





**Part C**

*All questions can be attended and overall ceiling.*

*Answer any two questions.*

*Each question carries 5 marks.*

1. What are the various hypokinetic diseases ? Write the management of these diseases.
2. What is Stress ? How can we manage stress ?
3. Define first Aid. What are the general principles of First aid ?

(2 × 5 = 10 marks)

**Part D**

*All questions can be attended and overall ceiling.*

*Answer any one question.*

*The question carries 10 marks.*

1. Define the term fitness and explain the types of fitness and its components.
2. What are the aims and objectives of Physical Education ? Explain the significance in the school perspective ?

(1 × 10 = 10 marks)

**FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021****(CBCSS—UG)****Physical Education****PEN 5D 03—PHYSICAL ACTIVITY, HEALTH AND WELLNESS****(2019 Admissions)****Time : Two Hours****Maximum : 60 Marks****Section A (Short Answer Type Questions)***Answer at least eight questions.**Each question carries 3 marks.**All questions can be attended.**Overall Ceiling 24.*

1. Write the definition of Physical Education.
2. Define the concept of Health and Wellness.
3. What is muscular endurance ?
4. Define Flexibility.
5. Define Target heart rate zone.
6. What is BMI ?
7. Define Osteoporosis.
8. Define Posture. List different types of postural deformity.
9. What do you mean by RICE in first aid ?
10. What is Lordosis ?
11. Define Pranayama.
12. Define Stress.

**(8 × 3 = 24 marks)**

/

**Turn over**

**Section B (Short Essay/Paragraph Type Questions)**

*Answer at least five questions.*

*Each question carries 5 marks.*

*All questions can be attended.*

*Overall Ceiling 25.*

13. List the benefits of participating in regular Physical Education program.
14. What are the different components of Physical fitness ?
15. What is the need of assessing fitness components ?
16. Explain the need for and importance of exercise.
17. What is ABC of first aid and what is CPR ?
18. Explain the techniques of Stress Management.
19. What are the eight limbs of Yoga ?

(5 × 5 = 25 marks)

**Section C (Essay Type Questions)**

*Answer any one question.*

*The question carries 11 marks.*

20. Explain lifestyle diseases. Explain the effects of exercise in preventing lifestyle diseases.
21. Why Physical Education is an integral part of the education process ? Explain.

(1 × 11 = 11 marks)

**FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021**

(CUCBCSS—UG)

Physical Education

PE 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

(2015 Admissions)

Time : Two Hours

Maximum : 40 Marks

**Part A**

*Answer all the questions.  
Each question carries 1 mark.*

1. \_\_\_\_\_ is used to take the measurement of skin fold thickness.  
(Body mass index, Skin fold caliper, Sphygmomanometer, Dynamometer)
2. Blood is oxygenated in the \_\_\_\_\_.  
(Muscles, Heart, Lungs, Brain)
3. Ability to change direction and move body part or body effectively, efficiently and accurately.  
(Agility, Speed, Power, Flexibility)
4. \_\_\_\_\_ is a component of health-related fitness.  
(Speed, power, Body composition, Agility)
5. \_\_\_\_\_ is a water-soluble vitamin.  
(Vitamins E, Vitamin A, Vitamin K, Vitamin C)
6. What is lateral curvature (side ward deviation) of spine ?  
(Kyphosis, Scoliosis, Lordosis, None of these)
7. Which is the term used for blood coming out of the heart during its single contraction ?  
(Vital capacity, Stroke volume, Second wind, Tidal volume).
8. \_\_\_\_\_ is an exaggerated inward curve or arch in ones lower back.  
(Kyphosis, Scoliosis, Lordosis, Ketosis)
9. CPR or cardiopulmonary resuscitation is the first Aid given for :  
(Snakebite, Spinal injury, Sprain, Drowning)
10. \_\_\_\_\_ is the ability to resist fatigue  
(Strength, Power, Endurance, Speed)

(10 × 1 = 10 marks)

**Turn over**

**Part B**

*Answer any five questions.  
Each question carries 2 marks.*

1. Define health.
2. List down the objectives of physical education.
3. What is mean by wellness ?
4. Define nutrition.
5. Define fitness balance.
6. What do you mean by Yoga ?
7. What is BMR ?

(5 × 2 = 10 marks)

**Part C**

*Answer any two questions.  
Each question carries 5 marks.*

1. Write a short note on the benefits of exercises.
2. Define Body Mass Index. How is to be calculated ?
3. Mention about any two standing yogasana and its advantages.

(2 × 5 = 10 marks)

**Part D**

*Answer any one question.  
The question carries 10 marks.*

1. Discuss in detail about the causes and management of Stress.
2. Discuss about health related and skill/ performance related fitness components.

(1 × 10 = 10 marks)