

17U597

(Pages: 2)

Name:

Reg. No.....

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2019

(Regular/Supplementary/Improvement)

(CUCBCSS-UG)

CC15U PE5 D03 - PHYSICAL ACTIVITY HEALTH AND WELLNESS

(Physical Education - Open Course)

(2015 Admission onwards)

Time: Two Hours

Maximum: 40 Marks

Part A

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

1. _____ is known as the body building nutrient.
(a) Protein (b) Fat (c) Vitamin (d) Minerals
2. In CPR 'R' stands for
(a) Rest (b) Recovery (c) Relaxation (d) Resuscitation
3. _____ is a hundred percent recoverable injury.
(a) Strain (b) Sprain (c) Fracture (d) Contusion
4. _____ is the ability of the muscle to produce maximum force in the shortest time.
(a) Speed Endurance (b) Explosive Strength
(c) Flexibility (d) Power
5. The formula for calculating maximum heart rate of a person is
(a) $200 - \text{age}$ (b) $72 + \text{age}$ (c) $220 - \text{age}$ (d) $100 + \text{age}$
6. _____ is an award given to the coaches for their meritorious service.
(a) Arjuna (b) Dronacharya (c) DhyanChand (d) Khel Ratna
7. Deficiency of Vitamin D results in
(a) Rickets (b) Goiter (c) Scurvy (d) Polio
8. International Yoga day is celebrated on
(a) June 16 (b) June 21 (c) July 24 (d) Aug 3
9. The blood vessels which carry Oxygenated blood are known as
(a) Artery (b) Vein (c) Nerves (d) Tendon
10. Excessive curvature of lumbar spine is known as
(a) Lordosis (b) Kyposis (c) Scoliosis (d) Flat foot

(10 x 1 = 10 Marks)

Part B

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

11. Expand RICE
12. What is Athletes' heart?
13. What are the emergency situations in which CPR has to be performed?
14. Define BMI. What are the delimitations of BMI?
15. What are the major benefits of practicing Yoga?
16. How can we prevent Osteoporosis?
17. What are the components of performance related Physical Fitness?

(5 x 2 = 10 Marks)

Part C

Answer any *two* questions. Each question carries 5 marks.

18. Define Health. What are the dimensions of health?
19. Stress and physical health are closely connected. Comment on this statement.
20. Write about any three common postural deformities, and its corrective exercises.

(2 x 5 = 10 Marks)

Part D

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

21. Define Physical Education. Explain why is Physical Education considered to be an integral part of General Education?
22. What are Hypokinetic diseases? Explain the role of diet and exercise in managing hypokinetic diseases.

(1 x 10 = 10 Marks)
