

Reg. No.:



Name:

University of Kerala

W6612

Third Semester FYUGP Degree Examination, November 2025

Value Addition Courses

SOCIAL WORK

UK3VACSWK201 - Option 2: Personal Health Development

Academic Level: 200-299

2024 Admission

Time: 1 Hour

Max. Marks: 28

Part A ,4 Marks ,Time 5 Minutes (Cognitive Level :Remember(RE)/Understand(UN))Objective Type 1 mark each, Answer all questions

Qn No.	Question	CL	CO
1	Which type of exercise is often recommended to relieve stress and improve mental health? Options : A)Weightlifting only B)Mindfulness training C)Watching TV D)Eating comfort food	RE	2
2	What is the principle of overload?	RE	2
3	Describe the role of fats in maintaining good health.	UN	1
4	How does practicing self-compassion help in stress management? Options : A) By avoiding responsibilities B)By reducing self-criticism and increasing emotional resilience C)By ignoring stressful situations D)By relying on others to solve problems	UN	2

Part B ,8 Marks ,Time 15 Minutes (Cognitive Level :Understand(UN)/Apply(AP))Short Answer 2 marks each, Answer all questions

Qn No.	Question	CL	CO
5	How does physical activity contribute to stress reduction?	UN	4
6	How can social support help in maintaining an active lifestyle?	UN	1
7	Apply the concept of portion control in planning a balanced meal.	AP	2
8	Suggest ways to incorporate active living into a sedentary student's lifestyle.	AP	2

Part C ,16 Marks ,Time 40 Minutes (Cognitive Level :Apply(AP)/Analyse(AN)/Evaluate(EV))Long Answer 4 marks each, Answer all questions choosing among options* within each question

Qn No.	Question	CL	CO
9	A) Apply the SWOT analysis model to evaluate your eating and exercise habits.	AP	2, 3

Qn No.	Question	CL	CO
	OR B) Suggest how mindfulness and meditation technique can be used to calm a person who is unable to concentrate.		
10	A) Analyze how skipping breakfast can affect physical and mental performance throughout the day. OR B) Examine how lifestyle habits such as diet, exercise and sleep influence an individuals personal health profile.	AN	3, 1
11	A) Evaluate how the principles of exercise and training together contribute in maintaining health across life stages. OR B) Discuss the significance of developing a personal health profile.	EV	4, 2
12	A) Create a personalized routine combining meditation and physical activity. OR B) A). Create a personalized resilience building plan that includes coping strategies for handling both personal and professional stress. Describe how the plan can be monitored and adapted over time.	CR	4, 4