

21475.A

Name:

Reg. No.

FIFTH SEMESTER DEGREE EXAMINATION, NOVEMBER 2011  
(CCSS)

Physical Education – Open Course

**PE5D03** – Physical Activity Health and Wellness

Time: Three hours

Maximum **weightage** : 30

**PART A**

Answer all the twelve questions

(12 X 4 = 30)

National sports day is celebrated on

- a. 29<sup>th</sup> August
- b. 5<sup>th</sup> September
- c. 7<sup>th</sup> April
- d. 14<sup>th</sup> November

2. The number of cervical vertebrae in a human body

- a. 10
- b. 32
- c. 12
- d. 7

3. The **asana** which gives the appearance of a bow is called

- a. Salabhasna
- b. Vajrasana
- c. Dhanurasana
- d. Halasana

4. The clinical term for the excess body weight is

- 1. Hypertension
- 2. obesity
- 3. osteoporosis
- 4. diabetes

5. Full form of **BMR** is

6 ..... is an exaggeration in the amount of the normal concavity of the lumbar region of spine.

7. The asana which can be practiced immediately after having food is .....
8. Disease caused due to serious loss of bone mass is .....
9. Write the full form of HRPF .....
10. The asana which gives the appearance of hooded cobra.
11. How many calories can one gram of fat produce?
12. Fitness aimed mainly for beautification of the physique?

### PART – B

Short answer questions- Answer all the nine questions

13. Define health.
14. Name any four components of Health related physical Fitness?
15. Name any four activities for developing physical fitness components?
16. What is aerobic capacity?
17. What is calorie?
18. Name any four skin fold sites
19. What is systolic pressure?
20. Name any four fat soluble vitamins
21. Name any four causes for osteoporosis.

### PART – C

Paragraph questions answer any five of the following

22. What are the objectives of physical education?
23. Mention any four causes for poor posture.
24. Explain fitness balance
25. Explain the components of physical fitness?
26. Mention any eight benefits of exercise.
27. Find the target heart rate (age = 40 intensity = 70 % )
28. What are the principles of First aid?

### PART – D

Essay questions- Answer any two of the following

29. What is hypo kinetic disease? Explain obesity and osteoporosis.
30. What is asana? Explain vajrasana, shalabasna, trikonasana, savasana.
31. Define physical education. Explain in detail the importance and scope of physical education.