

(Pages : 4)

P – 8183

Reg. No. :

Name :

Fifth Semester B.A./B.Sc./B.Com. Degree Examination, March 2023

First Degree Programme Under CBCSS

Double Main Programme – Physical Education

Open Course

PE 1551 : HEALTH AND FITNESS EDUCATION

(2020 Admission)

Time : 3 Hours

Max. Marks : 80

SECTION – A

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

1. Define Body mass index.
2. Name any two sources of calcium
3. Define Yoga
4. What are the different body types?
5. What do you mean by posture?
6. What is Sprain?
7. Define flexibility.
8. What you mean by Hypokinetic diseases?

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9. Define bow legs
10. What is pranayama?

SECTION – B

(10 × 1 = 10 Marks)

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

11. What is the importance of balanced diet?
12. Define anaerobic exercise.
13. What are the benefits of warm up?
14. What does FITT principle stand for?
15. Name the macro minerals which should be part of our diet?
16. Write the importance of protein for our body.
17. Define flat foot.
18. What are biological factors?
19. Define physical education.
20. What is agility?
21. What do you mean by mal nutrition?
22. Define samadhi.
23. Importance of Savasana in Yoga
24. Define Scoliosis
25. Define Blood Pressure
26. What do you understand by the term Endurance?

(8 × 2 = 16 Marks)



SECTION – C

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

27. List down the principles of first aid.
28. What are the benefits of vajrasnana?
29. What are the main causes of poor posture?
30. How does exercise effect our respiratory system?
31. What are the eight limbs of yoga?
32. List down the exercises for improving speed.
33. What are different ways to manage stress?
34. Why is first aid important?
35. What is the first aid for electric shock?
36. What are the factors affecting Health?
37. Briefly explain the causes and management of Diabetes Mellitus.
38. What do you understand by Exercise prescription?

(6 × 4 = 24 Marks)



SECTION – D

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

39. List and explain the components of health – related fitness.
40. Explain the importance of physical education.
41. Discuss the causes and remedial measures of five postural deformities.
42. Describe the role of yoga in present time.
43. Define Health and briefly explain the dimensions of health.
44. Explain the effect of exercise on circulatory system.

(2 × 15 = 30 Marks)

