



2 K23U 2497

Reg. No. :

Name :

V Semester B.A./B.A. Afsal-UI-Ulama/B.Sc./B.Com./B.T.T.M./B.B.A./B.B.A.-
T.T.M./B.B.A.-A.H./B.C.A./B.S.W./B.M.M.C. Degree (CBCSS – OBE –
Regular/Supplementary/Improvement) Examination, November 2023
(2019 – 2021 Admissions)
Generic Elective Course

5D02PED : INTRODUCTION TO EXERCISE AND SPORTS SCIENCE

Time : 2 Hours

Max. Marks : 20

PART – A

Answer **all** questions.

(6×1=6)

1. Write one physiological change due to aging.
2. What is projectile motion ?
3. What do you mean by components of diet ?
4. Why does the weight lifters diet include lots of protein ?
5. Define first law of motion.
6. What are acute injuries ?

PART – B

Short Essay – Answer **any four**.

(4×2=8)

7. Define basic metabolic rate and identify one factor that can influence its speed.
8. Write short note on force.
9. What are macro nutrients ?
10. What is massage ? List out the different techniques in massage.
11. Briefly explain the concept of sports medicine.
12. Briefly explain the basic principles of biomechanics.

PART – C

Essay – Answer **any one**.

(1×6=6)

13. Explain the effect of exercise on muscular system.
14. Define sports injuries and explain how to prevent sport injuries.