

QP Code : D142388		Total Pages: 02	Name:
		Register No.	
SECOND SEMESTER (CUFYUGP) DEGREE EXAMINATION, APRIL 2026			
PHYSICAL EDUCATION			
PEN2FM106(1) : Physical Fitness and Active Living			
2024 Admission onwards			
Maximum Time :One and Half (1.5) Hours			Maximum Marks :50
Section A			
All Question can be answered. Each Question carries 2 marks (Ceiling : 16 Marks)			
1	Two types of physical fitness		
2	What is cosmetic fitness?		
3	Expand FITT		
4	Expand PRPF		
5	What is active living		
6	Define healthy ageing		
7	Explain warming up		
8	Define exercise		
9	What is physiology?		
10	Explain respiratory system		
Section B			
All Question can be answered. Each Question carries 6 marks (Ceiling : 24 Marks)			
11	Impact of exercise on ageing process		
12	How FITT principles helps in maintaining health?		
13	Impact of exercise on cardio- vascular system		
14	Describe the components of PRPF		
15	What is Physical inactivity?		

Section C**Answer any ONE. Each Question carries 10 marks (1x10=10 Marks)**

16	Explain HPPF and its components?
17	Elaborate on Muscular fitness and exercise