

QP CODE: 22102090



Reg No :
Name :

**UNDER GRADUATE (CBCS) SPECIAL SUPPLEMENTARY EXAMINATIONS,
MAY 2022**

Fifth Semester

(Offered by the Board of Studies in Physical Education)

OPEN COURSE - PE5OPT01 - PHYSICAL HEALTH AND LIFE SKILL EDUCATION

2019 Admission Only

3892530D

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. Write about muscular endurance?
2. Define endurance.
3. How swimming can help you in developing your fitness ?
4. What are floating ribs?
5. What is Malnutrition?
6. Name any four hypokinetic diseases.
7. What are the physical characteristics of Endomorph?
8. What do you mean by Text Neck?
9. Briefly explain the procedure to stop bleeding in wounds and cuts.
10. Name the sanskrit word from which the term Yoga has derived? Who is known as the father of Yoga ?
11. Write the name of any four asanas performed in standing position.
12. What do you mean by 'bye' in fixtures?

(10×2=20)

Part B

*Answer any **six** questions.*

*Each question carries **5** marks.*





13. Mention the objectives of physical education.
14. Discuss the need of physical education in the modern world.
15. Explain the effects of exercises on heart rate.
16. Importance of fibre content food in our diet
17. Highlight the importance of healthy eating habits
18. How can we prevent Text Neck?
19. Why is having knowledge and skills in first aid important?
20. What are the benefits of vajarasana?
21. Distinguish between Rajiv Gandhi Khel Ratna Award and Arjuna Award.

(6×5=30)

Part C

*Answer any **two** questions.*

*Each question carries **15** marks.*

22. "Physical Education is an integral part of general education" justify this statement.
23. List down the multidimensional concept of health and the explain the factors affecting health.
24. What is CPR? List the procedures for giving CPR to an individual.
25. What are the different types of tournaments? Prepare a fixture for 31 teams in any one method of your choice

(2×15=30)

