



QP CODE: 21100341



Reg No :

Name :

UNDERGRADUATE (CBCS) EXAMINATION, FEBRUARY 2021

Fifth Semester

(Offered by the Board of Studies in Physical Education)

Open Course - PE5OPT01 - PHYSICAL HEALTH AND LIFE SKILL EDUCATION

2017 Admission Onwards

79B9640B

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

Each question carries 2 marks.

1. Why do we include Physical Education in the general curriculum?
2. What is meant by coordination?
3. How does cycling improves fitness ?
4. Define Balanced diet
5. Define Body Mass Index.
6. Describe the word Hypokinetic.
7. State about Thoracic region of the spine.
8. Differentiate between Knock Knee and Flat Foot.
9. What is a Ligament?
10. Write the name of any four asanas performed in standing position.
11. What is Dronacharya Award? Mention any one awardee.
12. What are the psychological benefits of Yoga?

(10×2=20)

Part B

*Answer any **six** questions.*

Each question carries 5 marks.

13. Explain the need and importance of physical education?
14. What are the types of fitness? Explain the various components of health related physical fitness?





15. Write the characteristics of a mentally healthy person.
16. State the markable changes that appear in respiratory system due to exercise.
17. Classify nutrients.
18. Illustrate somatotyping.
19. How can we prevent injuries in sports?
20. Why meditation is required for a human being?
21. What do you understand by the concept of Olympic Village?

(6×5=30)

Part C

*Answer any **two** questions.*

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

22. In what way physical education is a part of general education?
23. What are the different types of Bones? Explain the major functions of skeletal system.
24. What is CPR? List the procedures for giving CPR to an individual.
25. What is Surya Namaskar? Explain the various steps involved in it.

(2×15=30)

