



K16U 1931

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 – Supple./Imp.)

Examination, November 2016

OPEN COURSE

5D01 PED : Physical, Health and Life Skills Education
(2013 and Earlier Admissions)

Time : 2 Hours

Max. Weight : 20

PART – A

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

- I. 1) The ability to deliver oxygen and nutrients to tissues and to remove wastes, over a sustained period of time with more efficiency without fatigue is known as _____
- a) Nutrition b) Balance
c) Endurance d) Flexibility
- 2) Which of the following is a rich source of carbohydrate ?
- a) Rice b) Butter
c) Fish d) Coconut oil
- 3) National game of India is _____
- a) Cricket b) Hockey
c) Kabaddi d) Football
- 4) An injury on the surface of the body produced by a sharp blow or fall is called _____
- a) Contusion b) Abrasion
c) Bruise d) Fracture

P.T.O.



- II. 1) Obesity is caused by _____
 2) The largest gland in human body is _____
 3) Skeletal system is related to _____
 4) Deficiency of Vitamin A leads to _____

(2×1=2 W.)

PART – B

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

1. What is Malnutrition ?
2. Define hypo kinetic diseases and list any two diseases.
3. What are the principles of first aid ?
4. Define Health.
5. Relate physical activity and social well being.
6. List any four objectives of physical education.
7. What is meant by micro nutrients ? Give examples.
8. What is hypertrophy of muscles ?
9. What are the major causes of postural deformities ?
10. What is vital capacity ?

(6×1=6 W.)

PART – C

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

1. Define balanced diet and explain the nutrients in diet.
2. How to measure obesity ?
3. What are the functions of blood ?
4. Explain the need and importance of physical education in curriculum.



5. How to deal with first aid for a simple fracture ?
6. What is meant by Basal Metabolic Rate (BMR) ?
7. Explain stroke volume and cardiac output.
8. What is aerobic activity ? Suggest few events to develop aerobic fitness.

(4×2=8 W.)

PART – D

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

1. Explain various health benefits of physical exercise.
2. List various systems of our body and briefly explain the effect of exercise on circulatory system.
3. What are the factors affecting health ? Explain.

(1×4=4 W.)