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Name.....96.....

Reg. No.....

FIFTH SEMESTER (U.G.—CCSS) DEGREE EXAMINATION, NOVEMBER 2015

Open Course—Physical Education

PE 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

Time : Three Hours

Maximum : 30 Weightage

Part A

Answer all the *twelve* questions :

1. Sit and reach test is used for measuring :
  - (a) Abdominal strength.
  - (b) Endurance.
  - (c) Flexibility.
  - (d) Agility.
2. The number of cervical vertebrae in human body ———.
  - (a) 10.
  - (b) 32.
  - (c) 12.
  - (d) 7.
3. The asana which look like a rabbit is called ———.
  - (a) Shashankasana.
  - (b) Chakrasana.
  - (c) Halasana.
  - (d) Trikonasana.
4. Who holds the World record in the 100 meters ?
5. How many calories can one gram of carbohydrate produce ?
6. Expansion of AIDS.
7. Which nutrient is rich in red meat ?
8. Which Vitamin deficiency is responsible for night blindness ?
9. What is the word meaning of 'Yoga' ?
10. Fitness aimed mainly for beautification of the physique ?
11. Which Yoga practice is commonly used for physical fitness ?
12. What is the immediate source of energy for muscular contraction ?

(12 × ¼ = 3 weightage)

Turn over

**Part B**

Short answer questions. Answer all the *nine* questions :

13. Define strength.
14. What is psychomotor domain ?
15. Define Vital capacity.
16. What is tidal volume ?
17. What is RICE ?
18. What is Lordosis ?
19. What are the functions of diet ?
20. What is oxygen debt ?
21. Explain Trikonasana.

(9 × 1 = 9 weightage)

**Part C**

Paragraph questions. Answer any *five* of the following :

22. What are the main components of physical fitness ?
23. What are the causes of osteoporosis ?
24. Explain Padmasana and Chakrasana.
25. Explain the benefits of physical fitness.
26. Describe the methods of finding BMI.
27. Explain any endurance test.
28. Explain skill related fitness.

(5 × 2 = 10 weightage)

**Part D**

Essay questions. Answer any *two* of the following :

29. Describe the principles of First aid and explain the first aid for poisoning and electric shock.
30. What are the causes of poor posture and describe the preventive and remedial measures for Lordosis and Scoliosis ?
31. Define balanced diet and explain the role of nutrition in sports.

(2 × 4 = 8 weightage)