(Pages : 3) **D – 2464**

Reg. No. : .....

Name : .....

Fifth Semester B.A./B.Sc./B.Com./B.B.A./B.C.A./B.S.W. Degree Examination, December 2017
First Degree Programme under CBCSS
PHYSICAL EDUCATION
Open Course
PE 1551 : Health and Fitness Education
(2013 Admission Onwards)

Time : 3 Hours Max. Marks : 80

PART – A

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

1. Which component of food is considered as the building block of the body ?
2. Name the clinical term for excess body weight.
3. What is Agility ?
4. Which vitamin is synthesized with the help of sunlight ?
5. Expansion of RBC.
6. Combination of strength and speed.
7. How many calories can one gram of protein produce ?
8. On which day National Sports Day is celebrated ?
9. Name the supreme award in India for the outstanding sports trainers.
10. What is RICE ?

(10×1=10 Marks)

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P.T.O.

PART – B

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

11. Define physical education.
12. What are the dimensions of health ?
13. Differentiate between Aerobic and Anaerobic activities.
14. Define balanced diet.
15. What are the various types of strength ?
16. What are the physical fitness components ?
17. What is second wind ?
18. What is Diastolic Blood Pressure ?
19. What is muscle cramp ?
20. What is tidal volume ?
21. What is CPR ?
22. What is the meaning of wellness ? **(8×2=16 Marks)**

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PART – C

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

23. What are the advantages of warming up ?
24. Explain the first aid for sprain.
25. Describe the principles of first aid.
26. Discuss the role of media in sports.
27. What are the objectives of physical education ?
28. Describe the effect of exercise on respiratory system.

29. Explain the role of diet and nutrition on sports performance.

30. Write notes on Santhosh Trophy and Ranji Trophy tournaments.

31. Define health and explain the determinants of health. **(6×4=24 Marks)**

PART – D

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

32. Write an essay on Physical Fitness.

33. Write an essay on Olympics.

34. What you mean by hypo-kinetic diseases ? Explain any three common hypokinetic diseases and their management.

35. Smoking and alcohol consumption are injurious to our health. Discuss.

(2×15=30 Marks)

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