

QP CODE: 22103685



Reg No :

Name :

**UNDER GRADUATE (CBCS) REGULAR / REAPPEARANCE EXAMINATIONS,
NOVEMBER 2022**

Fifth Semester

(Offered by the Board of Studies in Physical Education)

OPEN COURSE - PE5OPT01 - PHYSICAL HEALTH AND LIFE SKILL EDUCATION

2017 Admission Onwards

725CAE3F

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. Define physical education ?
2. What do you understand by speed?
3. What do you mean by body composition?
4. What are the three main dimensions of health?
5. Categorize vitamin A deficiency diseases.
6. Diabetes Mellitus.
7. State about Thoracic region of the spine.
8. What is a Ligament?
9. Elaborate the idea of Laceration.
10. Name the sanskrit word from which the term Yoga has derived? Who is known as the father of Yoga ?
11. Which day is celebrated as the International Yoga Day? Which year was it started?
12. What is Arjuna Award? Mention any one awardee.

(10×2=20)

Part B

*Answer any **six** questions.*

*Each question carries **5** marks.*



13. Explain the benefits of physical education programs to the students.
14. Explain the need and importance of physical education.
15. What are the functions of blood?
16. Classify nutrients.
17. How can we prevent hypertension?
18. Mention some corrective exercises for Scoliosis.
19. State the common principles of First Aid.
20. Discuss sports as an agent for international understanding.
21. What do you mean by 'bye' in fixtures? Draw a knockout fixture for 9 teams.

(6×5=30)

Part C

*Answer any **two** questions.*

*Each question carries **15** marks.*

22. Illustrate the activities for developing physical fitness.
23. Elaborate the effect of exercise on different body systems (circulatory, respiratory and muscular system)
24. Explain the physical and psychological characteristics of Sheldon's Bodytypes.
25. What do you understand by Yoga? What are the physiological and psychological benefits of Yoga?

(2×15=30)