

B.A. /B. Sc / B.COM DEGREE END SEMESTER EXAMINATION OCTOBER 2017**SEMESTER –5: PHYSICAL EDUCATION (OPEN COURSE)****COURSE: 15U50CPHE1: PHYSICAL HEALTH AND LIFE SKILLS EDUCATION***(For Regular 2015 admission)*

Time: Three Hours

Max. Marks: 75

PART A (One word)Answer **all** questions. Each question carries 1 mark

1. Which nutrient is rich in rice and wheat?
2. What is the average resting Heart rate for an adult?
3. Volume of air that enters and leaves the lungs in one cycle is known as?
4. Night blindness is due to the deficiency of which Vitamin?
5. “National Sports Day” in India is celebrated on which day?
6. The sideward curvature or deviation of the spine is called as?
7. Expansion of RICE
8. Name the Clinical term for excess body weight?
9. Organs connected with circulatory System?
10. What is RBC?

(1 x 10 = 10)

PART B (Short notes)Answer **any five** questions in about 60 words each. Each question carries 3 marks

11. Obesity
12. Define Yoga
13. Balanced Diet
14. Physical Education
15. Sprains
16. Vital Capacity
17. Physical Fitness

(3 x 5 = 15)

PART C (Paragraph)Answer **any four** questions in about 100 words each. Each question carries 5 marks

18. What are the Principles of Accident Prevention?
19. Explain the First-Aid for Sprain?
20. Describe the factors determine Health?

21. What are the benefits of Meditation?
22. What are the functions of food?
23. Explain about the Physical dimensions of Health? (5 x 4 = 20)

PART D (Essays)

Answer **any two** questions out of three. Each question carries 15 marks

24. How does yoga contribute to the healthful living in Modern World?
25. Explain the benefits in daily life due to the effect of Physical activity on Muscular and Cardio -Vascular System?
26. Explain Health related physical fitness with suitable examples?
27. Explain Performance related physical fitness with suitable examples in sports and games? (15 x 2 = 30)