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(Pages : 2)

Name.....

Reg. 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 World record in the 100 meters ?
5. How many calories can one gram of carbohydrate produce ?
6. 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 × ¼ = 3 weightage)

Turn over

**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 × 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 × 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 × 10 = 10 marks)

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(Pages : 2)

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 )