

TB175795V

Reg. No :

Name :

BACHELOR'S DEGREE (C.B.C.S.S.) EXAMINATION, NOVEMBER 2022
2015, 2016, 2017 ADMISSIONS SUPPLEMENTARY
SEMESTER V - OPEN COURSE (PHYSICAL EDUCATION)
PH5D01B - PHYSICAL, HEALTH AND LIFE SKILLS EDUCATION

Time : 3 Hours

Maximum Marks : 80

Part A

I. Answer all questions. Each question carries 1 mark

(6x1=6)

1. What is agility
2. Normal heart beat of a man per minute
3. Name the calcium deficiency disorder
4. Who is the father of ' Yoga'
5. Write the formula for calculating the number of matches in league tournaments
6. Name the oldest football tournament in India

Part B

II. Answer any Seven questions. Each question carries 2 marks

(7x2=14)

7. Differentiate between a normal person and a national level athlete with respect to fitness
8. Name any five activity for developing Physical Fitness
9. Calculate BMI of a person (Height-190cm and Weight-80kg)
10. Define Health
11. Explain any two Nutritional Deficiency Disease
12. Write a short note on Endomorph
13. Principles of First Aid
14. What is First Aid
15. Write a short note on National Games
16. List down the types of League Tournament

Part C

III. Answer any Five questions. Each question carries 6 marks

(5x6=30)

17. Explain the Performance related Physical Fitness Components
18. Explain the role of a Physical Education teacher for total health of the society.
19. Explain the circulation & the effect of exercise on circulatory system
20. Explain the various stages of Suryanamaskar
21. Explain the importance of Yoga in the field of Sports
22. Write down any two sports injuries and its management.
23. Write the methods of Fixing Byes
24. Explain Paralympic Games

Part D

IV. Answer any Two questions. Each question carries 15 marks

(2x15=30)

25. Explain the concept of Physical Education and its relevance in interdisciplinary context
26. Explain the dimensions and determinants of health
27. Discuss the relevance of Yoga in modern life
28. Explain various sports awards in India