

**D 71240**

**(Pages : 2)**

**Name.....**

**Reg. No.....**

**FIFTH SEMESTER B.A. DEGREE EXAMINATION, NOVEMBER 2014**

**(UG—CCSS)**

Open Course—Physical Education

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

Time : Three Hours

Maximum Weightage : 30

**Part A**

*Answer **all** the twelve questions.  
Each question carries  $\frac{1}{4}$  weightage.*

- I. 1 FIFA World Cup 2018 will be held at \_\_\_\_\_  
(a) America. (b) Russia.  
(c) China. (d) Brazil.
- 2 Standing broad jump test is used to measure \_\_\_\_\_  
(a) Cardio-vascular endurance. (b) Leg strength.  
(c) Aerobic capacity. (d) Explosive strength.
- 3 Expansion of **BMI**.
- 4 Which components of food is considered as the building block of the body ?
- 5 What is the name of the yoga practice which is used for warm-up ?
6. \_\_\_\_\_ is an exaggeration in the amount of the normal concavity of the lumbar region of spine.
- 7 Which disease is caused by the deficiency of Iodine ?
- 8 Which Vitamin is synthesized with the help of sunlight ?
- 9 Who is the author of **Astanga Yoga** ?
- 10 Expansion of **W.B.C**.
- 11 \_\_\_\_\_ is the measure of energy in food.
- 12 Purification process in Yoga is known as what.

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

**Part B (Short Answer Questions)**

*Answer **all** nine questions.  
Each question carries 1 weightage.*

- 13 Define physical fitness.
- 14 What is obesity ?

**Turn over**

- 15 What is Osteoporosis ?
- 16 Define balanced diet.
- 17 What are the main constituents of food ?
- 18 What is oxygen debt ?
- 19 Discuss the causes of **kyphosis**.
- 20 Explain **Halasana**.
- 21 What are the types of flexibility ?

(9 X 1 = 9 weightage)

**Part C (Paragraph Questions)**

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

- 22 Discuss the aim and objectives of physical Education.
- 23 Explain Health related fitness.
- 24 Explain a test for measuring aerobic capacity.
- 25 What are the signs and symptoms of Hypertension ?
- 26 Differentiate **between** physical fitness and wellness.
- 27 What are the **principles** of first aid ?
- 28 Describe the **preventive** and remedial measure for **Lordosis**.

(5 X 2 = 10 weightage)

**Part D (Essay Questions)**

*Answer any **two** of the following.  
Each question carries 4 weightage.*

- 29 What is **asana** ? Explain **Bhujangasana**, **Shalabasana** and **Chakrasana**.
- 30 What is nutrition ? Discuss in detail the components of nutrition and its functions.
- 31 Explain any three life style diseases and its management.

(2 x 4 = 8 weightage)