D 90442

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Name.....

Reg. No.....

FIFTH SEMESTER B.A./B.Sc. DEGREE EXAMINATION, NOVEMBER 2020

(CUCBCSS-UG)

Physical Education

PE 5D 03-PHYSICAL ACTIVITY HEALTH AND WELLNESS

Time : Two Hours

Maximum : 40 Marks

Part A

All questions to be attended. Each question carries 1 mark.

		Each quest	on car	ries 1 mark.			
1.							
	A)	Kyphosis.	B)	Lordosis.			
	C)	Scoliosis.	D)	None of these.			
2.	The ability to perform movements freely through full range of motion is called —						
	A)	Agility.	B)	Speed.			
. :	C)	Flexibility.	D)	Power.			
3.	National Sports Day is celebrated on						
	A)	February 28.	B)	September 25.			
	C)	October 26.	D)	August 29.			
4. The clinical term used for excess body weight is							
	A)	Adiposity.	B)	Body Mass.			
	C)	Obesity.	D)	Fat Mass.			
5.	Full form of BMR :						
	A)	Body Mass Rate.	B)	Basal Metabolic Rate.			
	C)	Basal Metabolic Reduction.	D)	Body Mass Reduction.			
6.	Name the equipment used to measure blood pressure :						
	A)	Stethoscope.	B)	Dynamometer.			
	C)	Sphygmomanometer	D)	Ergometer.			

Turn over

7.	a and a state of the	—— is used for measuring body cor	nposi	tion.		
	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.	Hypert	ension is ———.				
	A)	Diabetes.	B)	Obesity.		
	C)	Blood pressure.	D)	Stroke.		
10.	Nightb	lindness is the deficiency of ———	<u></u> .			
	A)	Vitamin A.	B)	Vitamin B.		
	C)	Vitamin C.	D)	Vitamin D.		

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

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

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

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?

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

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.

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