

19U593

(Pages: 2)

Name

Reg. No.

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2021

(CBCSS-UG)

CC19U PE5 D03 – PHYSICAL ACTIVITY HEALTH AND WELLNESS

(Physical Education - Open Course)

(2019 Admission - Regular)

Time: Two Hours

Maximum: 60 Marks

Credit: 3

Part A

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

1. Define Health.
2. Any four examples for low caloric food items.
3. Components of fitness.
4. Any four positive tips for Human Body Fat Lose.
5. Note on Nutrition.
6. Note on Chakrasana.
7. Explain CHD.
8. Heart rate zones of Speed and Endurance.
9. Define and explain the term Blood Pressure.
10. Name any 4 exercises for developing Strength.
11. Wellness.
12. Define Asana.

(Ceiling: 20 Marks)

Part B

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

13. Define Physical Education and its importance.
14. Name and Explain Micro and Macro Nutrients.
15. Note on Halasana & Padmasana.
16. Note on Diabetics.
17. Tips for Health Management.
18. Principles of First Aid.
19. Postural deformities.

(Ceiling: 30 Marks)

Part C

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

20. Modern concepts of Physical Activities and Health.

21. Explain the benefits of Physical Activities.

(1 × 10 = 10 Marks)
