

Faculty of Engineering

**ME3930 – Physical Fitness & Health
Semester 1 – 2017**

Assignment

Write an essay on one of the following topics (1,000 – 1,500 words).

Word processed essay should be printed and handed over to the Dean's Office (05th floor – Engineering building) on or before Monday, 10th July 2017 1.30 pm.

Your SLIIT student registration number (ENXXXXXXXX) should be clearly stated on the first page of the document.

Late submissions will not be entertained.

1. Breathing and exercises and their relationship with health
2. What are the benefits of exercises?
3. Proper breathing and proper exercises
4. Benefits of muscular strength and endurance
5. Explain the stretching exercise types
6. What is health?
7. Benefits of Yoga for the university students

Coordinator
ME3930