Reg. No. : ....

Name : ....

**V Semester B.A./B.Sc./B.Com./B.B.A./B.B.A.(T.T.M.)/B.B.A.(R.T.M.)/B.B.M./
B.T.T.M./B.C.A./B.S.W./B.A.Afsal-Ul-Ulama/B.B.A.(A.H.) Degree CBCSS
(OBE) – Regular Examination, November 2021
(2019 Admission Only) Open Course
5D01PED : HEALTH AND PHYSICAL EDUCATION**

Time : 2 Hours

Max. Marks : 20

PART – A

Answer **all** questions.

Describe the following :   (6×1=6)

1. Intramural competitions.

2. Anaerobic exercise.

3. Malnutrition.

4. First aid for burns.

5. Cramp.

6. Nutrition.

PART – B

Answer **any 4** questions :   (4×2=8)

7. What are mass display and recreational games ?

8. What are the factors affecting health ?

9. Describe the AAHPER youth physical fitness test.

10. Explain the benefits of yogic practice.

11. Write down the side effects of drugs.

12. List down different types of fracture.

PART – C

Answer **any one** question :   (6×1=6)

13. Explain any one hypo-kinetic diseases and method of management.

14. Explain health-related physical fitness variables.

K22U 2457

Reg. No. : ....

Name : ....

V Semester B.A./B.Sc./B.Com./B.T.T.M./B.B.A./B.B.A.-T.T.M./B.B.A.-A.H./B.C.A./B.A. Afsal-Ul-Ulama/B.S.W. Degree (CBCSS-OBE-Regular/Supplementary/Improvement) Examination, November 2022
(2019 Admission Onwards)
Open Course
5D01 PED : HEALTH AND PHYSICAL EDUCATION

Time : 2 Hours

Max. Marks : 20

PART – A

(6×1=6)

Answer **all** questions.

Describe the following :

1. CPR

2. Body composition

3. Aim of first aid

4. Stress

5. Nutrients

6. Definition of Physical Education.

PART – B

(4×2=8)

Answer **any 4** questions.

7. What are the components of AAHPER Youth Physical Fitness Test ?

8. How yoga helps to maintain good health ?

9. Short note on recreational games.

10. Explain postural deformities.

11. Explain hypo-kinetic diseases and its preventive measures.

12. What is choking ? Explain the first aid for choking.

PART – C

Answer **any 1** question. (1×6=6)

13. Explain the effect of exercise on respiratory system.

14. Explain the concept of Physical Education.

_____

Reg. No. : ....

Name : ....

**V Semester B.A./B.Sc./B.Com./B.T.T.M./B.B.A./B.B.A.-T.T.M./
B.B.A.-A.H./B.C.A./B.A. Afsal-Ul-Ulama/B.S.W. Degree (CBCSS – OBE –
Regular/Supplementary/Improvement) Examination, November 2022
(2019 Admission Onwards)
Open Course
5D 05 PED – EXERCISE IS MEDICINE**

Time : 2 Hours   Max. Marks : 20

PART – A

Answer **all** the questions :   (6×1=6)

1. The fitness of the heart and lungs is known as _____

2. Expansion of BMI is _____

3. Shoulder stand posture is the English name of which yogasanas ?

4. A break in bone is known as _____

5. Diseases caused due to sedentary life style is known as _____

6. Name an activity which develops cardio respiratory fitness.

PART – B

Short Essay – Answer **any four** :   (4×2=8)

7. Write a short note on health.

8. What is muscular endurance and how it can be developed ?

P.T.O.

9. What is body conditioning ?

10. Brief life style diseases.

11. What is a cardio vascular disease ?

12. Which exercises you will prescribe for hypertension ?

PART – C

Essay – Answer **any one** :   (1×6=6)

13. Explain the health benefits of yoga and meditation.

14. Explain the components of health related physical fitness.

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PART – C

13. Explain any one hypo-kinetic diseases and method of management.

14. Explain health-related physical fitness variables.

(6×1=6)

K23U 2496

Reg. No. : ....

Name : ....

V Semester B.A./B.A. Afsal-Ul-Ulama/B.Sc./B.Com./B.T.T.M./B.B.A./
B.B.A.-T.T.M./B.B.A.-A.H./B.C.A./B.S.W./B.M.M.C. Degree (CBCSS – OBE-
Regular/Supplementary/Improvement) Examination, November 2023
(2019 – 2021 Admissions)
Generic Elective Course
5D01PED : HEALTH AND PHYSICAL EDUCATION

Time : 2 Hours

Max. Marks : 20

PART – A

Answer all questions

Describe the following :

(6×1=6)

1. Definition of Health.

2. Intramural competitions

3. BMI

4. Nutrition

5. First Aid

6. Lordosis.

PART – B

Answer any 4 questions.

(4×2=8)

7. What are the causes of Malnutrition ?

8. Write down the aims of First Aid.

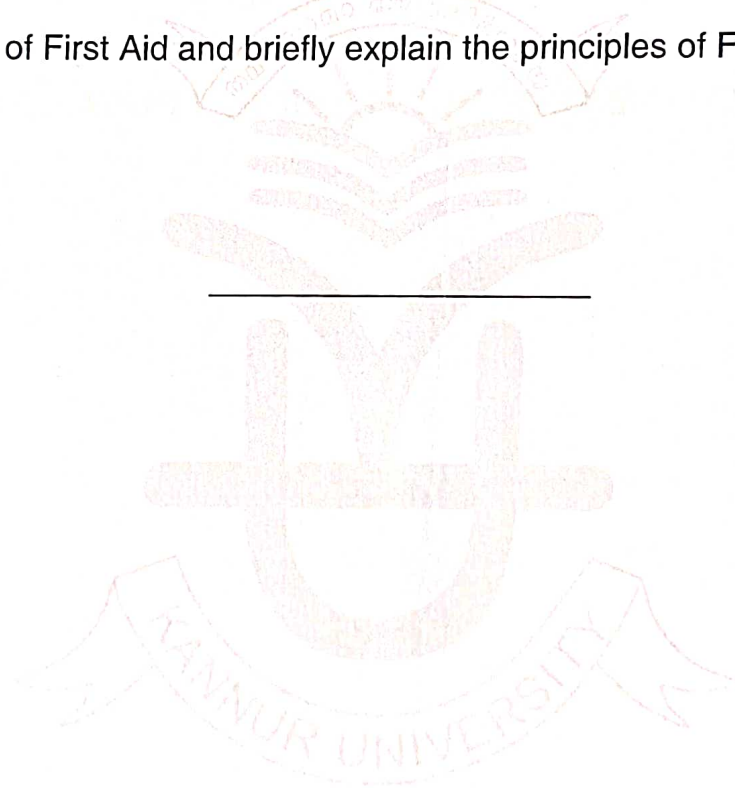9. Explain Cardiovascular Diseases.

P.T.O.

10. What are the test batteries of AAHPERD Physical Fitness test ?

11. Discuss the importance of Physical Education.

12. Explain any one recreational game.

PART – C

Answer **any 1** question.   (1×6=6)

13. Enumerate the benefits of Physical Exercise in Daily life.

14. Definition of First Aid and briefly explain the principles of First Aid.

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Reg. No. : ....

Name : ....

V Semester B.A./B.A. Afsal-Ul-Ulama/B.Sc./B.Com./B.T.T.M./B.B.A./ B.B.A.-T.T.M./B.B.A.-A.H./B.C.A./B.S.W./B.M.M.C. Degree (CBCSS-OBE – Regular/Supplementary/Improvement) Examination, November 2023
(2019 – 2021 Admissions)
Generic Elective Course
5D 05 PED : EXERCISE IS MEDICINE

Time : 2 Hours

Max. Marks : 20

PART – A

Answer **all** questions :

(6×1=6)

1. _____ refers to the ability of the heart, lungs and circulatory system to deliver oxygen and nutrients to the muscles during prolonged physical activity.

2. _____ is the range of motion around a joint and it is essential for preventing injuries and maintaining proper posture.

3. Hypertension is a _____ disease which is associated with physical inactivity.

4. Who is known as the father of Yoga ?

5. _____ should be done before a strenuous activity.

6. Expand AAPHERD.

PART – B

Short Essay – Answer **any four** :

(4×2=8)

7. What is hypokinetic diseases ?

8. How can regular physical activity positively impact mental health and what are the potential consequences of a sedentary lifestyle on mental well-being ?

9. Describe how regular physical activity can help prevent osteoporosis.

10. What is BMI ? How to calculate BMI ?

11. Suggest some physical activities for developing muscular endurance.

12. What are the difference between aerobic and anaerobic activities ?

PART – C

Essay – Answer **any one** : (6×1=6)

13. List down all the health related physical fitness components and also prescribe methods for developing each one.

14. List out the needs and importance of warming up and warming down, before and after a strenuous physical activity.

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