



QP CODE: 23143059

Reg No :

Name :

**UNDER GRADUATE (CBCS) REGULAR / REAPPEARANCE EXAMINATIONS,
OCTOBER 2023
Fifth Semester**

(Offered by the Board of Studies in Physical Education)

OPEN COURSE - PE5OPT01 - PHYSICAL HEALTH AND LIFE SKILL EDUCATION

2017 Admission Onwards

5FC22CFB

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

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

1. Define physical education.
2. Describe body composition.
3. What is circuit training ?
4. Define Health.
5. Different methods to assess overweight.
6. Explain Hyper tension.
7. What is a Tendon?
8. Define Sprain.
9. Explain the process of CPR.
10. Name the sanskrit word from which the term Yoga has derived? Who is known as the father of Yoga ?
11. Which city hosted the last summer olympics? In which year?
12. Whose birthday is celebrated as the National Sports Day? On which date?

(10×2=20)

Part B

*Answer any **six** questions.*

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



13. Mention the objectives of physical education.
14. Write down the differences between health related and performance related physical fitness.
15. Classify Joints based on the movements they perform.
16. Comment your views on the effect of weight training in adolescent athletes.
17. Identify Macro minerals and trace minerals.
18. List the guidelines of good Posture.
19. What are the common causes of Postural deformities ?
20. What are the benefits of vajarasana?
21. Write the difference between Knock out and League type of tournaments.

(6×5=30)

Part C

*Answer any **two** questions.*

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

22. Why is Physical Education considered to be an integral part of general education?
23. Evaluate the role of diet and exercise on preventing obesity.
24. Explain the physical and Psychological characteristics of Sheldon's Bodytypes.
25. It is universal truth that modern age is the age of stress, tension and anxiety "How can yoga help is in prevention and management of this pro fitness.

(2×15=30)