**BBA (TOURISM MANAGEMENT)**

**Semester V**

**BM 1544 HEALTH AND FITNESS EDUCATION**

**Section A. One or Two Sentence Questions (1 Mark)**

1. What does PE stand for?
2. Define physical fitness.
3. Expand NASPE.
4. Mention one motor skill.
5. What is mind mapping?
6. Define cardiovascular endurance.
7. State one benefit of muscular strength.
8. Name a team sport.
9. What is flexibility?
10. Define social development.
11. Give an example of emotional well-being.
12. Mention one chronic disease that physical activity helps prevent.
13. What is the legal definition of Physical Education?
14. Define cognitive development.
15. What is lifelong fitness?
16. Mention one benefit of physical activity on academic performance.
17. Define sportsmanship.
18. Give one example of character building through sports.
19. What is meant by cultural awareness?
20. What is the role of PE in promoting active lifestyle?

**Section B. One Paragraph Questions (2 Marks)**

1. What are the objectives of Physical Education?
2. List two components of physical fitness.
3. Write two benefits of regular physical activity.
4. What do you mean by self-observation?
5. Mention two techniques for managing stress.
6. How does time management help students?
7. What is the difference between team and individual sports?
8. Define social interaction in the context of PE.
9. How can PE improve emotional well-being?
10. What is the role of flexibility in fitness?
11. Explain the significance of rhythm and dance in PE.
12. What is cultural understanding in physical education?
13. Write two characteristics of good sportsmanship.
14. Mention two mental health benefits of physical activity.
15. How does physical activity improve memory?
16. What is character building through PE?
17. What is the importance of discipline in sports?
18. Define the role of PE in promoting lifelong wellness.
19. List two academic benefits of engaging in PE.
20. Differentiate between physical and mental health benefits of PE.

**Section C. Short Answer Questions (4 Marks)**

1. Explain the comprehensive definition of PE as per NASPE.
2. Discuss how PE contributes to overall physical development.
3. Explain the techniques used in stress management.
4. Describe how PE improves time management and observation skills.
5. Write a note on cognitive development through sports.
6. Explain how social development is achieved through PE.
7. Describe the health benefits of physical activity in detail.
8. Discuss the connection between emotional well-being and PE.
9. How does PE enhance academic performance?
10. Discuss the principles of lifelong fitness and its significance.
11. Explain how PE promotes teamwork and cooperation.
12. Illustrate how PE encourages leadership and respect among students.
13. Discuss how sports can build character and discipline.
14. Write a note on the importance of flexibility and muscular strength.
15. Explain the role of PE in improving cultural understanding.
16. How does PE promote a service-oriented approach to life?
17. Discuss the impact of regular PE on obesity and diabetes.
18. Explain how PE influences concentration and classroom behaviour.
19. Write a short note on building social relationships through group activities.
20. Discuss the importance of developing an active lifestyle from a young age.

**Section D. Essay Questions (15 Marks)**

1. Elaborate on the objectives and scope of Physical Education with reference to NASPE guidelines.
2. Discuss in detail how physical education supports physical, cognitive, and emotional development.
3. Examine the role of physical fitness in reducing lifestyle diseases and promoting well-being.
4. Describe how PE promotes social development, teamwork, and leadership in students.
5. Evaluate the mental health benefits of regular physical activity with reference to stress and anxiety.
6. Write an essay on lifelong fitness and the importance of cultivating healthy habits through PE.
7. Describe the importance of character building and values developed through sports.
8. How does PE contribute to academic performance and learning outcomes in students?
9. Discuss the cultural dimensions of physical education and how it fosters inclusivity and awareness.
10. Explain the integration of health education with physical education for holistic student development.