FIFTH SEMESTER B.A./B.Sc./B.Com./B.B.A. DEGREE EXAMINATION NOVEMBER 2017

(CUCBCSS—UG)

Open Course

PE 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

(2014 Admissions)

Time : Two Hours   Maximum : 40 Marks

Part A

*Answer **all** questions.*

1. 1 gm of protein will provide ————— energy to our body.

2. The human skeleton is made up of ————— bones.

3. Freely movable joints also known as the —————.

4. Another name for heart muscle is —————.

5. ————— twitch fibers are good for endurance activities.

6. The amount of air exhale after taking the deepest breath is known as —————.

7. Shoulder is a ————— type of joint.

8. Longest bone in the human body.

9. The ability to move the body quickly in different direction is known as —————.

10. 2020 Olympics will be held in —————.

(10 × 1 = 10 marks)

Part B

*Answer any **five** questions.*

11. What are the sources of protein ?

12. Define Balanced Diet.

13. What are the advantages of maintaining correct posture ?

14. What are the two causative factors due to which accidents are caused in sports ?

15. Mention any four benefits of warming-up.

16. What are aerobic and anaerobic activities ?

17. Which are the fat soluble vitamins ?

(5 × 2 = 10 marks)

Turn over

Part C

Answer any **two** *questions.*

18. Define fitness and list the health related components Physical fitness.

19. Principles of First aid.

20. Write a short note on "Importance of Yoga".

(2 × 5 = 10 marks)

Part D

Answer any **one** *question.*

21. How an individual is benefited with fitness and wellness ? Explain the principles of fitness.

22. While describing the terms yoga and asana, explain the role of yoga for improving performance in competitive sports.

(1 × 10 = 10 marks)