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Reg. No....................................

Name.......................................

UNDERGRADUATE (C.B.C.S.S.) EXAMINATION, OCTOBER 2018

Fifth Semester

Open Course—PHYSICAL, HEALTH AND LIFE SKILL EDUCATION

(Offered by the B.O.S. in Physical Education)

[2013 Admission onwards]

Time : Three Hours

Maximum Marks : 80

Part A

Answer all questions, each in a sentence or two.
Each question carries 1 mark.

1. In which day international day of Yoga is celebrated.

2. What is BMR ?

3. What is fracture ?

4. Define flexibility.

5. What is malnutrition ?

6. What are the energy giving components of food ?

7. Which vitamin deficiency is responsible for night blindness ?

8. Name the process of breaking down of glucose into energy.

9. What is C P R ?

10. Name the asana which is helpful in management of diabetes.

$(10 \times 1 = 10)$

Part B (Short Note)

Answer any eight questions in which 60 words each.
Each question carries 2 marks.

11. What is Carbohydrate loading ?

12. Which are the fat soluble vitamins ?

13. Define physical education.

14. What is Basal Metabolism ?

15. Name the primary fuel source for our body.

16. What is wellness ?

Turn over

17. Define obesity.

18. What are the different forms of strength ?

19. Define health.

20. Write note on physical fitness components.

21. What is hypo-kinetic disease ?

22. Explain Padmasana.

$(8 \times 2 = 16)$

Part C (Short Essays)

*Answer any **six** questions each in about 100 words each.*
Each question carries 4 marks.

23. Briefly explain the concept of Physical Education.

24. Write note on performance related physical fitness activities.

25. Describe the method of developing flexibility.

26. Explain spectrum of health.

27. Discuss the role of diet and exercise in preventing obesity.

28. Explain the principle of accident prevention.

29. Describe first aid for drawing.

30. What is Yoga Nitra ?

31. Discuss the effect of alcohol on the human system.

$(6 \times 4 = 24)$

Part D (Essays)

*Answer any **two** questions in about 300 words each.*
Each question carries 15 marks.

32. What are the rules and instruction for practice of yoga ? Explain the concept of Mithahara.

33. Discuss the benefits of exercise on circulatory system.

34. Explain common sports injuries and their management.

35. Write a detailed note sports and socialization.

$(2 \times 15 = 30)$