22100338

UNDER GRADUATE (CBCS) REGULAR / REAPPEARANCE EXAMINATIONS, JANUARY 2022

Fifth Semester

(Offered by the Board of Studies in Physical Education)

OPEN COURSE - PE5OPT01 - PHYSICAL HEALTH AND LIFE SKILL EDUCATION

2017 Admission Onwards

C0DA061D

Time: 3 Hours   Max. Marks : 80

Part A

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. Define physical education.

2. What is meant by strength?

3. Describe fartlek method?

4. Different types of muscles.

5. What do you mean by Aerobic Exercises?

6. What is BMI ? How will you calculate BMI ?

7. Define Kyphosis.

8. List the aims of First Aid.

9. Define Sprain? Name the first aid recommended for Sprain.

10. Which day is celebrated as the International Yoga Day? Which year was it started?

11. What is Dronacharya Award? Mention any one awardee.

12. Write in your own words the physiological benefits of Yoga.

(10×2=20)

Part B

*Answer any **six** questions.*

*Each question carries **5** marks.*

13. Write about the relationship between education and physical education.

14. Write down the differences between health related and performance related physical fitness.

15. Health services influence the health status of the community, justify.

16. What is protective food?

17. Describe the risk of vitamin D over dose.

18. What are the physical and psychological characteristics of Endomorph?

19. State the common principles of First Aid.

20. Explain any five importance of meditation in sports.

21. What are the benefits of vajrasana?

(6×5=30)

Part C

*Answer any **two** questions.*

*Each question carries **15** marks.*

22. Why is Physical Education considered to be an integral part of general education?

23. What is hypo-kinetic disease? Discuss the common hypo- kinetic disease and its management.

24. What is CPR? List the procedures for giving CPR to an individual.

25. Write about the significance of Olympics. What are the major events associated with the conduct of Olympic Games?

(2×15=30)