

TB165610D

Reg No.....

Name.....

B. A. DEGREE (C.B.C.S.S.) EXAMINATION, OCTOBER 2018

(2016 Admission Regular & 2015 Admission Supplementary)

SEMESTER V - OPEN COURSE (PHYSICAL EDUCATION)

PH5D01B – PHYSICAL, HEALTH AND LIFE SKILL EDUCATION

Time: Three Hours

Maximum Marks: 80

PART A

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

1. Name any activity for developing endurance.
2. The maximum volume of air expelled after a maximum inspiration known as
3. Name any one Water Soluble vitamin
4. How much quantity of energy is release by the digestion of one gram of protein
5. The superficial skin injury that occurs due to rubbing or scraping such as after a skidding on road called as.....
6. Adminstration of banned drugs and techniques for the enhancement of sports performance is known as.....

(6x1= 6)

PART B

II. Answer any seven questions. Each questions carries 2 mark.

7. What is Endurance
8. Name the types of Health related fitness components?
9. Differentiate between Systolic and Dioastolic Blood pressure
10. Blood Pressure
11. Explain the importance of Personal Hygine
12. Calculate BMI of a person (Height-180cm and Weight-50kg)
13. What are Fat soluble vitamins?write one sources of food for each.
14. Difine Abrasion and Contusions
15. Write down management for Bleeding during Firtst Aid.
16. Define Doping.

(7x2=14)

PART C

III. Answer any five questions. Each questions carries 6 mark.

17. What are the preparations and measures one should take while practicing YOGA.
18. Explain Exocrine and Endocrine glands.
19. Role of Vitamins for Health
20. Write down Seven names of water soluble vitamins and there deficiency deceases?
21. What is Diabetes Mellitus?Explain its preventive measures.
22. Write short note on principles of accident prevention.

23. First Aid for Fracture and its management.
24. Explain various Asanas

(5x6=30)

PART D

IV. Answer any two of the following. Each question carries 15 mark.

25. Effects of exercise on Circulatory and Muscular system
26. What is malnutrition? what are the different categories of malnutritions?
27. Explain Principles of Accident prevention.
28. Illustrate with Examples the qualities that developed with participation in sports and games for and individual.

(2x15=30)