

UNDERGRADUATE END SEMESTER EXAMINATION - OCTOBER 2024**SEMESTER 5 : PHYSICAL EDUCATION (OPEN COURSE)****COURSE : 19U50CPHE1 : PHYSICAL HEALTH AND LIFE SKILLS EDUCATION***(For Regular 2022 Admission and Supplementary 2021/2020/2019 Admissions)*

Time : Three Hours

Max. Marks: 75

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

1. The narrowing of arteries with the accumulation of fat is called -----
2. A men with large deposition of fat is termed as
3. Free kick is associated with which game.
4. Formula to find out no of matches in knockout tournament.
5. Penalty corner is associated with which game.
6. Define Pranayama.
7. The absence of the inner curvature of feet is called -----
8. Normal heart rate of human.
9. Name of test for reaction time.
10. Moving your body part without help of a partner is called

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

11. Briefly explain sprint speed.
12. Explain Osteoporosis.
13. List down the remedial exercises for Flat foot.
14. Explain MAKKA trophy.
15. How can we prevent Knock knees?
16. Briefly explain Voluntary muscle.
17. Define agility.

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

18. Write a detailed note on Dhyan chand Khel Rathna award.
19. Briefly explain anatomical fitness components.
20. How can we prevent Hypo kinetic diseases?
21. Write a short note on cardio vascular fitness.
22. Explain the benefits of yoga in maintaining the health of an individual.
23. Write a detailed note on drowning.

(5 x 4 = 20)**PART D****Answer any 2 (15 marks each)**

24. Discuss about fitness and its methods of training.
25. What is obesity? Explain its causes and preventive measures.
26. Explain postural deformities and corrective exercises.
27. Explain Knock out tournament. Draw a knock out fixture for 11 teams.

(15 x 2 = 30)