

Assessment Procedure

Health and Lifestyle management- FOU03

The students who did the course 'Health and LifeStyle Management' were assessed with a descriptive exam. The exam was out of 50. The minimum marks required to qualify this exam was 50%. Those who secured the minimum 50% marks were declared passed. A sample question paper is given below:

CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA VALUE ADDED CERTIFICATE COURSE EXAMINATION 2020-21 HEALTH AND LIFESTYLE MANAGEMENT

TIME: 2 Hours

MAX. MARKS: 50

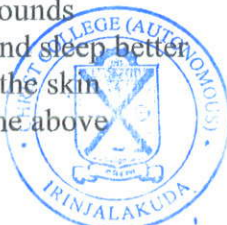
Answer all questions. Each question carries two marks

1. What is health
 - a. Good posture
 - b. Strengthen body
 - c. Live comfortably
 - d. Complete state of wellbeing
2. The term Endurance is related with
 - a. Short term activity
 - b. Long term activity
 - c. Stretching
 - d. Pranayama
3. Physical activity and are more associated with fitness
 - a. Nutrition
 - b. Hard work
 - c. Positive thinking
 - d. None of the above
4. Which is the best source of minerals
 - a. Fruits
 - b. Meat
 - c. Rice
 - d. Beans
5. Increased energy level of body due to
 - a. Glycogen store
 - b. Protein store
 - c. Fat store
 - d. d. None of the above
6. How many minutes should an average person walk a day?
 - a. 30 minutes
 - b. 40 minutes
 - c. 20 minutes
 - d. 50 minutes
7. An apple a day _____
 - a. keeps the doctor away




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- b. keeps all the troubles away
 - c. keeps you awake whole day
 - d. none of the above
8. Which vitamin is good for eyes?
- a. Vitamin D
 - b. Vitamin K
 - c. Vitamin A
 - d. Vitamin C
9. What is the recommended daily water intake?
- a. 0.5 Liters
 - b. 1 Litre
 - c. 2 Liters
 - d. 5 Liters
10. What are the general sleep requirements for an adult?
- a. 8 to 12 hours
 - b. 12 to 14 hours
 - c. 7 to 9 hours
 - d. 3 to 4 hours
11. is example for good lifestyle
- a. Early wake up
 - b. Enjoyment
 - c. Reading
 - d. Writing
12. Play offers
- a. Express emotions
 - b. Suppress feelings
 - c. Social bonding
 - d. All of the above
13. Physical activities are
- a. Sports movements
 - b. Voluntary movements
 - c. Involuntary movements
 - d. Exercise movements
14. Which is categorized as hypokinetic diseases
- a. Hypertension
 - b. Diabetics
 - c. Stroke
 - d. All the above
15. Which exercise are most effective in fat lose
- a. Jumping
 - b. Climbing
 - c. Swimming
 - d. Sprinting
16. Why do people have to use bath salts?
- a. To heal wounds
 - b. To relax and sleep better
 - c. To soften the skin
 - d. None of the above




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17. What is usually recommended as a self-care tip for depression?
- Sleeping for less than 7 hours
 - Active lifestyle
 - Eating 100 extra calories
 - None of the above
18. How do puzzles help you?
- They help you learn numbers
 - They help exercise the brain
 - They are a time pass
 - All the above
19. When must you brush your teeth if you brush them only once a day?
- Right after dinner
 - At night before you sleep
 - In the morning
 - None of the above
20. How often do you have to have a routine body checkup?
- Once in 10 years
 - Once a year
 - Once in 5 years
 - Once in 3 years
21. Find the odd one
- Muscle
 - Bone
 - Fat
 - Body fluids
22. Which factor is not important for planning exercise
- Age
 - Fitness level
 - Injury
 - Height
23. Aerobic activity breakdown glucose in the presents of
- Nitrogen
 - Oxygen
 - Air
 - Water
24. Jogging is best for developing
- Speed
 - Flexibility
 - Endurance
 - Strength
25. Body composition includes
- Flexibility
 - Strength
 - Muscle mass
 - Agility




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