

QP CODE: 24043064



Reg No :

Name :

**UNDER GRADUATE (CBCS) REGULAR / REAPPEARANCE EXAMINATIONS,
OCTOBER 2024
Fifth Semester**

(Offered by the Board of Studies in Physical Education)

OPEN COURSE - PE5OPT01 - PHYSICAL HEALTH AND LIFE SKILL EDUCATION

2017 Admission Onwards

48AA462A

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. Write down about body balance.
3. Describe fartlek method .
4. Different Types of muscles.
5. What are the types of vitamins?
6. Different methods to assess overweight.
7. What are the different types of Posture?
8. Describe Scoliosis.
9. Give the meaning of Dislocation.
10. Which day is celebrated as the International Yoga Day? Which year was it started?
11. Which city hosted the last summer olympics? In which year?
12. Distinguish between Winter olympics and Summer Olympics.

(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. What is Athlete's heart?
16. Identify Macro minerals and trace minerals.
17. How can we prevent hypertension?
18. Explain about the Sheldon's classification of Bodytypes.
19. Why is having knowledge and skills in first aid important?
20. Explain any five importance of meditation in sports.
21. What are the benefits of vajarasana?

(6×5=30)

Part C

*Answer any **two** questions.*

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

22. Write an essay on the need and importance of physical education in the human society .
23. Health and family welfare services improve the health status of the community. Summarize.
24. What is CPR? List the procedures for giving CPR to an individual.
25. Write a short note on Santhosh Trophy.

(2×15=30)