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(Pages : 2)

Name.....

Reg. No.....

**FIFTH SEMESTER (CBCSS-UG) DEGREE EXAMINATION
NOVEMBER 2022**

Physical Education

PEN 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

(2019 Admission onwards)

Time : Two Hours

Maximum : 60 Marks

Part A (Short Answer Type Questions)

Each question carries 2 marks.

All questions can be attended.

Overall ceiling 20.

1. Explain the concept of Physical Education.
2. What do you understand by the word 'Wellness'?
3. Define Health.
4. Define Fitness.
5. What is cosmetic fitness?
6. How is BMI calculated?
7. Define Agility.
8. What is Blood pressure?
9. Define First Aid.
10. Explain ABC of first aid.
11. Define Lordosis.
12. Define Niyama.

Part B (Short Essay/paragraph Type Questions)

Each question carries 5 marks.

All questions can be attended.

Overall ceiling 30.

13. Define the aims and objectives of Physical Education.
14. Explain about Yoga.

Turn over

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15. What are the benefits of exercise ?
16. What are the vital signs of human body ?
17. Define Diabetes.
18. What is the need for and importance of fitness assessment ?
19. Explain about BMR.

Part C (Essay Type Questions)

Answer any one question.

The question carries 10 marks.

20. Explain about Hypokinetic diseases and its management.
21. Define Postural deformities and explain the corrective measures for each deformity.
(1 × 10 = 10 marks)