

D 11508-A

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Name.....

Reg. No.....

**FIFTH SEMESTER B.A./B.Sc./B.Com./B.B.A. DEGREE EXAMINATION
NOVEMBER 2016**

(CUCBCSS—UG)

Open Course

PE 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

Time : Two Hours

Maximum : 40 Marks

Part A

*Answer **all** questions.*

1. 1 gm. of Protein will provide _____ energy to our body.
(a) 4 cal. (b) 5 cal.
(c) 8 cal. (d) 9 cal.
2. What is lateral curvature (**sideward** deviation) of the spine ?
(a) **Kyphosis.** (b) **Scoliosis.**
(c) **Lordosis.** (d) None of these.
3. What is the total number of bones in the human body ?
(a) 226. (b) 216.
(c) 206. (d) 236.
4. Night blindness is due to the deficiency of which vitamin ?
(a) Vitamin K. (b) Vitamin C.
(c) Vitamin B. (d) Vitamin A.
5. The ability to move the body quickly in different direction is known as _____
(a) Stamina. (b) Endurance.
(c) Speed. (d) Agility.
6. Freely movable joints also known as the _____
(a) **Synovial** joints. (b) Pivot joints.
(c) Hip joints. (d) Sutures.
7. Another name for heart muscle is _____
(a) Skeletal. (b) Cardiac.
(c) **Soleus.** (d) Deltoid.

Turn over

8. **The** amount of air exhale after taking the deepest breath is known as ———
- (a) Larynx. (b) Tibia.
(c) Vital capacity. (d) Pelvis.
9. Osteoporosis is caused by the deficiency of :
- (a) Vitamin A. (b) Vitamin **D**.
(c) Vitamin K. (d) Vitamin E.
10. Longest bone in the human body :
- (a) Femur. (b) Radius.
(c) Ulna. (d) Scapula.

(10 x 1 = 10 marks)

Part B

Answer any **five** questions.

11. **Name** any three the important National Sports Awards.
12. Define Sprains and Strains.
13. What are the benefits of **vajarasana** ?
14. Define Body mass index.
15. Explain ABC's of First aid.
16. Define Micro and Macro nutrients.
17. Mention the corrective exercises related to **kyphosis**.

(5 x 2 = 10 marks)

Part C

Answer any **two** questions.

18. Define Fitness and health related Physical fitness.
19. Explain the effects of exercises on heart rate.
20. Name any *three* life style diseases and its management.

(2 x 5 = 10 marks)

Part D

Answer any **one** question.

21. Activities for developing fitness.
22. Need and importance of Physical Education.

(1 x 10 = 10 marks)