

**D.Y. PATIL COLLEGE OF ENGINEERING & TECHNOLOGY**  
**KASABA BAWADA KOLHAPUR-416006**

**(An Autonomous Institute)**

**F. Y. B.Tech. (All Branches) (Semester-I)**

**END SEMESTER EXAMINATION, April- 22**

**Course: Yoga and Physical Management Skills**

**Code: 201GEMC113**

**Q. Paper Code:**

**Set:-I**

**Day and Date: Tuesday, 19/04/2022**

**Seat No:**

**Time: 10.00 am to 11.00am**

**Max. Marks- 50**


**Instructions:**

- i. Read the instructions carefully
- ii. Each question carries **Two** marks.
- iii. Write the correct option in the given box.

**OBJECTIVE**

		Correct Option
Q. 1)	Aerobic exercise is literally exercise that uses_____ .	A
	A) Oxygen	
	B) Nitrogen	
Q. 2)	C) Carbon dioxide	D
	D) all of three	
	Physical fitness involves the performance of the heart and lungs, and the _____ of the body.	
Q. 3)	A) Fitness	D
	B) Condition	
	C) Fatigue	
Q. 4)	D) Muscles	A
	MHR is maximum _____ rate.	
	A) Oxygen	
Q. 5)	B) Exercise	A
	C) Heart	
	D) Karvonon	
Q. 6)	Flexibility training includes stretching exercises to_____ the muscles.	B
	A)lengthen	
	B)Short	
Q. 7)	C) Power	A
	D)Speed	
	Muscular _____ and endurance are two important parts of your body's ability to move, lift things and do day-to-day activities.	
Q. 8)	A) Strength	B
	B) exercise	
	C) Cardio	
Q. 9)	D) Indoor	B
	_____ improves flexibility.	
	A) Endurance	
Q. 10)	B) Stretching	A
	C) Weight Training	
	D) Gym	
Q. 11)	If you prefer going to the _____ , you have access to many more options in the	A

	form of machines like stationary bikes, elliptical trainers, treadmills, rowing machines, stair climbers, the pool, and more.		
	A) Gym	B) Exercise	
	C) Outdoor	D) Indoor	
Q. 8)	Static stretching is move into a position that lengthens a target ----- and hold the position for 15-60 seconds.		A
	A) Muscle	B) Lungs	
	C) Lever	D) Nerve	
Q. 9)	-----stretching is to move in and out of a position that lengthens a target muscle with gentle bouncing movement and sometimes called ballistic stretches.		B
	A) Static	B) Dynamic	
	C) Active isolated stretching	D) All three	
Q. 10)	The best way to build muscle strength is to participate in a program of .....		C
	A) Lose weight	B) Force	
	C) resistance training	D) Weight	
Q. 11)	The average person needs to eat about_____ calories every day to maintain their weight.		C
	A) 5000	B) 3000	
	C) 2000	D) 1200	
Q.12)	Active isolated stretching (AIS) is to move your joint through a complete range of _____holding the endpoint only briefly, and then return to the starting point and repeat.		B
	A)Motive	B)Motion	
	C)Measure	D) Muscle	
Q. 13)	The word “Yoga” is derived from _____		C
	A) Latin	B) Urdu	
	C) Sanskrit	D) Tamil	
Q. 14)	A _____diet is one that gives your body the nutrients it needs to function correctly.		C
	A) Basic	B) Imbalanced	
	C) balanced	D) none of these	
Q. 15)	The number of _____in a food is a measurement of the amount of energy stored in that food. a		A
	A) Calories	B) kilo	
	C) grams	D) . Kg	

Q. 16)	Identify the name of following asana?		<div>A</div>
			
	shutterstock.com · 1729936228		
	A) Vrikshaasan	B)Vajrasan	
Q. 17)	C)Bhujangasan	D)Makrasan	<div>C</div>
	Which of the following asana named after reptile?		
	A)Bhanurasan	B)Vajrasan	
	C)Bhujangasan	D)Makrasan	
Q. 18)	What is the main therapeutic benefit of Kapalabhati practice?		<div>A</div>
	A)to remove kapha disorders	A)to remove kapha disorders	
	C)to remove vata disorders	C)to remove vata disorders	
	What is the meaning of the word 'Hatha'?		
Q. 19)	A) Earth and Wind	B) Fire and Water	<div>C</div>
	C) Sun and Moon	D) Yin and Yan	
	Which of the following Asana can be practiced immediately after food?		
	A)Siddhasana	B)Simhasana	
Q. 20)	C)Swastikasana	D)Vajrasana	<div>D</div>
	There are four different types of states of consciousness. What is the super-conscious state also known as_____.		
	A) Pranaya	B) Atman	
	C) Turiya	D) Dhyana	
Q. 21)	How many different Asanas does Suryanamaskar comprise of?		<div>C</div>
	A) 12	B) 7	
	C) 10	D) 8	
	Which day is celebrated as International Yoga day		
Q. 22)	A) 20 June	B) 21 July	<div>A</div>
	C) 21 June	D) 21 September	
	The appropriate amount of time to wait after a meal before beginning a yoga practice is:		
	A)30 minutes	B)60 minutes	
Q. 23)	C)90 minutes	D)2 hours	<div>C</div>
	Out of the following which activity does not belong to the pranayama?		
	A) Rechak	B) Purak	
	C) Dhouti	D) kumbhak	
Q. 24)			<div>C</div>
Q. 25)			<div>C</div>

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