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Name.....

Reg. No.....

**FIFTH SEMESTER (CBCSS—UG) DEGREE EXAMINATION  
NOVEMBER 2024**

Physical Education

PEN 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

(2019 Admission onwards)

Time : Two Hours

Maximum : 60 Marks

**Section A (Short Answer Type)***All questions can be answered.**Each question carries 2 marks.**(Ceiling 20).*

1. In the FITT principle, what does “F” stand for ?
  - (A) Flexibility.
  - (B) Frequency.
  - (C) Fitness.
  - (D) Functionality.
2. What does the term “Cosmetic fitness” primarily focus on ?
  - (A) Internal Health.
  - (B) Muscle strength.
  - (C) Physical appearance.
  - (D) Cardiovascular health.
3. Which of the following is a common outcome of physical inactivity ?
  - (A) Improved cardiovascular health.
  - (B) Decreased risk of diabetes.
  - (C) Increased body fat percentage.
  - (D) Increased muscle mass.
4. Which of the following is a macronutrient ?
  - (A) Carbohydrates.
  - (B) Vitamins.
  - (C) Minerals.
  - (D) Water.

**Turn over**

5. Which of the following asanas is performed in a sitting position ?
- (A) Padmasana. (B) Bhujangasana  
(C) Uttitha Padasana. (D) Vrikshasana.
6. What is a common symptom of osteoporosis ?
- (A) High blood pressure. (B) Weak bones.  
(C) Muscle cramps. (D) Shortness of breath.
7. What is the recommended first aid for a sprained ankle ?
- (A) Apply heat immediately.  
(B) RICE (Rest, Ice, Compression, Elevation).  
(C) Soak in hot water.  
(D) Rub the ankle vigorously.
8. What is the primary focus of performance related fitness ?
- (A) Health maintenance.  
(B) Athletic performance.  
(C) Weight control.  
(D) Mental health.
9. Which condition is Characterized by an exaggerated inward curve of the lower back ?
- (A) Kyphosis. (B) Lordosis.  
(C) Scoliosis. (D) Flat foot.
10. Which Pranayama technique is known for balancing body energy ?
- (A) Nadisudhi. (B) Surya Bedhana.  
(C) Bhastrika. (D) Kapalbhathi.
11. Which nutrient is primarily responsible for muscle repair and growth ?
- (A) Carbohydrates. (B) Proteins.  
(C) Fats. (D) Vitamins.

12. What is the primary purpose of flexibility exercises ?
- (A) Strengthen muscles.
  - (B) Improve endurance.
  - (C) Increase range of motion.
  - (D) Boost cardiovascular health.

**Section B (Paragraph/ Problem Type)**

*All questions can be answered.  
Each question carries 5 marks.  
(Ceiling 30 marks).*

- 13. Define health and explain its importance.
- 14. Discuss the assessment of physical fitness components.
- 15. Write a short note on the relationship between exercise and heart rate zones.
- 16. Describe first aid techniques for fractures.
- 17. Outline the management of obesity through exercise and diet.
- 18. Explain the effects of Pranayama on mental health.
- 19. Discuss the impact of physical activity on lifestyle diseases.

**Section C (Essay Type)**

*Answer any **one** of the following question.  
The question carries 10 marks .*

- 20. Discuss the principles of exercise and their application in designing a fitness program.
- 21. Define Health and explain the importance of good health.

(1 × 10 = 10 marks)