

UNDERGRADUATE END SEMESTER EXAMINATION - OCTOBER 2025**SEMESTER 5 : PHYSICAL EDUCATION (OPEN COURSE)****COURSE : 19U50CPHE1 : PHYSICAL HEALTH AND LIFE SKILLS EDUCATION***(For Regular - 2023 Admission and Supplementary 2022/2021/2020/2019 Admissions)*

Time : Three Hours

Max. Marks: 75

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

1. Obesity is caused by -----
2. Halasana is also known as-----
3. The ability of heart to pump oxygen rich blood to working muscle is called -----
4. Dronacharya award was instituted in the year-----
5. Name of test for reaction time
6. The word yoga is derived from Sanskrit word-----
7. National sports day is on -----
8. Arjuna award was instituted in the year-----
9. Define dhyana.
10. The muscle that can't be controlled by us is known as-----

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

11. Define Health.
12. Explain MAKKA trophy.
13. List down the eight limbs of Yoga.
14. What is malnutrition?
15. Explain principle of progression.
16. Explain reversibility.
17. List down the remedial exercises for Round shoulders.

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

18. Explain test for strength endurance.
19. Write a detailed note on Arjuna award.
20. Write down note on Vajrasana.
21. Enumerate the effect of exercise on Respiratory system.
22. Write down note on padmasana.
23. Enumerate the difference between league and knock out tournament.

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

24. Draw knock out fixture of 15 teams.
25. Explain in detail about Hypokinetic diseases. How can we prevent these modern day diseases.
26. Explain the importance of correct posture.
27. Discuss about fitness and its components.

(15 x 2 = 30)