

**UNDERGRADUATE END SEMESTER EXAMINATION : OCTOBER 2022****SEMESTER 5 : PHYSICAL EDUCATION (OPEN COURSE)****COURSE : 19U50CPHE1 : PHYSICAL HEALTH AND LIFE SKILLS EDUCATION***(For Regular : 2020 Admission and Supplementary - 2019 Admission)*

Time : Three Hours

Max. Marks: 75

**PART A****Answer All (1 mark each)**

1. Exercises performed in a rhythmic and continuous manner synchronized with music.
2. Moving your body part with the help of a partner is called
3. The muscle contraction in which muscle remains constant is called
4. The health condition where the density of the bone is decreased is called -----
5. The absence of the inner curvature of feet is called -----
6. The rounding of upper back is called -----
7. The inward bending of knee is called -----
8. Sports day of Kerala state is celebrated on
9. Arjuna award is for
10. The first Asian games was held in the year

**(1 x 10 = 10)****PART B****Answer any 5 (3 marks each)**

11. Explain reversibility
12. Write down the advantages of performing Yoga.
13. Write a short note on Obesity.
14. Define Mal nutrition.
15. Explain R I C E.
16. List down the remedial exercises for Bow legs.
17. Short note on Commonwealth.

**(3 x 5 = 15)****PART C****Answer any 4 (5 marks each)**

18. Briefly explain explosive power
19. Explain test for cardio vascular endurance
20. Explain the Risk of exercise.
21. Enumerate Knock knees.
22. With remedial measures explain scoliosis.
23. Write a short note on merits and demerits of knock out tournament.

**(5 x 4 = 20)**

**PART D**

**Answer any 2 (15 marks each)**

24. Explain the need and importance of Physical Education.
25. Explain in detail about nutrition.
26. Write a detailed note on common injuries.
27. Explain Olympic Games.

**(15 x 2 = 30)**