



K17U 1857



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 Degree (CBCSS – Reg./Sup./
Imp.) Examination, November 2017
(2014 Admission Onwards)

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. (1x5=5)
- 1) What are the causes of poor posture and explain any two postural deformities with their corrective measures ?
 - 2) Heart and circulatory system changes with exercise. Explain in physiological perspective.
- II. Answer **any one** of the following questions. (1x3=3)
- 3) Role of Yoga in Stress Management.
 - 4) What are the components of Physical Fitness ? Explain.
- III. Answer the following questions as per the direction given. (1x12=12)
- 5) Vitamin K is a _____ soluble vitamin. (Fill in the blanks)
 - 6) A person with good musculature is called _____. (Fill in the blanks)
 - 7) An excessive enlargement of body's total quantity of fat is called _____. (Fill in the blanks)
 - 8) Hypo kinetic diseases are caused by lack of physical exercises. (True or False)
 - 9) Weight training is a mode of improving endurance capacity. (True or False)
 - 10) Define First acid.
 - 11) Explain "Malnutrition".
 - 12) How to calculate BMI ?
 - 13) What are the dimensions of Health ?
 - 14) What is Pulse rate ? How to measure it ?
 - 15) Explain the relationship of sports to socialization.
 - 16) Explain first aid management for fracture.