ALL SAINTS COLLEGE LIBRARY
No.
TRIVANDRUM

(Pages : 4) **M – 1441**

Reg. No. : .....

Name : .....

Fifth Semester B.A./B.Sc./B.Com. Degree Examination, December 2021

First Degree Programme under CBCSS

Physical Education

Open Course

PE 1551 : HEALTH AND FITNESS EDUCATION

(2018 Admission)

Time : 3 Hours Max. Marks : 80

PART – A

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

1. What are fat soluble vitamins?
2. What is obesity?
3. What is stroke volume?
4. What is a balanced diet?
5. Define Physical Education.
6. What is Body Mass Index?
7. What is second wind?
8. Which is the highest award given to coaches in India?

P.T.O.

9. What is malnutrition?

10. What is flatfoot?

(10 × 1 = 10 Marks)

PART – B

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

11. Explain hypertension.

12. Explain oxygen debt.

13. What is personal hygiene?

14. Why is there need for physical activity?

15. Explain First Aid.

16. What is the difference between hypoglycaemia and diabetes?

17. Explain the impact of alcohol on health.

18. Explain cool-down.

19. Explain coordinative abilities.

20. What are anaerobic exercises?

21. Differentiate between health related fitness and skill related fitness.

22. Explain spiritual factors of health.

23. Explain lordosis.

24. Why is first aid very important in treatment management?

25. What is a wound? Explain.

26. What is doping?

(8 × 2 = 16 Marks)

PART – C

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

27. Explain the ill effects of doping in sports.

28. Write a note on Santosh trophy and Ranji trophy.

29. Differentiate between Asian games and Olympic Games.

30. Explain the effects of exercise on the respiratory system.

31. Write a short note on women and sports.

32. Explain the principles of First Aid.

33. How does the overuse of television affect the health of a person?

34. What is the importance of maintaining a correct posture?

35. Explain the first aid for burns and drowning.

36. Explain the methods of improving wellness.

37. Write a note on the benefits of exercise.

38. Explain food adulteration.

(6 × 4 = 24 Marks)

PART – D

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

39. Explain the need and importance of recreation for healthy living.

40. Explain the important dietary constituents along with their role in nutrition.

41. Explain any three postural deformities.

42. Explain the objectives and importance of physical education.

43. Write an essay on hygiene.

44. Discuss the factors affecting health.

(2 × 15 = 30 Marks)
