

**18U597**

(Pages: 2)

Name: .....

Reg. No.....

**FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2020**

(CUCBCSS-UG)

(Regular/Supplementary/Improvement)

**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. Write the full form of CPR?
  - a) Cardio pulmonary rescue
  - b) Cardiac pulmonary rescue
  - c) Cardio pulmonary resuscitation
  - d) Cardiac pressure rescue
2. The disease caused by the deficiency of iron is .....?
  - a) Anemia
  - b) Desentry
  - c) Chicken pox
  - d) Malaria
3. Why is insulin important for your body to use blood sugar?
  - a) It helps blood sugar enter your cells
  - b) It lowers your blood pressure
  - c) It raises your cholesterol levels
  - d) It keeps your sucrose levels normal
4. The chronic hyperglycemia is related to .....?
  - a) Hypertension
  - b) Obesity
  - c) Osteoporosis
  - d) Diabetes mellitus
5. Which is the correct ratio of chest compressions to rescue breaths for use in CPR of an adult casualty?
  - a) 2 compressions: 30 rescue breaths.
  - b) 5 compressions: 1 rescue breath.
  - c) 15 compressions: 2 rescue breaths.
  - d) 30 compressions : 2 rescue breath
6. Who had introduced yoga first time to the western world in a religion conference Chicago, America?
  - a) Swami Vivekananda
  - b) Narendra Modi
  - c) Maharshi Patanjali
  - d) Baba Ramadeva
7. Food like pizza, burger, and noodles are rich in?
  - a) Carbohydrate
  - b) Protein
  - c) Vitamins
  - d) Minerals
8. Body composition is the relative amounts of ..... and fat found in your body?
  - a) bone
  - b) muscle
  - c) lean body tissue
  - d) organs

9. Muscular endurance is defined as .....
- a) the ability of a muscle or muscle group to generate force repeatedly.
  - b) an ability you are born with and cannot train.
  - c) the ability of the heart to provide oxygen rich blood to the muscles.
  - d) peak ability of a muscle to generate force.
10. Sun light is the richest source of .....
- a) Vitamin A
  - b) Vitamin B
  - c) Vitamin C
  - d) Vitamin D
- (10 x 1 = 10 Marks)**

**PART B** (Short answer questions)

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

- 11. Write the Formula for calculating BMI? With Example?
  - 12. Briefly explain about Poly Unsaturated fat?
  - 13. Write about techniques of Halasana?
  - 14. Briefly elaborate about Kyphosis.
  - 15. Define Physical Education.
  - 16. List out the type of Pranayama.
  - 17. Define Osteoporosis.
- (5 x 2 = 10 Marks)**

**PART C** (Paragraph questions)

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

- 18. Write the principles of First Aid?
  - 19. Define lifestyle disease? Explain about any one Lifestyle Disease and its Management?
  - 20. Write the significance of Physical Education in modern era.
- (2 x 5 = 10 Marks)**

**PART D** (Essay questions)

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

- 21. Define fitness. Explain the classification and Summarization of fitness.
  - 22. Define Postural deformities? Briefly explain about type, causes of Postural deformities?
- (1 x 10 = 10 Marks)**

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