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# V Semester B.A./B.Sc./B.Com./B.B.A./B.B.A. T.T.M./B.B.M./B.C.A./B.S.W. Degree (CCSS – Regular) Examination, November 2011 OPEN COURSE IN PHYSICAL EDUCATION 5D01PED: Physical, Health and Life Skills Education

		5D01PE	D : Physical, I	lealth and Life	Skills Education			
Tim	ne: 2	Hours		C. Ang. Margaine	Max. Weight: 20			
	3 % 20			PART – A				
Ar	ารพย	er all questions, eac	ch bunch (4 que	stions) carries a	weightage of <b>one</b> :			
I.	1)	National game of	India is	and the second of the second of				
		a) Cricket		b) Hockey				
		c) Kabaddi		d) Football				
	2)	Which of the follow	wing is a rich so	urce of carbohyd	rate?			
		a) Rice	b) Butter	c) Fish	d) Coconut oil			
3) Study of the structure of human beings is called								
		a) Psychology		b) Physiolog	gy			
		c) Anatomy		d) Pathology	y			
	4) An injury on the surface of the body produced by a sharp blow or fall is called							
		a) Contusion		b) Abrasion				
		c) Bruise		d) Fracture				
II.	1)	An excessive enlargement of body's total quantity of fat is called						
	2)	The largest gland in human body is						
	3)	Arjuna award is given to excellence in						
	4)	Deficiency of vitan	nin D leads to		(2×1=2 W)			

## PART - B

Answer any six questions in one or two sentences. Each question carries a weightage of one.

- 1. Define Health.
- 2. What is balanced diet?
- 3. What are the components of physical fitness?
- 4. What are the principles of first aid?
- 5. Sports activities promote social wellbeing. How?
- 6. List any four objectives of Physical Education.
- 7. What are micro nutrients? Give examples.
- 8. What is hypertrophy of muscles?
- 9. Name any four postural deformities.
- 10. What is vital capacity?

(6×1=6 W)

### PART - C

Answer any four questions. Each question carries a weightage of two.

- 1. What are the health benefits of physical exercise?
- 2. Write short note on posture.
- 3. What are the functions of blood?
- 4. What are the different techniques of relaxation?
- 5. Define balanced diet and explain the nutrients in diet.
  - 6. Explain the need and importance of physical education in curriculum.



- 7. Suggest a first aid treatment for a fracture.
- 8. Explain Basal Metabolic Rate (BMR) .

 $(4 \times 2 = 8 W)$ 

# PART - D

Answer any one question from three essays, which carries a weightage of four.

- 1. Sports and socialization.
- 2. List various systems of our body and briefly explain the effect of exercise on any two of them.
- What are Hypokinetic diseases? Name any of this and explain its prevention and management. (1x4=4 W)