



1. Combination of Asana and Pranayama is -
  - (A) Kriya's
  - (B) Exercise
  - (C) Nauli
  - (D) Suryanamaskar
2. Which of the following is not needed for strong bone Except
  - (A) Vitamin C
  - (B) Vitamin D
  - (C) Magnesium
  - (D) Calcium
3. WHO defines health as
  - (A) A state of complete physical, Mental and Social well being
  - (B) Not merely the absence of disease or infirmity
  - (C) Freedom from debilitating condition.
  - (D) Only a and b is the right answer.
4. WHO defines Wellness as
  - (A) The optimal state of health of individual and groups
  - (B) Complete man who physically fit and mentally fine.
  - (C) Quality of life and sense of well– being
  - (D) Only a and c is right answer
5. Anxiety can cause the following moods
  - (A) Irritable
  - (B) Nervous
  - (C) Anxious
  - (D) All of the above
6. Yoga means
  - (A) Binding body and mind
  - (B) Way of healthy life
  - (C) Uniting of Athma with Paramathma
  - (D) All the above
7. International Day of Yoga has been celebrated across the world annually on
  - (A) 21<sup>st</sup> June
  - (B) 22<sup>st</sup> June
  - (C) 11<sup>th</sup> July
  - (D) 12<sup>th</sup> July
8. The Ethical rules is called
  - (A) Yama
  - (B) Niyama
  - (C) Pratyahara
  - (D) Samadi
9. Which of these nutrients is the secondary energy source of the body
  - (A) Carbohydrates

- (B) Protein  
 (C) Fat  
 (D) All the above
10. Which is not the example of healthy behaviour?  
 (A) Eat and drink a lot of foods and beverages that are high in calories, sugar, and fat.  
 (B) Drink a lot of beverages that are high in added sugars.  
 (C) Spend a lot of time sitting or lying down and have limited physical activity  
 (D) None of the above
11. Which one of the following statements is not true about Protein  
 (A) Protein often referred to as the building blocks of the body.  
 (B) Protein needs for building organs, hormones, and neurotransmitters.  
 (C) Excess intake of protein leads to fat deposition.  
 (D) Protein components are concentrated in protein-rich foods such as meat, fish, and soybeans.
12. Which of the following statements is true  
 (A) Stress is a feeling of emotional or physical tension  
 (B) In small quantities, stress is good  
 (C) Too much stress is harmful  
 (D) All stress is bad
13. Which of the following is not stress busters  
 (A) Trying to find something funny in a difficult situation  
 (B) Intake of alcohol/smoking  
 (C) Developing a support network  
 (D) Taking a mindful walk
14. Which one of the following statements is not true about exercise  
 (A) Exercise is a subcategory of physical activity  
 (B) Exercise is planned, structured, repetitive, and purposeful  
 (C) Exercise will improve or maintain one or more components of physical fitness and health.  
 (D) All the above
15. Choose the wrong explanation for 4 path of yoga  
 (A) the path of devotion - Bhakti yoga  
 (B) Path of worship - Karma yoga  
 (C) Path of Knowledge - Jnana yoga  
 (D) Practice of Astanga Yoga - Raja Yoga
16. Which one of the following pairs is not correctly matched?  
 (A) Physical health – Exercise & Rest  
 (B) Mental - exercise and challenge our brain  
 (C) Emotional - cultivate self awareness  
 (D) Spiritual – comfortable living condition
17. Match List – I with List – II and select the correct answer from the codes given below :
- |                                |              |
|--------------------------------|--------------|
| (A) Physical and environmental | 1. Health    |
| (B) Emotional and social       | 2. Happiness |
| (C) Mental and financial       | 3. Wealth    |
| (D) Spiritual and occupation   | 4. Harmony   |

Codes :	i	ii	iii	iv
(A)	1	2	3	4
(B)	3	4	2	1
(C)	2	3	1	4

(D) 4 3 2 1

18. Match List – I with List – II and select the correct answer from the codes given below :

**List – I**

**List – II**

- i. The duration of each exercise  
ii. How often you exercise  
iii. What kind of exercise  
iv. How difficult an exercise is
1. Frequency  
2. Intensity.  
3. Time  
4. Type

Codes:	i	ii	iii	iv
(A)	1	2	3	4
(B)	2	4	1	3
(C)	3	1	4	2
(D)	4	2	1	3

19. Match List – I with List – II and select the correct answer from the codes given below :

**List – I**

**List – II**

- i. 90% - 100% of Effort  
ii. 80% - 90% of Effort  
iii. 70% - 80% of Effort  
iv. 60-70 % of Effort  
v. 50%-60% of Effort  
burning
1. Improve high speed endurance  
2. Improve Fitness level and Power  
3. Helps Athletes develop speed  
4. Warm up and recovery  
5. Improve Aerobic endurance and cause for Fat

Codes:	i	ii	iii	iv	v
(A)	1	2	3	4	5
(B)	4	3	2	1	5
(C)	4	5	3	1	2
(D)	5	4	3	2	1

20. Given below are two statements, one labelled as Assertion (A) and the other as Reason (R).

**Assertion (A):** Anaerobic activity that increases the heart rate and the body's use of oxygen is an Aerobic exercise.

**Reason (R):** Anaerobic exercises include high-intensity interval training (HIIT), weight lifting, circuit training, Pilates, yoga, and other forms of strength training.

**Codes:**

- (A) Both (A) and (R) are true and (R) is the correct explanation of (A)  
(B) Both (A) and (R) are true and (R) is not the correct explanation of (A)  
(C) (A) is true but (R) is false.  
(D) (A) is false but (R) is true.

21. Given below are two statements, one labelled as Assertion (A) and the other as Reason (R).

**Assertion (A):** Fitness is the ability to perform activity effectively and efficiently.

**Reason (R):** Speed Strength, Endurance, Flexibility, Agility and coordination are the components of Fitness.

**Codes:**

- (A) Both (A) and (R) are true, but (R) is not the correct explanation of (A).  
(B) Both (A) and (R) are true and (R) is the correct explanation of (A)  
(C) (A) is false but (R) is true.  
(D) (A) is true but (R) is false.

22. Given below are two statements, one labelled as Assertion (A) and the other as Reason (R)

**Assertion (A):** Eating habits influence on overweight and leads to obesity.

**Reason (R):** If your BMI is 25.0 to 29.9, it falls within the overweight range.

**Codes:**

(A) (A) is true but (R) is false.

(B) (A) is false but (R) is true.

(C) Both (A) and (R) are true and (R) is the correct explanation of (A)

(D) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

23. Given below are two statements, one labelled as Assertion (A) and the other as Reason (R)

**Assertion (A):** Health education is the process of teaching individual and group of people how to behave in a way that promotes, maintains, or restores their health.

**Reason (R):** Health educations improves Knowledge, skills and positive attitudes about health as well as boost the economy of the community by lowering healthcare costs and lost productivity due to preventive sickness.

**Codes:**

(A) (A) is true but (R) is false.

(B) (B) is false but (R) is true.

(C) Both (A) and (R) are true and (R) is the correct explanation of (A)

(D) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

24. Given below are two statements, one labelled as Assertion (A) and the other as Reason (R).

**Assertion (A):** Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure.

**Reason (R):** Physical activity includes exercise as well as other activities which involve bodily movement and are done as part of playing, working, active transportation, house chores and recreational activities.

**Codes:**

(A) Both (A) and (R) are true and (R) is the correct explanation of (A)

(B) Both (A) and (R) are true and (R) is not the correct explanation of (A)

(C) (A) is true but (R) is false.

(D) (A) is false but (R) is true.

25. Given below are two statements, one labelled as Assertion (A) and the other as Reason (R).

**Assertion (A):** BMI is a measure of body fat based on height weight.

**Reason (R):** BMI over 25 is considered over weight, and over 30 and lead to indicator of obese.

**Codes:**

(A) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

(B) Both (A) and (R) are true and (R) is the correct explanation of (A)

(C) (A) is true but (R) is false.

(D) (A) is false but (R) is true.