heart attacks compared to active individuals?	CO4	P	2
10	What are the factors affecting flexibility ?	CO1	C	2

PART – B

All questions can be attended.
Each question carries six marks.
Ceiling -24 Marks

		COs	Knowledge Level(KL)	Marks
11	Define flexibility. Briefly explain the different types of flexibility.	CO1	C	6
12	What are the benefits of physical activity?	CO5	C	6
13	What is performance related physical fitness and explain any four components of performance related physical fitness.	CO2	P	6
14	What are the benefits of warm up and cooling down?	CO3	p	6
15	Give a detailed note on the effect of exercise on respiratory system	CO4	C	6

PART - C

Answer *anyone* questions.
Each question carries **Ten** marks.

		COs	Knowledge Level(KL)	Marks
16	Explain the principles of fitness training	CO3	P	10
17	What is health related physical fitness and what are the different components of health related physical fitness.	CO2	P	10

(1 x 10 = 10 Marks)