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

(2015 Admissions)

Time : Two Hours   Maximum : 40 Marks

Part A

Answer **all** *the questions.*

1. ——————— is a curving of the spine that cause a bowing or rounding of the upper back

2. Ability to change direction and move body parts or body as a whole effectively, efficiently and accurately is ———————.

3. ——————— is a break in the continuity of the bone.

4. The full form of CPR is ———————.

5. Night blindness is due to the deficiency of which vitamin.

6. The asana which given the appearance of a camel when performed is ———————.

7. Sphygmomanometer is an instrument used to measure ———————.

8. The asana which resembles like a cobra when it is performed is ———————.

9. ——————— is the ability of the muscle to maintain speed and strength even under the condition of fatigue.

10. The full form of BMR is ———————.

(10 × 1 = 10 marks)

Part B

Answer any **five.**

1. Explain the term RICE ?

2. What is obesity ?

3. Write the first aid for bleeding through nose.

Turn over

4. Define blood pressure ?

5. What is a posture ?

6. What is Osteoporosis ?

7. Write the formula to calculate BMI.

$(5 \times 2 = 10$ marks$)$

Part C

Answer any **two.**

1. Define first Aid? What are the principles of first aid ?

2. What are the remedial measures for lordosis and kyphosis ?

3. Write a short note on eight limbs of Ashtanga, Yoga ?

$(2 \times 5 = 10$ marks$)$

Answer any **one.**

1. What are the aims and objectives of physical education ? Explain the significance in the school perspective ?

2. Discuss in detail about the causes and management of Stress.

$(1 \times 10 = 10$ marks$)$