



THE AMERICAN COLLEGE, MADURAI

(An Autonomous Institution Affiliated to Madurai Kamaraj University)
Re-accredited (2nd Cycle) by NAAC with Grade "A", CGPA – 3.46 on a 4-point scale

Backlog Arrear Examination, March 2021

BCH 2227

Health Hygiene & Physical Fitness

Max Marks: 60

Time: 2 Hrs.

PART A

I. Answer any Four questions each not exceeding 4 pages:

(4 x 15 = 60)

1. What are the principles of physical fitness? Explain the importance of hygiene.
2. Describe the eating, sleeping and mood disorders.
3. Define immunizations. Explain the components and elements of physical fitness.
4. Write detailed notes on characteristics of healthy personality and social dimensions of health.
5. Describe the health problems in adolescence.
6. Explain the family planning and common venereal diseases.