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	No.:e:	
v S	emester B.A./B.Sc./B.Com./B.B.A./B.B.A.(T.T.M.)/B.B.A.(R.T. T.T.M./B.C.A./B.S.W./B.A.Afsal-Ul-Ulama/B.B.A.(A.H.) Degre (OBE) – Regular Examination, November 2021 (2019 Admission Only) Open Course 5D01PED : HEALTH AND PHYSICAL EDUCATION	.M.)/B.B.M./ ee CBCSS
Time	e : 2 Hours	x. Marks : 20
	PART – A	
De: 1. 2. 3. 4. 5.	swer all questions. scribe the following: Intramural competitions. Anaerobic exercise. Malnutrition. First aid for burns. Cramp. Nutrition.	(6×1=6)
	PART – B	
7. 8. 9. 10.	swer any 4 questions:  What are mass display and recreational games?  What are the factors affecting health?  Describe the AAHPER youth physical fitness test.  Explain the benefits of yogic practice.  Write down the side effects of drugs.  List down different types of fracture.  PART – C	(4×2=8)
Ans	wer <b>any one</b> question :	(6×1=6)
13.	Explain any one hypo-kinetic diseases and method of management Explain health-related physical fitness variables.	,

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Reg. No. :					
Name :		9. Shart note on recreational gar			
		animmotor imprequently of			
V Semester B.A./B.Sc./B.Com./B.T.T.M./B.B.A./B.B.AT.T.M./					
B.B.AA.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	AL EDUCATION I Vise iswanA			
5D01 PED : HE	EALTH AND PHYSIC	AL EDUCATION			
Time : 2 Hours		n esimexe lu meiMax. Marks : 20			
	PART – A	14. Explain the concept of Physical			
Answer all questions.		(6×1=6)			
Describe the following:		8-1-3			
1. CPR					
2. Body composition					
3. Aim of first aid					
4. Stress					
5. Nutrients					
6. Definition of Physical Education.					
	PART – B				
4 and tions		(4×2=8)			

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

Answer any 4 questions.

8. How yoga helps to maintain good health?

P.T.O.



## K22U 2457

- 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. The strength of the larger of

PART - C

B - THAT

Answer any 1 question. The Physical English 1903 1905

 $(1 \times 6 = 6)$ 

- 13. Explain the effect of exercise on respiratory system.
- 14. Explain the concept of Physical Education.



A STATE OF THE STA		8. Mittal is body conditioning
Reg. No. :	***************************************	10. Brief Ille style diseases,
Name:	at the order of the state of	
B.B.AA.H./B.C.	er B.A./B.Sc./B.Com./B.T.T.M./B.B.A. .A./B.A. Afsal-Ul-Ulama/B.S.W. Deg lementary/Improvement) Examinati (2019 Admission Onwards) Open Course 5D 05 PED – EXERCISE IS MEDIC	gree (CBCSS – OBE – ion, November 2022 and yns iowan'i – /82/2
Time: 2 Hours	of health related physical times.	Max. Marks: 20
	PART – A	
Answer all the que	estions :	(6×1=6)
1. The fitness of the	he heart and lungs is known as	
2. Expansion of B		
3. Shoulder stand	posture is the English name of which yo	ogasanas ?
4. A break in bone	e is known as	
	ed due to sedentary life style is known a	
6. Name an activit	ty which develops cardio respiratory fitno	ess.
	PART – B	
Short Essay – Ans	swer any four:	(4×2=8)
7. Write a short no	ote on health.	
8. What is muscu	ılar endurance and how it can be develo <sub>l</sub>	ped?
		P.T.O.



# K22U 2461

- 9. What is body conditioning?
- Brief life style diseases.
- 11. What is a cardio vascular disease?
- 12. Which exercises you will prescribe for hypertension?

PART - Current are memologue las lugo F

## Essay - Answer any one:

 $(1 \times 6 = 6)$ 

- 13. Explain the health benefits of yoga and meditation. 39 80 48
- 14. Explain the components of health related physical fitness.

PART - A super all the questions:

The fitness of the hear and lungs is known as

Expansion of 3M is.

Shoulder stand costure is the English name of when regeneral !!

PART B

assy - Answer any four

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Resolution de la companie de la comp

13. Explain	LAHL-C
13. Explain any one hypo-kinetic disea 14. Explain health-related physical fitn	(6×1ses and method of management.
	K23U 2496
<sub>leg.</sub> No. :	
vame :	
V Semester B.A./B.A. Afsal-UI-Ulama 3.B.AT.T.M./B.B.AA.H./B.C.A./B.S.W./ Regular/Supplementary/Improvement (2019 – 2021 Add Generic Elective 5D01PED : HEALTH AND PH	b.M.M.C. Degree (CBCSS – OBE- i) Examination, November 2023 missions)
ime: 2 Hours	
	Max. Marks : 20
PART – A	A
nswer all questions	
scribe the following :  1. Definition of Health.	(6×1=6)
2. Intramural competitions	
B. BMI	
4. Nutrition	
5. First Aid	
6. Lordosis.	
PART –	R
Oswer any 4 questions.	
7. What are the causes of Malnutrition?	(4×2=8)
8. Write down the aims of First Aid.	
9. Explain Cardiovascular Diseases.	
and the state of t	
	P.T.O.

(6×1=6)

#### K23U 2496



- 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.

 $(1 \times 6 = 6)$ 

- 13. Enumerate the benefits of Physical Exercise in Daily life.
- 14. Definition of First Aid and briefly explain the principles of First Aid.

	K23U 2500
<sub>leg.</sub> No.:	
ame:	
B.AT.T.M./B.B.AA.H./B.C.A Regular/Supplementary/Impro (2019 – Canalis Generic	JI-Ulama/B.Sc./B.Com./B.T.T.M./B.B.A./ ./B.S.W./B.M.M.C. Degree (CBCSS-OBE – ovement) Examination, November 2023 2021 Admissions) Elective Course EXERCISE IS MEDICINE
me : 2 Hours	Max. Marks : 20
	PART – A
Answer <b>all</b> questions :	(6×1=6)
The state of the s	heart, lungs and circulatory system to deliver cles during prolonged physical activity.
2 is the range of motion a injuries and maintaining proper p	round a joint and it is essential for preventing oosture.
3. Hypertension is a inactivity.	_ disease which is associated with physical
4. Who is known as the father of Y	oga?
5 should be done	e before a strenuous activity.
6. Expand AAPHERD.	
	PART – B
<sup>Short</sup> Essay – Answer <b>any four</b> :	(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?

## K23U 2500



- 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:

 $(6 \times 1 = 6)$ 

- 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.