K26FY0668 Pages: 1 Reg No:.....
Name:.....

Fourth Semester FYUGP Degree (Reg) Examination April 2026

KU4VACPED102 - EXERCISE IS MEDICINE - LIFESTYLE DISEASES AND MANAGEMENT

2024 Admission onwards

Time : 1.5 hours Maximum Marks : 50

Section A

Answer any 6 questions. Each carry 2 marks.

1. Name two common barriers to regular exercise.
2. What are internal barriers to physical activity?
3. How does a sedentary lifestyle affect health?
4. What are lifestyle diseases?
5. What is cool-down?
6. What is static stretching?
7. State the importance of regular exercise.
8. Define sleep hygiene.

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Section B

Answer any 4 questions. Each carry 6 marks.

9. Explain the importance of warm-up in exercise.
10. Explain the FITT principle with examples.
11. Discuss the importance of flexibility in fitness.
12. Discuss the role of diet in maintaining a healthy lifestyle.
13. Explain the concept of dietary interventions with examples.
14. Discuss the effects of lack of sleep on health.

Section C

Answer any 1 questions. Each carry 14 marks.

15. Discuss the importance of safety measures in exercise programs.
16. Explain the importance of diet and nutrition in achieving exercise goals.