

D 30583

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Name.....

Reg. No.....

**FIFTH SEMESTER (CBCSS-UG) DEGREE EXAMINATION  
NOVEMBER 2022**

Physical Education

PEN 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

(2019 Admission onwards)

Time : Two Hours

Maximum : 60 Marks

**Part A (Short Answer Type Questions)***Each question carries 2 marks.**All questions can be attended.**Overall ceiling 20.*

1. Explain the concept of Physical Education.
2. What do you understand by the word 'Wellness'?
3. Define Health.
4. Define Fitness.
5. What is cosmetic fitness ?
6. How is BMI calculated ?
7. Define Agility.
8. What is Blood pressure ?
9. Define First Aid.
10. Explain ABC of first aid.
11. Define Lordosis.
12. Define Niyama.

**Part B (Short Essay/paragraph Type Questions)***Each question carries 5 marks.**All questions can be attended.**Overall ceiling 30.*

13. Define the aims and objectives of Physical Education.
14. Explain about Yoga.

**Turn over**

15. What are the benefits of exercise ?
16. What are the vital signs of human body ?
17. Define Diabetes.
18. What is the need for and importance of fitness assessment ?
19. Explain about BMR.

**Part C (Essay Type Questions)**

*Answer any **one** question.*

*The question carries 10 marks.*

20. Explain about Hypokinetic diseases and its management.
21. Define Postural deformities and explain the corrective measures for each deformity.

(1 × 10 = 10 marks)