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# FIFTH SEMESTER U.G. DEGREE (SPECIAL) EXAMINATION NOVEMBER 2020

(CUCBCSS—UG)

Physical Education

# PE 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

(2015 Admissions)

		(2010	Aumi	SSIOHS)
Time :	Two	Hours		Maximum: 40 Marks
			Part A	4
		<del>_</del>		oc attended. cries 1 mark.
1.	In whi	ch postural deformity the person's	spine i	is curved from side to side ·
	A)	Kyphosis.	B)	Lordosis.
	C)	Scoliosis.	D)	None of these.
2.		is the ability to maintai	n spee	d and strength even under the condition of fatigue
	A)	Agility.	B)	Endurance.
	<b>C</b> )	Flexibility.	D)	Power.
3.	Nation	al Sports Day is celebrated on —		<del></del> .
	A)	February 28.	B)	September 25.
	C)	October 26.	D)	August 29.
4.	The cli	nical term used for excess body we	ight is	<del></del> .
	A)	Adiposity.	B)	Body Mass.
	C)	Obesity.	D)	Fat Mass.
5.	CPR or	cardiopulmonary resuscitation is	the fir	st Aid given for :
	A)	Snakebite.	B)	Spinal injury.
	C)	Sprain.	D)	Drowning.

6.		is a component of health	-relat	ed fitness	
	A)	Speed.	B)	Power.	
	C)	Body composition.	D)	Agility.	
7.	Which	country will hoist 2024 Summer Oly	mpio	es.	
	A)	Paris.	<b>B</b> )	Australia.	
	C)	USA.	D)	Germany.	
8.		otherwise known as Plou	gh p	osture	
	A)	Halasanam.	B)	Bhujangasanam.	
	C)	Vajrasanam.	D)	Shalabhasanam.	
9.	Hypert	ension is ———.			
	A)	Diabetes.	<b>B</b> )	Obesity.	
	C)	Blood pressure.	D)	Stroke.	
10.	Which	among these is a fat-soluble vitamir	ı.		
	A)	Vitamin E.	B)	Vitamin B.	
	C)	Vitamin C.	D)	None of these.	
		10		$(10 \times 1 = 10 \text{ marks})$	
		P	art B	3	
		All questions can be at			
	Answer any <b>five</b> questions.  Each question carries 2 marks.				
1.	What a	re the activities for developing phys	ical f	itness?	
2.	2. Write a shot note on Cosmetic fitness.				
3.	3. What does the term RICE stands for?				
4. Mention about any two standing yogasana and its advantages?					
<b>5</b> .	Write d	own the first aid for drowning.			
6.	Write a	short note on BMR.			
7.	What is	mean by Body Mass Index. Write o	lown	the formulae to calculate BMI.	

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#### Part C

All questions can be attended and overall ceiling.

Answer any two questions.

Each question carries 5 marks.

- 1. What are the various hypokinetic diseases? Write the management of these diseases.
- 2. What is Stress? How can we manage stress?
- 3. Define first Aid. What are the general principles of First aid?

 $(2 \times 5 = 10 \text{ marks})$ 

### Part D

All questions can be attended and overall ceiling.

Answer any one question.

The question carries 10 marks.

- 1. Define the term fitness and explain the types of fitness and its components.
- 2. What are the aims and objectives of Physical Education? Explain the significance in the school perspective?

 $(1 \times 10 = 10 \text{ marks})$ 

(Pages: 2)

Name
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Reg. No.....

# FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CBCSS-UG)

## Physical Education

# PEN 5D 03-PHYSICAL ACTIVITY, HEALTH AND WELLNESS

(2019 Admissions)

Time: Two Hours

Maximum: 60 Marks

# Section A (Short Answer Type Questions)

Answer at least eight questions.

Each question carries 3 marks.

All questions can be attended.

Overall Ceiling 24.

- 1. Write the definition of Physical Education.
- 2. Define the concept of Health and Wellness.
- 3. What is muscular endurance?
- 4. Define Flexibility.
- 5. Define Target heart rate zone.
- 6. What is BMI?
- 7. Define Osteoporosis.
- 8. Define Posture. List different types of postural deformity.
- 9. What do you mean by RICE in first aid?
- 10. What is Lordosis?
- 11. Define Pranayama.
- 12. Define Stress.

 $(8 \times 3 = 24 \text{ marks})$ 

# Section B (Short Essay/Paragraph Type Questions)

2

Answer at least **five** questions. Each question carries 5 marks. All questions can be attended. Overall Ceiling 25.

- 13. List the benefits of participating in regular Physical Education program.
- 14. What are the different components of Physical fitness?
- 15. What is the need of assessing fitness components?
- 16. Explain the need for and importance of exercise.
- 17. What is ABC of first aid and what is CPR?
- 18. Explain the techniques of Stress Management.
- 19. What are the eight limbs of Yoga?

 $(5 \times 5 = 25 \text{ marks})$ 

## Section C (Essay Type Questions)

Answer any one question.

The question carries 11 marks.

- 20. Explain lifestyle diseases. Explain the effects of exercise in preventing lifestyle diseases.
- 21. Why Physical Education is an integral part of the education process? Explain.

 $(1 \times 11 = 11 \text{ marks})$ 

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		Reg. No
FIFTH SEMESTE	R U.G. DEGREE EXAMINAT	TION, NOVEMBER 2021
	(CUCBCSS—UG)	
	Physical Education	
PE 5D 03—	PHYSICAL ACTIVITY HEALTH	AND WELLNESS
	(2015 Admissions)	
Time : Two Hours		Maximum: 40 Marks
	Part A	, 0'
	Answer <b>all</b> the questions. Each question carries 1 mark.	
1. ——— is used to t	ake the measurement of skin fold thic	ckness.
(Body mass in	dex, Skin fold caliper, Sphygmomano	ometer, Dynamometer)
2. Blood is oxygenated is	the ———.	
(Muscles, Hea	rt, Lungs, Brain)	
3. Ability to change direct	tion and move body part or body effe	ectively, efficiently and accurately.
(Agility, Speed	l, Power, Flexibility)	
4. ——— is a compor	eent of health-related fitness.	
(Speed, power	, Body composition, Agility)	
5. ———— is a water-s	soluble vitamin.	
(Vitamins E, V	vitamin A, Vitamin K, Vitamin C)	
6 What is lateral curvety	ure (side ward deviation) of spine?	

What is lateral curvature (side ward deviation) of spine?

(Kyphosis, Scolicsis, Lordosis, None of these)

7. Which is the term used for blood coming out of the heart during its single contraction? (Vital capacity, Stroke volume, Second wind, Tidal volume).

- is an exaggerated inward curve or arch in ones lower back.

(Kyphosis, Scoliosis, Lordosis, Ketosis)

9. CPR or cardiopulmonary resuscitation is the first Aid given for:

(Snakebite, Spinal injury, Sprain, Drowning)

- is the ability to resist fatigue

(Strength, Power, Endurance, Speed)

 $(10 \times 1 = 10 \text{ marks})$ 

#### Part B

Answer any five questions. Each question carries 2 marks.

- 1. Define health.
- 2. List down the objectives of physical education.
- 3. What is mean by wellness?
- 4. Define nutrition.
- 5. Define fitness balance.
- 6. What do you mean by Yoga?
- 7. What is BMR?

 $(5 \times 2 = 10 \text{ marks})$ 

## Part C

Answer any two questions. Each question carries 5 marks.

- 1. Write a short note on the benefits of exercises.
- 2. Define Body Mass Index. How is to be calculated?
- 3. Mention about any two standing yogasana and its advantages.

 $(2 \times 5 = 10 \text{ marks})$ 

#### Part D

Answer any one question.

The question carries 10 marks.

- 1. Discuss in detail about the causes and management of Stress.
- 2. Discuss about health related and skill/ performance related fitness components.

 $(1 \times 10 = 10 \text{ marks})$