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M – 1440

Reg. No. :

Name :

Fifth Semester B.A./B.Sc./B.Com. Degree Examination, December 2021

First Degree Programme under CBCSS

Physical Education

Open Course

PE 1551 – HEALTH AND FITNESS EDUCATION

(2014, 2016 & 2017 Admission)

Time : 3 Hours

Max. Marks : 80

PART – A

Answer **all** questions. Each question carries **1** mark.

1. What is speed?
2. Define heart rate.
3. What is flat foot?
4. What does the Olympic rings indicate?
5. What is good posture?
6. Define endurance.
7. What are the ABC's of first aid?

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8. Define circulatory system.
9. What is drug abuse?
10. What do you mean by wellness?

(10 × 1 = 10 Marks)

PART – B

Answer **any eight** questions. Each question carries **2** marks.

11. What do you mean by Obesity?
12. What is contusion?
13. How can you develop flexibility?
14. Write a note on Rajiv Gandhi Khel Ratna Award.
15. What are the five dimensions of health?
16. What are the health benefits of physical activities?
17. Mention the role of occupational hygiene.
18. What are the effects of using too much of mobile phones?
19. What is the management for deep cut?
20. What are the principles of first aid?
21. Write a short note on Santhosh Trophy.
22. Define Balanced Diet and mention the elements of Diet.

(8 × 2 = 16 Marks)

PART – C

Answer **any six** questions. Each question carries **4** marks.

23. What are the Benefits of warming up?
24. Describe the brief history of Asian Games.
25. What are the Effect of exercise on Muscular System?
26. Mention the side effects of Alcohol.
27. List down the objectives of Olympic games.
28. Briefly explain the Oxygen debt and Second Wind.
29. Mention how smoking affects the human Body.
30. Write a note on Waist to Hip Ratio.
31. Mention the causes, and corrective measures for knock knees.

(6 × 4 = 24 Marks)

PART – D

Answer **any two** questions. Each question carries **15** marks.

32. Define Physical education and explain its aims and Objectives in detail.
33. Describe various components of health related fitness.
34. What are hypo kinetic diseases? Explain the Role of exercise in the prevention, Management and treatment of Hypokinetic Diseases.
35. Define first aid and discuss the common first-aid measures for :
 - (a) Snake bite
 - (b) Drowning
 - (c) Burns.

(2 × 15 = 30 Marks)