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Name .....

Reg. No .....

**FIFTH SEMESTER B.A./B.Sc./B.Com. DEGREE EXAMINATION  
NOVEMBER 2013**

(U.G.—CCSS)

**Physical Education (Open Course)**

**PE 5D 03—PHYSICAL ACTIVITY, HEALTH AND WELLNESS**

**Maximum : 30 Weightage**

**Time : Three Hours**

**Part A**

*Answer all the twelve questions.*

1. Dhanurasana and Salabhasana are helpful in
  - (a) Stomach pain.
  - (b) Asthma.
  - (c) Diabetes.
  - (d) Cancer.
- 2, \_\_\_\_\_ is used for measuring body composition.
  - (a) Skinfold Caliper.
  - (b) Vernier Caliper.
  - (c) Sphygmomanometer.
  - (d) Glucometer.
3. The ability to perform movements freely through a full range of motion is called
  - (a) Flexibility.
  - (b) Power.
  - (c) Agility.
  - (d) Speed.
4. Blood is oxygenated in
  - (a) Muscles.
  - (b) Heart.
  - (c) Lungs.
  - (d) Brain.
5. Ability to change direction and move body parts or body as a whole effectively and efficiently and accuracy is called \_\_\_\_\_
6. The Olympic Games in 2016 A.D. will be held at \_\_\_\_\_
7. Nightblindness is due to the deficiency of Vitamin \_\_\_\_\_
8. B.M.I. is calculated by \_\_\_\_\_
9. Vitamin D is \_\_\_\_\_ soluble.
10. Sit and reach test is used to assess \_\_\_\_\_ of an individual.
11. One word meaning of Yoga \_\_\_\_\_
12. An injury resulting in the breakage of bone is called \_\_\_\_\_

(12 x  $\frac{1}{4}$  = 3 weightage)

**Turn over**

**Part B**

*Write short answer for all the **nine** questions.  
Each question carries a **weightage** of 1.*

13. Explain the term RICE.
14. Define Physical Education.
15. Write down the benefits of Exercise.
16. Mention the importance of correct posture.
17. Define Calorie.
18. Name any four **skinfold** sites.
19. What is meant by Balanced Diet ?
20. What is obesity ?
21. What is wellness ?

(9 x 1 = 9 weightage)

**Part C**

*Answer **any five** of the following.  
Each question carries a **weightage** of 2.*

22. Explain the benefits of warm up and cool down.
23. What are the advantages of **Padmasana** ?
24. Explain the term 'fitness balance'.
25. Explain the role of Yoga in Sports.
26. Define First Aid. What are the principles of first aid ?
27. What are the remedial measures for **Lordosis** and **Kyphosis** ?
28. Write a short note on stress and its common causes.

(5 x 2 = 10 weightage)

**Part D**

*Answer **any two** questions.  
Each question carries a **weightage** of 4.*

29. Write a note on **Hypokinetic** diseases with emphasis on the causes, symptoms and consequences of diabetes and obesity.
30. What are the aims and objectives of Physical Education ? Explain the significance in the perspective ?
31. Discuss health related and performance related physical fitness. Explain and list one test item to assess each component.

(2 x 4 = 8 weightage)