

Reg.No.....

Name.....

B.A.DEGREE (CBCSS) EXAMINATION, OCTOBER 2016

FIFTH SEMESTER –OPEN COURSE

PHYSICAL HEALTH AND LIFE SKILL EDUCATION

Time: Three Hours

Maximum Marks: 80

PART-A

I. Short answer questions. Answer all questions. Each question carries one mark

1. Strength
2. RICE
3. Strain
4. Injury to the upper layer of skin
5. Agility
6. Heredity
7. Energy yielding foods
8. Vitamin – K
9. First aid
- 10. Vitamin-A**

(10X1=10)

PART-B

II. Brief answers questions. Answer any eight questions. Each question carries two marks

11. Role of first aider
12. Vital capacity
13. Strain and sprain
14. Acceleration speed
15. Strength endurance
16. Social dimensions of health
17. Digestive system
18. Mal nutrition
19. Macro nutrients

- 20. Laceration
- 21. Hypertension
- 22. Pranayama

(8X2=16)

PART-C

III. Descriptive. (Short essay questions) answer any six questions. Each carries four marks

- 23. Dimensions of physical education
- 24. Principles of physical fitness components
- 25. Concepts of health
- 26. Determinants of health
- 27. Thiamine (Vitamin- B1)and its sources
- 28. Effects of exercise on Skeletal system
- 29. Principals of accident prevention
- 30. Harmful effect of cocaine
- 31. Management of coronary heart diseases

(6X4=24)

Part-D

IV. Long essay type questions. (Answer any two questions. Each carries fifteen marks)

- 32. Sports and socialization
- 33. Benefits of yoga, meditation and relaxation techniques.
- 34. Meaning and dimensions of health
- 35. Common athletic injuries and its managements

(2X15=30)