D 71240

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Name...................................

Reg. No...............................

FIFTH SEMESTER B.A. DEGREE EXAMINATION, NOVEMBER 2014

(UG—CCSS)

Open Course—Physical Education

PE 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

Time : Three Hours

Maximum Weightage : 30

Part A

*Answer **all** the twelve questions.*
Each question carries ¼ weightage.

I. 1 FIFA World Cup 2018 will be held at ————.

    (a) America.

    (b) Russia.

    (c) China.

    (d) Brazil.

  2 Standing broad jump test is used to measure ————.

    (a) Cardio-vascular endurance.

    (b) Leg strength.

    (c) Aerobic capacity.

    (d) Explosive strength.

  3 Expansion of BMl.

  4 Which components of food is considered as the building block of the body ?

  5 What is the name of the yoga practice which is used for warm-up ?

  6. ————is an exaggeration in the amount of the normal concavity of the lumbar region of spine.

  7 Which disease is caused by the deficiency of Iodine ?

  8 Which Vitamin is synthesized with the help of sunlight ?

  9 Who is the author of Astanga Yoga ?

 10 Expansion of W.B.C.

 11 ———— is the measure of energy in food.

 12 Purification process in Yoga is known as what.

(12 × ¼ = 3 weightage)

Part B (Short Answer Questions)

*Answer **all** nine questions.*
Each question carries 1 weightage.

 13 Define physical fitness.

 14 What is obesity ?

Turn over

15 What is Osteoporosis ?

16 Define balanced diet.

17 What are the main constituents of food ?

18 What is oxygen debt ?

19 Discuss the causes of kyposis.

20 Explain Halasana.

21 What are the types of flexibility ?

(9 × 1 = 9 weig

Part C (Paragraph Questions)

*Answer any **five** of the following.*
Each question carries 2 weightage.

22 Discuss the aim and objectives of physical Education.

23 Explain Health related fitness.

24 Explain a test for measuring aerobic capacity.

25 What are the signs and symptoms of Hypertension ?

26 Differentiate between physical fitness and wellness.

27 What are the principles of first aid ?

28 Describe the preventive and remedial measure for Lordosis.

(5 × 2 = 10 weig

Part D (Essay Questions)

*Answer any **two** of the following.*
Each question carries 4 weightage.

29 What is asana ? Explain Bhujangasana, Shalabasana and Chakrasana.

30 What is nutrition ? Discuss in detail the components of nutrition and its functions.

31 Explain any three life style diseases and its management.

(2 × 4 = 8 weig