
2/VAC-190 Syllabus-2023

2026

(May-June)

FYUP : 2nd Semester Examination

VALUE ADDED COURSE

(Health Wellness)

(VAC-190)

Marks : 56

Time : 2½ hours

*The figures in the margin indicate full marks
for the questions.*

PART—A

Answer any *four* of the following short answer-
type questions : 4×4=16

1. Define health according to the World Health Organization. What are the main dimensions of health?
2. Describe how participating in group activities or sports can improve social interaction and teamwork skills.
3. Describe the key components of a fitness strategy for improving physical health.

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(Turn Over)

4. Explain the impact of lifestyle choices on health.
5. Describe the effects of smokeless tobacco (like Gutka or Snuff) on health.
6. Explain the role of public health infrastructure in improving health.

PART—B

Answer any *four* of the following descriptive answer-type questions :

7. (a) Explain how diet and nutrition affect health and well-being. 5
(b) Discuss how lifestyle and environment combine to affect chronic disease risk. 5
8. (a) What is meant by fitness potential in the context of sports performance? 6
(b) Explain how secondhand smoking harms people who do not use tobacco directly. 4
9. (a) "Health is not just absence of disease but a result of many interconnected factors." Explain the statement. 6
(b) Discuss why maintaining a regular sleep pattern is important in wellness strategies. 4

(3)

10. (a) Explain how regular physical activity can be planned strategically to improve cardiovascular fitness. 5
- (b) Explain how a high BMI is related to increased risk for chronic diseases. 5
11. (a) Define physical fitness and explain its main principles. 6
- (b) Distinguish between health and disease. 4
12. Write short notes on any *two* of the following : 5×2=10
- (a) Origin and scope of Yoga
- (b) Effects of regular physical activity on ageing
- (c) Stress management techniques
- (d) Principles of training

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