



K18U 1646



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 – Reg./Sup./Imp.) Examination, November 2018  
(2014 Admn. Onwards)

Open Course

5D01 PED : HEALTH AND FITNESS EDUCATION

Max. Marks : 20

Time : 2 Hours

I. Answer **any one** of the following questions in **not** more than  
150 words. (1x5=5)

- 1) Briefly explain the basic concept and importance of Physical Education.
- 2) Explain the physiological effects of exercise on respiratory system.

II. Answer **any one** of the following questions. (1x3=3)

- 3) What is AAPER Youth Fitness Test ? Explain.
- 4) Explain the body types with suitable examples.

III. Answer the following questions as per the direction given. (1x12=12)

- 5) Deficiency of vitamin A leads to the disease \_\_\_\_\_ (Fill in the blanks)
- 6) Blood pressure is measured with the instrument \_\_\_\_\_ (Fill in the blanks)
- 7) An injury on the surface of the body produced by a sharp blow or fall is called \_\_\_\_\_. (Fill in the blanks)
- 8) Intramural is term referred with competitions held inside the four walls of the institution. (True or False)
- 9) Resistance training is a method of improving endurance capacity. (True or False)
- 10) What is CPR ?
- 11) Define Health and what are the factors affecting Health ?
- 12) Explain Rajiv Gandhi Khel Ratna award.
- 13) Explain postural deformities.
- 14) What are the benefits of practicing Yoga ?
- 15) What is BMI and how it is measured ?
- 16) Explain balanced diet.