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(Pages : 2)

Name.....

Reg. No.....

FIFTH SEMESTER U.G. DEGREE EXAMINATION, NOVEMBER 2021

(CBCSS—UG)

Physical Education

PEN 5D 03—PHYSICAL ACTIVITY, HEALTH AND WELLNESS

(2019 Admissions)

Time : Two Hours

Maximum : 60 Marks

Section A (Short Answer Type Questions)

Answer at least **eight** questions.

Each question carries 3 marks.

All questions can be attended.

Overall Ceiling 24.

1. Write the definition of Physical Education.
2. Define the concept of Health and Wellness.
3. What is muscular endurance ?
4. Define Flexibility.
5. Define Target heart rate zone.
6. What is BMI ?
7. Define Osteoporosis.
8. Define Posture. List different types of postural deformity.
9. What do you mean by RICE in first aid ?
10. What is Lordosis ?
11. Define Pranayama.
12. Define Stress.

(8 × 3 = 24 marks)

Turn over

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**Section B (Short Essay/Paragraph Type Questions)**

*Answer at least five questions.*

*Each question carries 5 marks.*

*All questions can be attended.*

*Overall Ceiling 25.*

13. List the benefits of participating in regular Physical Education program.
14. What are the different components of Physical fitness ?
15. What is the need of assessing fitness components ?
16. Explain the need for and importance of exercise.
17. What is ABC of first aid and what is CPR ?
18. Explain the techniques of Stress Management.
19. What are the eight limbs of Yoga ?

(5 × 5 = 25 marks)

**Section C (Essay Type Questions)**

*Answer any one question.*

*The question carries 11 marks.*

20. Explain lifestyle diseases. Explain the effects of exercise in preventing lifestyle diseases.
21. Why Physical Education is an integral part of the education process ? Explain.

(1 × 11 = 11 marks)