

Reg. No. :

Name :

Fifth Semester B.A./B.Sc./B.Com. Degree Examination, December 2022

First Degree Programme under CBCSS

Physical Education

Open Course

**PE 1551 : HEALTH AND FITNESS EDUCATION
(2019 Admission Onwards)**

Time : 3 Hours

Max. Marks : 80

PART – A

Answer all questions. Each question carries 1 mark.

1. Name a test for assessing cardio respiratory fitness.
2. What is blood pressure?
3. What do you mean by endomorph?
4. Define speed in relation to sports.
5. What is the normal value of blood pressure?
6. What is Kyphosis?
7. Define stress.
8. What is the normal resting heart rate of an adult?
9. Name any one forward bending asana.
10. List the three exercise intensity.

(10 × 1 = 10 Marks)

P.T.O.

PART – B

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

11. Write a note on physical health.
12. What do you understand by cardio respiratory fitness?
13. Which exercise you prescribe for improving flexibility?
14. From the eight limbs of yoga name the first two limbs.
15. Write briefly about meditation.
16. Define aerobic exercise.
17. What are the causes of Lordosis?
18. List the dimensions of health.
19. List the organs connected with circulatory system.
20. What is balanced diet?
21. Define Physical education.
22. What is exercise prescription?
23. List the benefits of exercise.
24. What is tidal volume?
25. List the macro and micro nutrients required by us.
26. What are the benefits of Pawanmuktasana?

(8 × 2 = 16 Marks)

PART – C

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

27. Brief the biological factors affecting health.
28. Write the management of diabetes mellitus.

29. Write the first aid measure for dog bite.
30. Suggest remedial measure for Lordosis.
31. Explain the technique of performing Bhujangasana.
32. How will you manage stress?
33. What is sprain? How will you manage sprain?
34. Explain the social dimension of health.
35. What are the causes of Obesity?
36. Write a short note about 'yama' of ashtanga yoga.
37. What are the five 'niyamas' in ashtanga yoga.
38. What are the principles of First Aid?

(6 × 4 = 24 Marks)

PART - D

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

39. Define Health. Explain the dimensions of Health.
40. What is circulatory system? Elaborate the effect of exercise on circulatory system.
41. Explain the components of Health related physical fitness.
42. Explain the components of performance related physical fitness.
43. What do you understand by good posture? Explain the importance of posture.
44. Describe the factors affecting health.

(2 × 15 = 30 Marks)