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K – 3147

Reg. No. :

Name :

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

First Degree Programme under CBCSS

Physical Education

Open Course

PE 1551: HEALTH AND FITNESS EDUCATION

(2018 Admission – Regular)

Time : 3 Hours

Max. Marks : 80

PART – A

Answer all questions. Each question carries 1 mark.

1. What are vitamins?
2. What is blood pressure?
3. Name the Health related Fitness variables.
4. What are the ABC's of First Aid?
5. Define Health as given by W.H.O.
6. What is second wind?
7. With which game is Ranji trophy related to?
8. Which is the highest award given to sportsmen in India?
9. What is the Olympic motto?
10. Expand BMI.

(10 × 1 = 10 Marks)

P.T.O.

PART – B

Answer any eight questions. Each question carries 2 marks.

11. What do you mean by health? Explain.
12. Explain warm up in sports.
13. What is Oxygen debt?
14. Why is exercising good for the body?
15. Explain recreation.
16. What is Heart rate?
17. What is occupational hygiene?
18. Differentiate between micro nutrients and macro-nutrients.
19. What is a fracture? Enumerate the various types of fracture.
20. Explain vital capacity.
21. What is the difference between fitness and wellness?
22. What is a balanced diet?
23. What are water soluble vitamins?
24. What is kyphosis?
25. What are the determinants of health?
26. Explain the aims of First Aid.

(8 × 2 = 16 Marks)

PART – C

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

27. What is food adulteration? How is it a menace to the health of the people?
28. Explain the negative impacts of the latest communication gadgets.
29. Differentiate between aerobic and anaerobic exercises.
30. Explain the effects of exercise on the circulatory system.
31. Explain the role played by media in the promotion of sports.
32. Write a note on the need importance of recreation.
33. Write a note on Asian games and Olympic Games.
34. What is the importance of a correct posture?
35. Explain the first aid for electric shock and dog bite.
36. Explain the methods of improving wellness.
37. Write a note on the dimensions of health.
38. What are hypokinetic diseases? Write their common causes.

(6 × 4 = 24 Marks)

PART – D

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

39. Explain health and the factors affecting health.
40. What are the performance related fitness components, explain them.
41. List down the benefits of exercise.

42. Explain the objectives and importance of physical education.
43. Explain the qualities of a First Aider.
44. Write an essay on women and sports.

(2 × 15 = 30 Marks)
