

D 130250

(Pages : 2)

Name.....

Reg. No.....

**FIFTH SEMESTER (CBCSS—U.G.) DEGREE EXAMINATION  
NOVEMBER 2025**

Physical Education

PEN 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

(2019 Syllabus)

Time : Two Hours

Maximum : 60 Marks

**Section A***Short Answer Type.**All questions can be answered.**Each question carries 2 marks.**(Ceiling 20)*

1. What is Co-ordinative abilities ?
2. Define Health.
3. What is Obesity ?
4. What is Heart rate ?
5. Expand RICE.
6. Define first aid.
7. Write short notes on speed and flexibility.
8. Meaning and concept of wellness.
9. Types of exercise.
10. What is malnutrition ?
11. Define heart rate.
12. List down ashtanga yoga.

**Turn over**

**Section B (Paragraph/ Problem Type)**

*All questions can be answered.*

*Each question carries 5 marks.*

*(Ceiling 30 marks).*

13. What are the effect of Halasana and Bhujangasana ?
14. Write short notes about the hypokinetic diseases and common causes ?
15. What are the first aid measures to be taken if a person is affected by snake bite ?
16. Explain Sports injuries and their management.
17. Write short notes on Pranayama and its effect.
18. Aim and objectives of Physical education.
19. Explain nutritional deficiency diseases.

**Section C (Essay Type)**

*Answer any **one** of the following questions.*

*The question carries 10 marks.*

20. Explain Hypokinetic diseases and their management.
21. Definition of Physical fitness ? Explain the types of physical fitness ?

$(1 \times 10 = 10 \text{ marks})$