

Reg. No. : .....

Name : .....

**Fifth Semester B.A./B.Sc./B.Com. Degree Examination, December 2021**

**First Degree Programme Under CBCSS**

**Physical Education**

**Open Course**

**PE 1551 — HEALTH AND FITNESS EDUCATION**

**(2019 Admission)**

Time : 3 Hours

Max. Marks : 80

PART – A

Answer all questions. Each question carries 1 mark.

1. What is Hypertension?
2. Define Health.
3. What is an Asana?
4. What is Oxygen debt?
5. What is Agility?
6. Define Calorie.
7. Explain Muscular Strength.
8. What is Arjuna Award?
9. Name the sources of Vitamin D.
10. Write a note on Pranayama.

**(10 × 1 = 10 Marks)**

PART – B

Answer **any eight**. Each question carries **2** marks.

11. What are the main causes of bad Posture?
12. Differentiate between Sprain and Dislocation.
13. Explain first aid for Cut.
14. Write a brief note on benefits of exercise.
15. What are the advantages of Padmasana?
16. Distinguish between health related physical fitness and performance related physical fitness.
17. Explain the benefits of warm up and cool down.
18. Write a note on hypertension.
19. Differentiate between physical fitness and wellness.
20. Describe the preventive and remedial measures for Lordosis
21. Write down first aid for electric shock.
22. Explain the role of yoga in sports.
23. Explain Hypokinetic diseases.
24. Write a short note on stress.
25. What is meant by isokinetic exercise?
26. Explain the principles of first aid.

**(8 × 2 = 16 Marks)**

PART – C

Answer **any six**. **Each** question carries **4** marks.

27. Write a short note on Vajrasana.
28. Explain the activities for developing physical fitness components.
29. Write about the main source of energy in diet.
30. Write about Bhujangasana and its benefits.
31. How the use of tobacco and alcohol affect our health?
32. What are the remedial measures for bow legs and flat foot?
33. Briefly discuss about mental development objectives of physical Education.
34. Differentiate Kyphosis and Scoliosis
35. Explain about Speed and Flexibility.
36. What is Ashtanga Yoga? Explain any two limbs of Ashtanga Yoga.
37. Briefly explain about endurance and write down the measures to develop endurance.
38. What are the important principles of exercise?

(6 × 4 = 24 Marks)

PART – D

Answer **any two** questions. **Each** question carries **15** marks.

39. Explain in detail How Yoga relates to Health.
40. Define Physical Education and describe its aims and objectives.

41. Discuss in detail about stress, its causes and management:
42. What do you meant by first aid and discuss the common first aid measures for burns, wounds and bleeding and fracture.
43. What is Nutrition? Discuss in detail the components of nutrition and its function.
44. Write a note on hypokinetic diseases with emphasis on the causes, symptoms and consequences of obesity and hypertension.

(2 × 15 = 30 Marks)

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