



Reg. No. :

Name :

Fifth Semester B.A./B.Sc./B.Com. Degree Examination, June 2018
First Degree Programme under CBCSS
PHYSICAL EDUCATION
Open Course
PE 1551 : Health and Fitness Education
(2013 Admn. onwards)
(Special Examination)

Time : 3 Hours

Max. Marks : 80

PART – A

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

1. Which disease is caused by the deficiency of Iodine ?
2. How many calories can one gram of fat produce ?
3. Number of rings on the Olympic Flag.
4. What is the normal heart rate for an adult ?
5. What is the primary fuel for our body ?
6. Name the stored form of glucose in muscle.
7. What is the number of cervical vertebrae in human body ?
8. Write any two sources of protein.
9. Name the nutrient found more in red meat.
10. Name any two hypokinetic diseases.

(1×10=10 Marks)

P.T.O.



PART – B
(Short Notes)

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

11. Define malnutrition.
12. What is Khyposis ?
13. What is aerobic capacity ?
14. Definition of health by WHO.
15. What are the functions of food ?
16. What is ABC of emergency first aid ?
17. What are the types of strength ?
18. Write a short note on Asian Games.
19. What are the causes of obesity ?
20. Discuss the importance of First aid.
21. Why should you cool down after an intense physical activity ?
22. What is hypertension ?

(8×2=16 Marks)

PART – C
(Short Essays)

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

23. Define health and explain the determinants of health.
24. Describe the effects of exercise on circulatory system.
25. What are Dronacharya and Khel Ratna awards ?
26. Briefly explain any three postural deformities and their management.



27. Describe the main components of physical fitness ?
28. Mobile phones are a blessing or curse to the youth. Discuss.
29. Explain three common sports injuries and describe its management.
30. Write a short essay on drug abuse in the modern society.
31. Explain first aid for electrical shock. (6×4=24 Marks)

PART – D
(Essays)

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

32. Define Physical Education. Describe the importance and scope of physical education in modern society.
33. Discuss the various doping techniques to improve sports performance.
34. Describe the principles of first aid and explain qualities and responsibilities of a first aider.
35. What is balance diet ? Explain in detail the nutrients needed by the human body and their functions. (2×15=30 Marks)

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