FIFTH SEMESTER U.G. DEGREE EXAMINATION, OCTOBER 2012

(CCSS)

Physical Education

PE D03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

Time : Three Hours   Maximum : 30 Weightage

Part A

Answer all the *twelve* questions :

1. World health day is celebrated on

    (a) 29th August.   (b) 5th September.

    (c)   April.   (d) 14th November.

2. The range of movement possible at a joint is :

    (a) Endurance.   (b) Strength.

    (c) Coordinative ability.   (d) Flexibility.

3. The number of thoracic vertebrae is :

    (a) 10.   (b) 32.

    (c) 12.   (d) 24.

4. Test for measuring cardio respiratory function is :

    (a) Sit and reach.   (b) One mile run.

    (c) BMI.   (d) Sit ups.

5. Full form of CHD is _____

6. _____ is an exaggeration in the amount of the normal convexity of the thorasic region of spine.

7. The asana for relaxation in supine position is _____

8. Insulin is produced by _____ cells in the pancreas.

9. Write the full form of PRPF.

10. The asana which gives the appearance of a plough.

11. How many calories can one gram of carbohydrates produce ?

12. Type of fitness required for sports competition.

(12 x ¼ = 3 weightage)

Turn over

Part B

Short answer questions. Answer all the *nine* questions.

13. Define Physical Education.

14. Name any *four* components of physical fitness.

15. What is anaerobic capacity ?

16. Define calorie.

17. What is the formula to determine BMI.

18. What is diastolic pressure ?

19. Name any *four* nutrients.

20. Name any *four* causes for hypertension.

21. What is first aid ?

(9 x 1 = 9 weightage)

Part C

Paragraph questions answer any *five* of the following :--

22. What are the types of fitness ?

23. What are the causes for poor posture ?

24. What is fitness balance ?

25. Mention any *eight* benefits of exercise.

26. Find the target heart rate with example. (age = 50 intensity = 60%)

27. Explain stress. What are the causes for stress ?

28. What are the symptoms of diabetes ?

(5 x 2 = 10 weig

Part D

Essay questions. Answer any *two* of the following :-

29. What is asana ? Explain padmasana, bhujangasana, padhahsthana and halasnana.

30. What is hypo kinetic disease ? Explain diabets and hypertension.

31. What are the types of physical fitness ? Explain in detail health related physical; fitness, performance related physical fitness and cosmetic fitness.

(2 x 4 = 8 weightage)