D 70550

Name.........................

Reg. No.........................

FIFTH SEMESTER B.A./B.Sc. DEGREE EXAMINATION, NOVEMBER 2019

(CUCBCSS—UG)

Physical Education

PE 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

(2015 Admissions)

Time : Two Hours   Maximum : 40 Marks

Part A

Answer **all** questions.

1. Night blindness is due to the deficiency of which vitamin ?

2. Proportion of fat and fat-free mass in the body is known as _____.

3. The ability to move the body quickly in different direction is known as _____ (Agility)

4. 1 gm of protein will provide _____ energy to our body.

5. "The distance moved by an object in a specific time" is known as _____.

6. The meaning of word yoga is _____.

7. _____ is a state of complete physical, mental and social well-being.

8. Another name for Cobra asana is _____.

9. _____ is a yogic breathing technique in which only the right nostril is used for inhaling.

10. Cardio Pulmonory resuscitation (CPR) is the First Aid given for _____

(10 × 1 = 10 marks)

Part B

Answer any **five** questions.

1. What names are given to the three different depths of burns ?

2. Define Physical fitness.

3. What steps would you take to control bleeding from a nosebleed ?

4. What does Pranayama mean ?

5. What is metabolic rate ?

6. List down the ABC's of first aid.

7. What is stress ? What causes stress ?

(5 × 2 = 10 marks)

Turn over

Part C

Answer any two questions.

1. Discuss the benefits of yoga.

2. Explain physical fitness components.

3. Explain the types and causes of postural deviations with its corrective measures.

(2 × 5 = 10 marks)

Part D

Answer any one question.

1. Need and importance of physical education.

2. What do you mean by first aid and discuss the common first-aid measures for :
   (a) Snake bite ; (b) Fracture ; (c) Drowning ; (d) Severe Bleeding.

(1 × 10 = 10 marks)

posis

dosis

Vrikshasana.
padahasthasana.
Ardhachakrasana.
Trikonasana.
Ujrravauana.
Vajrasana.
padmasana.
Bhujangasana.
Salbhasana.

FIFTH SEMESTER B.A./B.Sc./B.Com./B.B.A. DEGREE EXAMINATION
NOVEMBER 2018

(CUCBCSS—UG)

Open Course

PH 5D 08—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) Sclerous
   (d) Deltoid

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 × 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 × 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 × 5 = 10 marks)

Part D

Answer any **one** *question.*

21. Activities for developing fitness.

22. Need and importance of Physical Education.

(1 × 10 = 10 marks)