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12 core	No	

FIFTH SEMESTER (U.G.—CCSS) DEGREE EXAMINATION, NOVEMBER 2015

Open Course Physical Education

PE 5D 03 PHYSICAL ACTIVITY HEALTH AND WELLNESS

Time: Three Hours

Maximum: 30 Weightage

Part A

Answer all the twelve questions:

- 1. Sit and reach test is used for measuring:
 - (a) Abdominal strength.
- (b) Endurance.

(c) Flexibility.

- (d) Agility.
- 2. The number of cervical vertebrae in human body -
 - (a) 10.

(b) 32.

(c) 12.

- (d) 7.
- 3. The asana which look like a rabbit is called -
 - (a) Shashankasana.

(b) Chakrasana.

(c) Halasana.

- (d) Trikonasana.
- 4. Who holds the Word record in the 100 meters?
- 5. How many calories can one gram of carbohydrate produce?
- Expansion of AIDS.
- 7. Which nutrient is rich in red meat?
- 8. Which Vitamin deficiency is responsible for night blindness?
- 9. What is the word meaning of 'Yoga'?
- 10. Fitness aimed mainly for beautification of the physique?
- 11. Which Yoga practice is commonly used for physical fitness?
- 12. What is the immediate source of energy for muscular contraction?

 $(12 \times \frac{1}{4} = 3 \text{ weightage})$

Turn over

Name	*********
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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 ----

 $(10 \times 1 = 10 \text{ marks})$

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.

 $(5 \times 2 = 10 \text{ marks})$

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?

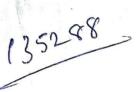
 $(2 \times 5 = 10 \text{ marks})$

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.

 $(1 \times 10 = 10 \text{ marks})$





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Maximum: 40 Marks

FIFTH SEMESTER B.A. DEGREE EXAMINATION, NOVEMBER 2018

(CUCBCSS-UG)

Open Course

PE 5D 03-PHYSICAL ACTIVITY HEALTH AND WELLNESS

(2015 Admissions)

Time : Two Ho	urs
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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.
	$(10 \times 1 = 10 \text{ marks})$

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.
- Define Blood. What is meant by blood pressure?

 $(5 \times 2 = 10 \text{ marks})$

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.

 $(2 \times 5 = 10 \text{ marks})$



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.

 $(1 \times 10 = 10 \text{ marks})$