

Name:

FAROOK COLLEGE (AUTONOMOUS), KOZHIKODE

First Semester BA Degree Examination, November 2025

PEN1FM105(2) - Lifestyle Disease and Physical Activity

(FYUGP 2024 Admission onwards)

Time: 1 ½ hours

Max. Marks : 50

Section A**[Answer any eight. Each question carries 2 marks
(Ceiling: 16 marks)]**

1. Define physical activity.
2. What is blood pressure ?
3. List the components of physical fitness.
4. What is BMI?
5. Risk factors associated with anxiety ?
6. What is osteoporosis?
7. What you meant by fitness balance ?
8. Define flexibility .
9. Write a brief note on macronutrients.
10. How does screen time affect physical and mental health?.

Section B**[Answer any four. Each question carries 6 marks]
(Ceiling: 24 marks)**

11. What are the common risk factors for diabetes
12. Discuss the benefits of physical activities.
13. Describe the different types of exercises and their benefits in combating lifestyle diseases
14. What is the relationship between stress, anxiety, and the onset of lifestyle diseases?
15. Write down the general principles behind effective exercises?

Section C**[Answer any one. Each question carries 10 marks]
(1x10 = 10 marks)**

16. Explain the role of nutrition in preventing and managing lifestyle diseases. Discuss both macro and micronutrients and their importance in a balanced diet.
17. What is physical fitness and explain the components of physical fitness.