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PHYSICAL EDUCATION (SPORTS & ATHLETICS)(BPEX559)

MODULE 1 :ORIENTATION

A. FITNESS :

Introduction to fitness

Fitness is an important concept that relates to our overall well-being, and it has been discussed by people of all ages for many years. When we use phrases like "health is wealth" or "fitness is the key," we are actually referring to a much deeper idea that goes beyond physical appearance. Fitness does not simply mean having a slim body or looking strong; rather, it refers to the ability of a person to perform day-to-day tasks with energy, enthusiasm, and without becoming easily tired. True fitness combines physical health, mental peace, emotional balance, and social well-being. A fit individual shows alertness in mind, strength in body, and positivity in attitude. Being fit allows a person to handle challenges at school, work, and home with greater confidence. Therefore, fitness should be understood as a state of complete harmony between the body and the mind, helping us achieve a productive and meaningful life.

Meaning of Health and Well-Being

Health is a much broader concept than many people imagine. It is not limited to the absence of diseases or illnesses; instead, it includes a balanced condition where a person feels good physically, mentally, socially, and emotionally. A healthy person maintains proper body functions, remains mentally calm and focused, manages emotions maturely, and interacts positively with others in society. Good health ensures that the body has enough strength to study, work, travel, and participate in activities without discomfort. It also allows the mind to stay steady, think clearly, and make good decisions. When a person is healthy, their confidence increases naturally, they feel motivated to perform their duties, and they contribute better to their family and community.

Factors Affecting Health and Fitness

Health and fitness are influenced by many external and internal factors, and they cannot be achieved through exercise alone. One of the major factors is the physical environment in which we live. Clean air, pure water, proper sanitation, and hygienic surroundings play a crucial role in preventing diseases. Living in polluted areas can cause breathing problems, allergies, and infections, whereas living in clean surroundings improves lung health and overall wellness. Another major factor is food and nutrition. Our body requires a balanced diet consisting of proteins, carbohydrates, fats, vitamins, and minerals to function properly. Eating fresh, natural, and home-cooked food promotes good immunity and better growth, while consuming junk food and processed snacks leads to fatigue, obesity, and poor health.

Daily habits also play an important role. Regular exercise, proper sleep, drinking enough water, maintaining cleanliness, avoiding harmful substances, and practicing good posture strongly influence our level of fitness. Additionally, the social environment adds another dimension. Noise pollution, air pollution, stressful surroundings, and all factors.

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Huawei HCIP-WLAN V2.0 Sample Questions (Q528-Q533):

NEW QUESTION # 528

When configuring VRRP hot backup, if the HSB backup function is enabled, and WLAN services are configured on the primary and secondary WACs in sequence, it may happen that VAPs have not been created on the secondary WAC, but VAP table information has been generated on the primary WAC.

- A. False
- **B. True**

Answer: B

NEW QUESTION # 529

The dynamic bandwidth adjustment algorithm in Huawei's wireless RF automatic tuning solution will adjust the bandwidth of the hotspot area upward to 40 MHz or 80 MHz according to the channel allocation to improve network throughput. However, when the network interference increases to a certain threshold, it will prioritize ensuring that the network is interference-free and reduce the bandwidth of the hotspot area.

- A. False
- **B. True**

Answer: B

NEW QUESTION # 530

Huawei's wireless spectrum navigation technology analyzes the frequency band information supported by the terminal before the terminal accesses. If the terminal supports dual-band, it controls the terminal to access the 5G frequency band as much as possible by judging the 5G priority starting threshold and the 5G user ratio threshold.

- A. False
- **B. True**

Answer: B

NEW QUESTION # 531

In the WLAN network planning project, after using WLAN Planner to import CAD drawings, which of the following steps needs to be performed to generate the corresponding floors?

- A. Submit CAD drawings directly
- B. It depends on the size of the CAD drawing. If the drawing is too large, it needs to be cut and submitted.
- **C. Import the drawing and select the area before submitting**
- D. After importing, no additional operations are required to use

Answer: C

NEW QUESTION # 532

In a wireless mesh network, the node with portal function that can realize communication between the internal nodes of the mesh and the external network is ()

Answer:

Explanation:
MPP

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