



M 9929

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.C.A./B.S.W./B.A. Afsal-UI-Ulama Degree (CCSS-Reg./Supple./Imp.)
Examination, November 2015
Open Course
5D01PED : PHYSICAL, HEALTH AND LIFE SKILLS EDUCATION**

Time : 2 Hours

Max. Weight : 20

PART - A

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

I. 1) Human skeleton consists of how many bones ?

- | | |
|--------|--------|
| a) 218 | b) 208 |
| c) 206 | d) 209 |

2) Blood pressure is measured with an instrument called

- | | |
|----------------------|---------------------|
| a) Wet spirometer | b) Sphygmomanometer |
| c) Skinfold calliper | d) Stethoscope |

3) National sports day is celebrated on

- | | |
|--------------|---------------|
| a) August 15 | b) January 25 |
| c) August 29 | d) July 20 |

4) The ability of a muscle to exert force is called

- | | |
|--------------|----------------|
| a) Strength | b) Power |
| c) Endurance | d) Flexibility |

II. 1) Arjuna award is given to _____

2) The volume of blood ejected per heart beat is called _____

3) The deficiency of Vitamin D leads to _____

4) The largest gland in human body is _____

(2×1=2 W)

P.T.O.



PART – B

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

- 1) What are the principles of first aid ?
- 2) What are micro nutrients ? Give examples.
- 3) What is aerobic endurance ? Suggest few events to develop aerobic endurance.
- 4) Explain Basal Metabolic Rate (BMR).
- 5) Explain Vital capacity.
- 6) What is obesity ?
- 7) What are the different components of fitness ?
- 8) Why Vitamins are essential ? List the major Vitamins.
- 9) What are the series of organs in digestive system ?
- 10) Sports activities promote social wellbeing. How ?

(6×1=6 W)

PART – C

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

- 1) Explain the need and importance of health and wellness education in the modern society.
- 2) What are the functions of blood ?
- 3) What are the different techniques of relaxation ?
- 4) Define health and explain its dimensions.
- 5) Explain posture and what are the causes of poor posture ?
- 6) What are Hypokinetic diseases ?
- 7) Suggest a first aid treatment for ahead injury.
- 8) What is stress and how to manage stress ?

(4×2=8 W)

PART – D

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

- 1) List various systems of our body and briefly explain the effect of exercise on heart and circulation system.
- 2) Sports and society.
- 3) How to plan a health care programme ?

(1×4=4 W)