

22U5105

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Name:

Reg. No:

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2024

(CBCSS-UG)

(Regular/Supplementary/Improvement)

CC19U PED5 D03 – PHYSICAL ACTIVITY HEALTH AND WELLNESS

(Physical Education – Open Course)

(2019 Admission onwards)

Time: Two Hours

Maximum: 60 Marks

Credit: 3

Part A

Answer *all* questions. Each question carries 2 marks.

1. Define Wellness.
2. Write out the any four Systems of Human Body.
3. Write the Type of Movements.
4. Formula for Calculating Waist to Hip Ratio.
5. Note on Round Shoulder.
6. Note on Cosmetic Fitness.
7. Explain Stress.
8. Define Static Strength.
9. Write the full form of CPR.
10. Name any four exercises for developing Speed.
11. Fitness Balance.
12. Note on Nutrition.

(Ceiling: 20 Marks)

Part B

Answer *all* questions. Each question carries 5 marks.

13. Define Fitness and its Type.
14. Name and Explain Micro and Macro Nutrients.
15. Define is Body Composition? If a man is 176 cm tall and weighs 92 Kg, what is his BMI and what type of BMI does he belong to?
16. Define Physical Education and its aim.
17. Briefly explain about Ballistic Method for developing Flexibility?
18. Principles of First Aid.
19. If a 24-year-old athlete has a resting heart rate of 66, what would be his target heart rate? Zone of 55%-85%.

(Ceiling: 30 Marks)

Part C

Answer any *one* question. The question carries 10 marks.

20. Define Postural deformities? Briefly explain about type, causes of Postural deformities?

21. Define lifestyle disease? Explain about any one Lifestyle Disease and its Management

(1 × 10 = 10 Marks)
