

Reg. No.:



Name:

University of Kerala

W6594

Third Semester FYUGP Degree Examination, November 2025

Value Addition Courses

PHYSICAL EDUCATION

UK3VACPES202 - EXERCISE AND DIET IN WEIGHT MANAGEMENT

Academic Level: 200-299

2024 Admission

Time: 1 Hour 30 Minutes(90 Mins.)

Max. Marks: 42

Part A. 6 Marks.Time:6 Minutes.(Cognitive Level:Remember(RE)/Understand(UN)) Objective Type. 1 Mark Each.Answer all questions

Qn No.	Question	CL	CO
1	Micronutrients include: Options : A)Carbohydrates and fats B)Proteins and water C)Vitamins and minerals D) Protein and carbohydrates	RE	1
2	Rickets is a disease caused by a deficiency of: Options : A)Vitamin C B) Iron C) Protein D)Vitamin D	RE	1
3	Which lifestyle factor most affects weight gain? Options : A)Sleep pattern B)Hair color C)Screen brightness D)Keyboard type	UN	2
4	Balanced diet refers to a diet that: Options : A)Includes only low-calorie foods B)Eliminates all fats C)Provides all nutrients in correct proportions D)Contains only fruits and vegetables	UN	1
5	The main purpose of Body Mass Index (BMI) is to: Options : A) Measure body temperature B)Evaluate hydration levels	UN	1

Qn No.	Question	CL	CO
	C)Assess weight relative to height D)Track daily food intake		
6	Which method measures waist-hip ratio? Options : A)Tape measure B) Scale C)Caliper D)Bio-analyzer	UN	3

Part B.8 Marks.Time:24 Minutes.(Cognitive Level:Understand(UN)/Apply(AP))Short Answer. 2 marks each.Answer all questions

Qn No.	Question	CL	CO
7	Explain why it is important to limit added sugars and processed foods.	UN	1
8	Describe the scientific basis of aerobic exercises in managing body weight with reference to the FITT principle.	UN	4
9	What is Balanced Diet ? Recommend a balanced diet for Elder Population?	AP	4
10	Ravi is a 25-year-old college student who wants to lose weight in a healthy way. He currently consumes a high amount of fried foods and sugary drinks. Based on your knowledge of nutrition, suggest two dietary recommendations that would help him achieve gradual and sustainable weight loss.	AP	5

Part C. 28 Marks.Time:60 Minutes (Cognitive Level:Apply(AP)/Analyse(AN)/Evaluate(EV)/Create(CR)) Long Answer.7 marks each.Answer all 4 Questions choosing among options * within each question

Qn No.	Question	CL	CO
11	A) Explain the importance of weight tracking in maintaining overall health. Discuss the different tools and technique used. OR B) Apply various methods of assessing body composition in weight management.	AP	2, 3
12	A) Apply the concept of proximate principles to evaluate the nutritional adequacy of a typical meal. OR B) Analyze the factors that contribute to weight gain in modern society. What strategies can individuals use to reduce these factors and achieve a healthy weight?	AN	1, 2
13	A) Evaluate the common methods for assessing body composition and explain the calculation and significance of BMR, RMR, and TDEE	EV	3, 4

Qn No.	Question	CL	CO
	OR B) Evaluate the causes and health risks associated with both weight gain and weight loss. Suggest practical strategies for managing each.		
14	A) a) Critically appraise the role of calorie-tracking apps in sustainable weight management. OR B) Design a comprehensive fitness program combining aerobic and strength training exercises for an overweight individual aiming to lose weight. Include types of exercises, frequency, and rationale behind your choices	CR	3, 5