

D 50938

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Name.....

Reg. No.....

FIFTH SEMESTER B.A. DEGREE EXAMINATION, NOVEMBER 2018

(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 defined as the ability to move the body parts in minimum possible time.
2. _____ is the number of times the heart beat in a minute.
3. _____ is the first help or the assistance provided to the person who is injured or either he is ill.
4. _____ is an exaggerated inward curve or arch in onces lower back.
5. The full form of ABC is _____.
6. The normal Blood Pressure for a normal resting healthy adult human is _____.
7. The formula to calculate BMI is _____.
8. The full form of SAI is _____.
9. Fatigue is due to the formation of _____.
10. _____ is used to take the measurement of skin fold thickness.
11. _____ is the combination of speed and strength.

(10 × 1 = 10 marks)

Part B

Answer any *five* questions :

1. Physical Education—Definition.
2. Write down the first aid for fracture.
3. What do you mean by macronutrients ?
4. List down the *eight* limbs of Ashtanga yoga.

Turn over

5. Define Stress.
6. Write a short note on back pain.
7. Define Blood. What is meant by blood pressure ?

(5 × 2 = 10 marks)

Part C

Answer any *two* questions :

1. Write down any *two* hypokinetic diseases and its management.
2. Explain the components of performance related physical fitness.
3. Discuss in detail about nutrition.

(2 × 5 = 10 marks)

Part D

Answer any *one* question :

1. Explain in detail about three Pranayamas and its effects.
2. What are the common postural deformities ? List down the causes and their remedial measures.

(1 × 10 = 10 marks)