S – 1616

Reg. No. : ....

Name : ....

Fifth Semester B.A./B.Sc./B.Com. Degree Examination, December 2023

First Degree Programme under CBCSS

Physical Education

Open Course

PE 1551 : HEALTH AND FITNESS EDUCATION

(2019 Admission onwards)

Max. Marks : 80

Time : 3 Hours

PART – A

Answer **all** questions. Each question carries **1** mark.

1. Social gathering and enjoyment comes under which dimension of health?

2. Expand W.H.O.

3. What is 'lean body' under body type is classified?

4. Heart is a part of which body system?

5. Name the instrument which measures blood pressure.

6. What is hypertension?

7. Night blindness is caused by the deficiency of which vitamin?

P.T.O.

8. Name the organ which pumps blood in human body.

9. Generally which blood vessels carry pure blood?

10. What is the range of BMI for overweight, but not fall in 'Obese' category?

(10 × 1 = 10 Marks)

PART – B

Answer **any eight**. Each question carries **2** marks.

11. Write the definition of Physical education.

12. What are the dimensions of health?

13. What is social hygiene?

14. What is "Athletes Heart"?

15. What is tidal volume?

16. What is the formula for calculating BMI?

17. What is passive stretching?

18. List fat soluble vitamins.

19. What is stress?

20. List the eight limbs of Yoga.

21. What is high intensity exercise?

22. What is balanced diet?

(8 × 2 = 16 Marks)

PART – C

Answer **any six**. Each question carries **4 marks**.

23. Write a note on aerobic exercise.

24. Briefly explain BMI.

25. Give a model training programme to improve muscular strength.

26. What is cardio respiratory fitness?

27. Write a short note on performance related physical fitness.

28. What are the causes of coronary heart disease?

29. How will you manage diabetes mellitus?

30. What are the causes of Lordosis?

31. Write the first aid measures for bleeding through nose.

(6 × 4 = 24 Marks)

PART – D

Answer **any two** questions. Each question carries **15 marks**.

32. Explain the factors affecting Health.

33. Explain the effect of exercise on circulatory system.

34. What are FITT principles? Explain in detail.

35. Enumerate your views on physical education and its significance in the present society.

(2 × 15 = 30 Marks)

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