

SHIVAJI COLLEGE, UNIVERSITY OF DELHI
DEPARTMENT OF PHYSICAL EDUCATION
INTERNAL TEST (Academic Year 2023-24)

Name of the Course : GE

Semester :1

Name of the Paper : Fitness & Wellness

Faculty Name : Dr. Amita Handa

Duration : 1 Hour

Maximum Marks: 12

Date of Test : 20.11.2023

Question paper

Attempt any one among the following

1. Explain in detail Principle of fitness and training.
2. Name health related component and explain any three in detail
3. Name skill related component and explain any three in detail

Faculty Signature:

