

21U5107

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Name:

Reg. No:

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2023

(CBCSS-UG)

(Regular/Supplementary/Improvement)

CC19U PED5 D03 – PHYSICAL ACTIVITY HEALTH AND WELLNESS

(Physical Education – Core 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 Muscle hypertrophy?
2. Note on Osteoporosis.
3. What are the sources of Carbohydrate?
4. What is Malnutrition?
5. Name any four exercises for developing Strength.
6. What is meant by agility?
7. Note on PRICE.
8. What is Scoliosis?
9. Define Yoga.
10. How to calculate BMI
11. Note on Diabetics.
12. Note on Stress

(Ceiling: 20 Marks)

Part B

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

13. Define Physical Fitness and Explain the components of Physical Fitness.
14. Explain the effect of exercise on respiratory system.
15. Define First Aid. Write the Principles of First Aid.
16. What do you mean by hypo-kinetic diseases? Explain any three hypo-kinetic diseases.
17. What are the causes of Back pain, how can be it managed?
18. Note on Nutrition.
19. Define Health. What are the dimensions of Health?

(Ceiling: 30 Marks)

Part C

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

20. Define Posture. What are the causes of poor posture and explain any five postural deformities with their corrective measures?

21. Define Physical Education. Write the need and Importance of Physical Education.

(1 × 10 = 10 Marks)
