

QP CODE: 25044604



Reg No : .....

Name : .....

**UNDER GRADUATE (CBCS) REGULAR / REAPPEARANCE / MERCY CHANCE  
EXAMINATIONS, OCTOBER 2025**

**Fifth Semester**

(Offered by the Board of Studies in Physical Education)

**OPEN COURSE - PE5OPT01 - PHYSICAL HEALTH AND LIFE SKILL EDUCATION**

2017 Admission Onwards

355A210D

Time: 3 Hours

Max. Marks : 80

**Part A**

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. Define physical education.
2. What is reaction time ?
3. Define endurance.
4. Discuss the two types of circulation in circulatory system.
5. What is Malnutrition?
6. Name any four hypokinetic diseases.
7. What are the different types of Posture?
8. Write a short note about Lordosis.
9. What is a Tendon?
10. Which day is celebrated as the International Yoga Day? Which year was it started?
11. How would you explain the Olympic symbol?
12. What is Arjuna Award? Mention any one awardee.

(10×2=20)

**Part B**

*Answer any **six** questions.*

*Each question carries **5** marks.*





13. Explain the need and importance of physical education.
14. Describe the activities for developing physical fitness.
15. Write the characteristics of a mentally healthy person.
16. What is Athlete's heart?
17. How water is useful for us? Explain briefly.
18. Illustrate somatotyping.
19. What is the difference between Brain death and Clinical Death?
20. What are the benefits of vajarasana?
21. Write the difference between Knock out and League type of tournaments.

(6×5=30)

### Part C

*Answer any **two** questions.*

*Each question carries **15** marks.*

22. Physical Education is an integral part of general education” justify this statement.
23. What is healthy aging? Briefly discuss the nutritional requirement of a aged person.
24. Write about the various principles of First Aid.
25. Define Yoga? Elaborate the concept of Yoga.

(2×15=30)

