

7. _____ is used for measuring body composition.
- A) Skinfold Caliper. B) Fat Analyser.
C) Weighing Machine. D) Stadiometer.
8. _____ is otherwise known as Cobra posture.
- A) Halasanam. B) Bhujangasanam.
C) Vajrasanam. D) Shalabhasanam.
9. Hypertension is _____.
- A) Diabetes. B) Obesity.
C) Blood pressure. D) Stroke.
10. Nightblindness is the deficiency of _____.
- A) Vitamin A. B) Vitamin B.
C) Vitamin C. D) Vitamin D.

(10 × 1 = 10 marks)

Part B

*All questions can be attended and overall ceiling.
Each question carries 2 marks.*

1. List the importance of physical education.
2. Define Osteoporosis.
3. What is blood pressure ?
4. List down the eight limbs of Ashtanga Yoga.
5. Write down the first aid for snake bite.
6. Write a short note on cosmetic fitness.
7. What is meant by Body Mass Index ? Write down the formulae to calculate BMI.

(5 × 2 = 10 marks)

Part C

*All questions can be attended and overall ceiling.
Each question carries 5 marks.*

1. Write a short note on the objectives of Physical Education.
2. Write a short note common postural deformities.

3. Define First Aid. What are the general principles of First Aid ?

(2 × 5 = 10 marks)

Part D

All questions can be attended and overall ceiling.

Each question carries 10 marks.

1. Define the term 'fitness' and explain the types of fitness and its components.
2. Discuss in detail about the causes and management of Stress.

(1 × 10 = 10 marks)