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Reg. No. : .....

Name : .....

Fifth Semester B.A/B.Sc./B.Com Degree Examination, December 2019

First Degree Programme under CBCSS

Physical Education

Open Course

PE 1551 HEALTH AND FITNESS EDUCATION

(2014 Admission onwards)

Time : 3 Hours Max. Marks : 80

PART – A

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

1. List the dimensions of Health.
2. Define Physical Education.
3. What is tidal volume?
4. Ranji Trophy is associated with which game?
5. List any five components of Performance related fitness.
6. What is malnutrition?
7. Olympic games are held after how many years?
8. What is a fracture?
9. What is cool down?
10. Write the formulae for calculating BMI.

(10 × 1 = 10 Marks)

P.T.O.

PART – B

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

11. List the principles of first aid.

12. Write the first aid measures for sprain.

13. What is second wind?

14. What is HR max? What is the commonly used formulae to compute it?

15. Write a short note on Olympics Games.

16. How do hereditary factors effect health?

17. Brief the causes for hypertension.

18. What is cardio respiratory endurance? How can it be improved?

19. Write the remedial measures for Lordosis.

20. What is environmental hygiene? How it can be maintained?

21. Write a short note on body composition.

22. What is the social dimension of health?

(8 × 2 = 16 Marks)

PART – C

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

23. Describe the physical dimension of health.

24. Briefly describe the effect of smoking and chewing Tobacco on health?

25. What is balanced diet? Brief about the important nutrients.

26. What is computer addiction? How does it harm?

27. What is the significance of Cool down in sports training?

28. What is posture? Why it is important?

29. What is performance related fitness? Define any four of its components.

30. Write the first aid measures to be followed in case of electric shock.

31. What is obesity and its common causes.

(6 × 4 = 24 Marks)

PART – D

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

32. Throw light on respiratory system. Discuss the effect of exercise on Respiratory system.

33. What is the aim and objectives of physical education? Describe the significance of physical education in the present scenario.

34. What are the various hypokinetic diseases? Write the management of these diseases.

35. What are sport injuries? Enumerate common sport injuries and its management.

(2 × 15 = 30 Marks)
