

23U5107

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Name:

Reg. No:

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2025

(CBCSS-UG)

(Regular/Supplementary/Improvement)

CC19UPED5D03 – 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 Physical Education.
2. CPR
3. What is BMI?
4. Note on Osteoporosis.
5. What is Blood Pressure?
6. Note on Obesity.
7. Aim of first aid?
8. Define Health.
9. What is malnutrition?
10. Name of the asana which helps to improve body balance.
11. Any four examples for low caloric food items.
12. Name any four exercises for developing Strength.

(Ceiling: 20 Marks)

Part B

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

13. What are the activities you can propose for improving fitness?
14. Write four Postural deformities and its causes?
15. Note on Halasana & Dhanurasana.
16. Explain first aid management for fracture.
17. Explain in detail the concept of body composition.
18. How yoga helps to maintain good health?
19. What are the causes of Back pain, how can be it managed?

(Ceiling: 30 Marks)

Part C

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

20. Explain the benefits of physical activities and health

21. What is meant by Physical Fitness? Explain Components of physical fitness

(1 × 10 = 10 Marks)
