

QP CODE: 24016526



24016526

Reg No : .....

Name : .....

**UNDER GRADUATE (CBCS) SPECIAL REAPPEARANCE EXAMINATIONS, MARCH  
2024**

**Fifth Semester**

(Offered by the Board of Studies in Physical Education)

**OPEN COURSE - PE5OPT01 - PHYSICAL HEALTH AND LIFE SKILL EDUCATION**

2021 Admission Only

072FE764

Time: 3 Hours

Max. Marks : 80

**Part A**

*Answer any **ten** questions.*

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

1. Why do we include Physical Education in the general curriculum?
2. Define power.
3. How does cycling improves fitness ?
4. Cardiac muscle.
5. Name any three functions of muscles.
6. Define Balanced diet.
7. What are the physical characteristics of Endomorph?
8. Explain Vertebral Column.
9. Define First Aid.
10. Name the host city of the next Summer Olympics? In Which year.
11. What is Arjuna Award? Mention any one awardee.
12. Distinguish between Winter olympics and Summer Olympics.

(10×2=20)

**Part B**

*Answer any **six** questions.*

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

13. What is physical education and its importance?



14. What are the types of fitness, explain the various components of health related physical fitness ?
15. Is fat useful or not useful for us and for body, Explain.
16. Highlight the importance of healthy eating habits.
17. Examine different Types of Diabetes.
18. Briefly explain about the qualities of a First Aider.
19. Common Signs and symptoms of Fracture.
20. Which are the different elements of Ashtanga Yoga?
21. What are the benefits of vajarasana?

(6×5=30)

#### Part C

*Answer any **two** questions.*

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

22. In what way physical education is a part of general education?
23. List down the multidimensional concept of health and the explain the factors affecting health.
24. Give a detailed explanation about common postural deformities and its corrective exercises.
25. Write your views on the need and importance of yoga in modern society.

(2×15=30)