

**20U5105**

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Name: .....

Reg. No: .....

**FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2022**

(CBCSS-UG)

(Regular/Supplementary/Improvement)

**CC19U PE5 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. What is meant by Flexibility?
2. Heart rate zones of Speed and Endurance.
3. BMR & BMI
4. Note on Osteoporosis
5. What is Blood Pressure?
6. Note on Obesity.
7. What is meant by Hypo-kinetic Diseases?
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. Note on benefits of Yoga.
14. Write five Postural deformities and its causes?
15. Note on Bhujangasana & Vajrasana.
16. Briefly state about the Principles of First Aid.
17. What is meant by Physical Fitness? Write Health Related Physical Fitness Components.
18. Explain the benefits of Physical Activities.
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. Define Physical Education. Write the need and Importance of Physical Education.

21. Explain in detail the role of yoga in development of Physical Fitness.

**(1 × 10 = 10 Marks)**

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