

**Examination –skill course cbcs**  
**Paper-nutrition and fitness**  
**Session-2020**  
**Semester 3<sup>rd</sup>**  
**Course code-hsc316s2**  
**Batch-2016**

**q.1-write down the Nutritional guidelines for health and fitness**

**Q.2- What are the fitness tests? Explain any two fitness tests.**

**q.3- -write down the causes and health complications of obesity.**

**q.4-write down the role of diet and exercise for weight management.**