B. A. / B.Sc. / B.COM DEGREE END SEMESTER EXAMINATION - OCTOBER 2019

SEMESTER –5: PHYSICAL EDUCATION (OPEN COURSE)

COURSE: **15U50CPHE1: PHYSICAL HEALTH AND LIFE SKILLS EDUCATION**

(Common for Regular 2017 Admission & Improvement 2016/Supplementary 2016/2015 Admissions)

Time: Three Hours   Max. Marks: 75

PART – A (one word)

Answer all questions. Each questions carries 1 mark

1. What is the measurement of energy in food?
2. Minerals and vitamins are called ……………………..
3. Expand RICE.
4. Freehand Exercises or gymnastics exercise can be termed as …………………………
5. What is the ability to overcome resistance under condition of fatigue?
6. Expand WHO.
7. What disease of the bone is characterized by a serious loss of bone mass?
8. What is the formula for BMI?
9. The word 'Health' originates from the word …………………..
10. The blood Vessels that carries pure oxygenated blood is ……………   (1 x 10 = 10)

PART –B (Short notes)

Answer any Five questions in about 60 words each. Each question carries 3 marks

11. Write 3 different types of endurance and explain.
12. Why should we do warm down exercises?
13. Effect of exercise on muscular system.
14. What do you understand by specific fitness?
15. What do you mean by cardio-vascular endurance?
16. What are the qualities of a first aider?
17. What is malnutrition?   (3 x 5 = 15)

PART – C (Paragraphs)

Answer any Four questions in about 100 words each. Each question carries 5 marks

18. What is a second wind in sports?
19. Explain about sprain and its immediate management
20. What is meant by isokinetic exercise?
21. What are the postural deformities? Write the corrective measures.
22. Explain the dimensions of health.
23. Write the effect of exercises on digestive system.   (5 x 4 = 20)

PART – D (Essays)

Answer any two question. Each question carries 15 each.

24. What are the components of physical fitness? And give detailed explanation.
25. What are the aims and objectives of physical education?
26. Explain different body types.
27. Write the meaning and dimensions of yoga.   (15 x 2 =30)