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(Pages : 2)

Name.....

Reg. No.....

**FIFTH SEMESTER (CBCSS—UG) DEGREE EXAMINATION
NOVEMBER 2023**

Physical Education

PEN 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

(2019 Admission onwards)

Time : Two Hours

Maximum : 60 Marks

Section A

All questions can be answered.

Each question carries 2 marks.

(Ceiling 20 marks)

Write short notes on :

1. Modern concept of health.
2. Aerobic exercise.
3. Target heart rate.
4. Strength.
5. Bradycardia.
6. CPR.
7. Obesity.
8. Heart attack.
9. Balancing Asanas.
10. Sprain.
11. Causes of poor posture.
12. Ashtanga yoga.

Turn over

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Section B

*All questions can be answered.
Each question carries 5 marks.
(Ceiling 30 marks)*

Explain the followings :

13. Performance related physical fitness.
14. Principles of first aid.
15. Basal metabolic rate.
16. Postural deformities.
17. Coronary heart disease.
18. RICE.
19. Nutritional deficiency diseases.

Section C

*Answer any **one** of the following questions.
The question carries 10 marks.*

20. Explain hypokinetic diseases ? Describe management of hypokinetic disease.
21. Explain the meaning and different concepts of wellness.

(1 × 10 = 10 marks)