UNDER GRADUATE (C.B.C.S.S.) EXAMINATION, OCTOBER 2015

Fifth Semester

Open Course—PHYSICAL HEALTH AND LIFE SKILL EDUCATION

(Offered by the Board of Studies/Expert Committee in Physical Education)

[2013 Admissions]

Time : Three Hours   Maximum : 80 Marks

Part A

*Answer **all** questions each in a sentence **or** two.*
Each question carries 1 mark.

1. Which components of food is considered as the building block of the body ?

2. Name the clinical term for excess body weight.

3. What is the word meaning of "Yoga" ?

4. Which vitamin is synthesized with the help of sunlight ?

5. Expansion of WBC.

6. Combination of strength and speed.

7. How many colories can one gram of protein produce ?

8. On which day Kerala sports day is celebrated ?

9. Name the supreme award in India for the outstanding sports trainers.

10. Hatha Yoga works with postures known as what ?

                                                             $(10 \times 1 = 10)$

Part B (Shorts notes)

*Answer any **eight** questions in about 60 words each.*
Each question carries 2 marks.

11. Define physical Education.

12. What are the dimensions of health ?

13. Write any *two* sources of protein.

14. Define balanced diet.

15. What are the various types of strength ?

16. What are the physical fitness components ?

Turn over

17. ABC's of emergency first aid.

18. List down any *two* yogic periods.

19. What is aerobic capacity ?

20. What is tidal volume ?

21. What is CPR ?

22. Explain Halasana.

(8 × 2 = 16)

Part C (Short essays)

Answer any **six** *questions each in about 100 words each.*
Each question carries 4 marks.

23. What are the benefits of Meditation ?

24. Explain the first aid for sprain.

25. Describe the principles of first aid.

26. What is an asana ? Explain Vajrasana.

27. What are the objective of physical education ?

28. Describe the effect of exercise on circulatory system.

29. Explain the role of diet and nutrition on sports performance.

30. Discuss about sports and socialization.

31. Define health and explain the determinants of health.

(6 × 4 = 24)

Part D (Essays)

Answer any **two** *questions each in about 300 words each.*
Each question carries 15 marks.

32. Describe physiological and psychological advantages of regular exercise programme.

33. How does yoga contribute to the healthful living in modern world ?

34. What you mean by hypo-kinetic diseases ? Explain any *three* common hypokinetic diseases and their management.

35. Discuss the effect of alcohol and smoking on the human system.

(2 × 15 = 30)