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Reg. No.....

Name.....

B.A. & BSc DEGREE (C.B.C.S) EXAMINATION, NOVEMBER 2024
2022 ADMISSIONS REGULAR
SEMESTER V – OPEN COURSE
PH5D01B -PHYSICAL HEALTH AND LIFE SKILLS EDUCATION

Time : 3 Hours

Maximum Marks : 80

Part A

I. Answer any Ten questions. Each question carries 2 marks (10x2=20)

1. Define Physical Fitness
2. Write down any four activities for developing Physical fitness
3. What are the different types of vitamins
4. Name any four Physical fitness components
5. Explain any two nutritional deficiency disease
6. Calculate BMI of a person (Height-170cm and Weight-70kg)
7. Define good posture
8. Write down any four values of good posture
9. Define Yoga
10. What is first Aid
11. What is Tournament and list down various tournaments?
12. Write down Olympic motto

Part B

II. Answer any Six questions. Each question carries 5 marks (6x5=30)

13. Write down any four definitions of Physical education
14. Write a short notes on major Dhyanchand Khel ratna award and Dhronacharya Awards
15. Write down the benefits of Asana's
16. Explain various dimensions of health.
17. Define Tournaments and explain the methods of fixing byes
18. Explain the components of health related physical fitness
19. What are nutrients and explain carbohydrate and proteins
20. Explain the structural and functional changes of kyphosis
21. Explain the qualities of a first aider

Part C

III. Answer any Two questions. Each question carries 15 marks (2x15=30)

22. Explain league tournament .Draw a league fixture for 11 teams using three methods
23. Common sports injuries and its management
24. Need and importance of physical Education in the present world
25. Effects of exercise on Circulatory and Muscular system