

TB145790A

Reg. No: .....

Name: .....

**B. A. DEGREE (C.B.C.S.S) EXAMINATION, OCTOBER 2016**  
**SEMESTER V - OPEN COURSE (PHYSICAL EDUCATION)**  
**PHE5PHL(O) PHYSICAL HEALTH AND LIFE SKILL EDUCATION**

**Time: Three Hours**

**Maximum Marks: 80**

**PART A**

**Short answer questions**

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

1. ....is the ability to make moments of the same time in the shortest possible time.
2. Health is a .....Concept, because it is shaped by biological social and economical Factors.
3. ....is the molecule from which energy for our body is produced.
4. ....are the foods rich in carbohydrates and also fats.
5. ....is the measure of energy in food.
6. Minerals and vitamins are called .....
7. .... Is the provision of immediate case to a victim with an injury or illness.
8. .... are the principals we should follow initial treatment of any sprain or strain.
9. Venue of the next Olympic Games.
10. Write the formula of BMI.

**(10x1=10)**

**PART B**

**Brief answer questions**

**II. Answer any eight questions. Each carries 2 Marks.**

11. Three E's of safety.
12. Agility.
13. Oxygen Debt.
14. Stroke Volume.
15. Malnutrition.
16. Carbohydrates.
17. Fat Soluble Vitamin.
18. Balance Diet.
19. Fatigue.
20. Osteoporosis.
21. Second Wind.
22. ABC 'of First Aid.

**(8x2=16)**

**PART C**

**Short essay questions**

**III. Answer any six. Each carries 4 marks.**

23. Definition of Physical Education.

24. Vital Capacity.
25. Difference between Strain and a Sprain.
26. Role of a First Aider.
27. Relationship of Physical Education with General Education.
28. Concepts of Yoga.
29. Symptoms of Vitamin E Deficiency.
30. Basic three principals of Balance Diet.
31. Science and symptoms of Fracture .

**(6x4=24)**

**PART D**

**Long essay type questions**

**IV. Answer any two. Each carries 15 marks.**

32. Aims and objectives of Physical Education.
33. Effect of Exercise on various body systems.
34. Causes and preventive measures of Obesity.
35. Components of Nutrition.

**(2x15=30)**