



QP CODE: 19102740



19102740

Reg No :

Name :

UNDERGRADUATE (CBCS) EXAMINATION, OCTOBER 2019

Fifth Semester

(Offered by the Board of Studies in Physical Education)

Open Course - PE5OPT01 - PHYSICAL HEALTH AND LIFE SKILL EDUCATION

2017 Admission Onwards

F0E22A95

Maximum Marks: 80

Time: 3 Hours

Part A

Answer any ten questions.

Each question carries 2 marks.

1. What do you mean by flexibility ?
2. Define endurance.
3. How does walking helps in developing physical fitness ?
4. Define Health.
5. Name the different segments in human vertebrae.
6. What are the food sources of proteins?
7. Explain Vertebral Column.
8. Describe Scoliosis.
9. How can we identify a fracture site?
10. Which day is celebrated as the International Yoga Day? Which year was it started?
11. What is Khel Ratna Award? Mention any one awardee.
12. Distinguish between Winter olympics and Summer Olympics?

(10×2=20)

Part B

Answer any six questions.

Each question carries 5 marks.

13. Write about the relationship between education and physical education ?





14. What is physical education and its importance?
15. Comment your views on the effect of weight training in adolescent athletes.
16. Memorise the factors while planning a balanced diet.
17. What are the preventive measures for the obesity?
18. Explain about the Sheldon's classification of Bodytypes.
19. Attempt a detailed description of CPR.
20. What are the benefits of vajarasana?
21. Distinguish the difference between ancient Olympics and Modern Olympics.

(6×5=30)

Part C

Answer any two questions.

Each question carries 15 marks.

22. Explain the aims and objectives of physical education ?
23. What is healthy aging? Briefly discuss the nutritional requirement of a aged person.
24. Write about the various principles of First Aid.
25. Write a short note on Santhosh Trophy.

(2×15=30)

