

P P SAVANI UNIVERSITY

Seventh Semester of B. Tech. Examination

November 2022

SPPT3750 Life Style Management

01.12.2022, Thursday

Time: 10:00 a.m. To 12:30 p.m.

Maximum Marks: 60

Instructions:

1. The question paper comprises of two sections.
2. Section I and II must be attempted in separate answer sheets.
3. Make suitable assumptions and draw neat figures wherever required.

SECTION - I

Q - 1	Essay Question(Any One)	[10]	CO	BTL
(i)	What is Obesity? Write its classifications and its management for reduction.		4	1
(ii)	Write in details about Elements of yoga, its benefits and Patanjali's 8 limbs of yoga.		3	2
Q - 2	Short Note(Any Four)	[20]		
(i)	What is Healthy exercise habits?		1	1
(ii)	Types of Physiotherapy branch.		1	2
(iii)	What is a Good posture and Bad posture?		2	2
(iv)	Explain ICF Model in management of patient.		2	3
(v)	Dhanurasana and its Benefits.		3	1
(vi)	What is Pranayama in Yoga?		3	2

SECTION - II

Q - 1	Essay Question(Any One)	[10]		
(i)	What is Ergonomics? Write down its type and importance of Ergonomics at Workplace.		2	2
(ii)	Define Yoga and describe the types and classification of yoga.		3	1
Q - 2	Short Note(Any Four)	[20]		
(i)	Explain in detail about Vajrasana and its Benefits.		3	1
(ii)	Summarise all Breathing techniques for stress management.		4	2
(iii)	Body composition. What is the significance of it?		2	3
(iv)	Illustrate the Health promotion activities done in India for health improvement.		2	4
(v)	Explain various Diet to Improve Lifestyle Disorders.		1	1
(vi)	Explain uses and benefits of Padmasana and Trikonasana.		3	3

CO: Course Outcome Number

BTL: Blooms Taxonomy Level

Level of Bloom's Revised Taxonomy in Assessment

1: Remember	2: Understand	3: Apply
4: Analyze	5: Evaluate	6: Create