

(Pages : 3)

S – 7431

Reg. No. :

Name :

Fifth Semester B.A./B.Sc./B.com. Degree Examination, February 2024

First Degree Programme under CBCSS

Double Main Programme

Physical Education

Open Course

PE 1551 : HEALTH AND FITNESS EDUCATION

(2020 Admission onwards)

Time : 3 Hours

Max. Marks : 80

PART – A

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

1. Define Physical Education.
2. What is Scoliosis?
3. Define Agility in relation to Sport.
4. What do you meant by mesomorph?
5. Define Health.
6. What is Calorie?
7. What is Blood Pressure?
8. Expand the Term BMI.
9. What is "Aerobic Exercise"?
10. What is Obesity?

(10 × 1 = 10 Marks)

P.T.O.



PART – B

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

11. Write down the causes of coronary heart disease.
12. List down the factors affecting health.
13. Write a note on physical health.
14. What do you mean by Macro and Micro nutrients?
15. Define Physical fitness.
16. What are the advantages of Savasana?
17. Write down the corrective exercise for flat foot.
18. Effect of exercise on respiratory system.
19. Explain the aim of first aid.
20. What is Malnutrition?
21. What is heart rate?
22. Explain ABC's of First aid.

(8 × 2 = 16 Marks)

PART – C

Answer any **six** questions. Each question carries **4** marks.

23. Write down the common causes of Hypokinetic diseases.
24. What are the common causes of bad posture?
25. Write a note on body types.
26. What is Pranayama?
27. Write a note on Ashtanga Yoga.



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28. Suggest remedial measures for Kyphosis.
 29. Define First aid. Write down the qualities of a first aider.
 30. Explain Yama and Niyama.
 31. Explain flexibility.

(6 × 4 = 24 Marks)

PART – D

Answer any **two** questions. Each question carries **15** marks.

32. Explain in detail about performance related physical fitness.
33. What do you meant by stress and write down its causes and management?
34. Write down the importance of Physical education in modern society.
35. What are the causes and corrective measures of Scoliosis, Knock Knee and Bow legs?

(2 × 15 = 30 Marks)



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