



K16U 1920



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 UI Ulama Degree  
(CBCSS-2014 Admn.-Regular) Examination, November 2016  
(Open Course)

5D01PED : HEALTH AND FITNESS EDUCATION

Time : 2 Hours

Max. Marks : 20

I. Answer **any one** of the following questions in **not more than 150** words :

- 1) Briefly explain macro and micro nutrients.
- 2) Define posture ? Explain common postural deformities, causes and remedial measures. (1x5=5)

II. Answer **any one** of the following questions :

- 3) What are the effect of exercise on circulatory system ?
- 4) Define physical fitness and explain the components of physical fitness. (1x3=3)

III. Answer the following questions in accordance with the directions given :

- 5) Body Mass Index is calculated by using the formula \_\_\_\_ (Fill in the blanks)
- 6) The range of motion around a joint is called \_\_\_\_ (Fill in the blanks)
- 7) Blood pressure is measured by using the instrument \_\_\_\_ (Fill in the blanks)
- 8) Resting heart rate is lower in physically untrained persons. (True or False)
- 9) Endomorph is related to obesity. (True or False)
- 10) Classify the types of exercise physiologically and explain.
- 11) Abbreviate RICE.
- 12) Define 'Health'.
- 13) Explain Hypo kinetic diseases.
- 14) Explain CPR.
- 15) What are the dimensions of Health ?
- 16) Name any two relaxation techniques. \_\_\_\_\_ (1x12=12)