

Reg. No. : .....

Name : .....

V Semester B.A./B.Sc./B.Com./B.B.A./B.B.A.T.T.M./B.B.M./B.C.A./B.S.W./  
 B.A. Afsal-UI-Ulama Degree (CCSS – Reg./Supple./Imp.)  
 Examination, November 2014  
 (Open Course)

5D01 PED : PHYSICAL HEALTH AND LIFE SKILLS EDUCATION

Time : 2 Hours

Max. Weightage : 20

## PART – A

Answer **all** questions, **each** bunch (4 questions) carries a weightage of **one**.

I. 1) The ability of a muscle to contract forcefully in the shortest possible time is \_\_\_\_\_

- a) Agility  
 b) Strength  
 c) Power  
 d) Endurance

2) \_\_\_\_\_ is a water soluble Vitamin.

- a) Vitamin A  
 b) Vitamin C  
 c) Vitamin K  
 d) Vitamin D

3) Temporal bones are located in \_\_\_\_\_

- a) Knee  
 b) Hips  
 c) Head  
 d) Ankle

4) Select a true sentence from the following options.

- a) Regular exercise helps to increase resting heart rate  
 b) Regular exercise helps to reduce resting heart rate  
 c) Regular exercise does not make any change in resting heart rate

II. 5) The largest gland in human body is \_\_\_\_\_

6) Vital capacity is measured with an instrument \_\_\_\_\_

7) An excessive enlargement of body's total quantity of fat is called \_\_\_\_\_

8) Deficiency of Vitamin D leads to \_\_\_\_\_

(2×1=2 W)



## PART - B

Answer **any six** questions in **one** or **two** sentences. **Each** question carries a weightage of **one**.

9. Explain blood pressure.
10. What are the causes of poor posture?
11. How to calculate BMI?
12. What are the principles of first aid?
13. Write on micro nutrients.
14. List any four objectives of Physical Education.
15. What are the determinants of health?
16. Explain cardiac output.
17. Explain the role of muscles in movement.
18. How to prevent Obesity?

(6×1=6 W)

## PART - C

Answer **any four** questions. **Each** question carries a weightage of **two**.

19. What are the different techniques of relaxation?
20. Explain body types.
21. Define balanced diet and explain the nutrients in diet.
22. Explain hypokinetic diseases.
23. Suggest a first aid management for snake bite.
24. What are the health benefits of physical exercise?
25. What are the functions of skeletal system?
26. Write on sports and socialization.

(4×2=8 W)

## PART - D

Answer **any one** question from **three** essays, which carry a weightage of **four**.

27. Briefly explain the need and importance of physical education in schools and colleges.
28. Explain the effect of exercise on respiratory system.
29. Define health and explain its dimensions.

(1×4=4 W)