



24805414

QP CODE: 24805414

Reg No :

Name :

**B.Ed DEGREE REGULAR/REAPPEARANCE / MERCY CHANCE EXAMINATIONS,
OCTOBER 2024**

First Semester

BACHELOR OF EDUCATION

ASSOCIATE COURSE - EDU106.11 - HEALTH AND PHYSICAL EDUCATION

2019 Admission Onwards

C8A0DBD8

Time: 2 Hours

Max. Marks : 50

Part A

*Answer **all** questions*

*Each question carries **1** mark.*

1. What is Mental Health?
2. Define Physical Education.
3. Define hypo-kinetic diseases.
4. Name the disease caused by the deficiency of vitamin K.
5. What are the components of a balanced diet?
6. Write any one principle of first aid.
7. How many matches are there if 6 teams are participating in a Single Knock-out Tournament?
8. List down the types of Combination Tournament..
9. Name any two meditative asanas.
10. Name any two therapeutic asanas.

(10×1 = 10)

Part B

*Answer any **five** questions in about **half a page***

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

11. Physical Education plays an important role in the field of Education. Justify it.
12. What are the steps to be taken to control Hepatitis A?
13. Differentiate between Sprain and Strain.
14. Briefly describe the treatment that can be given for any two sports injuries.





15. Describe the components of physical fitness.
16. What are the effects of exercise on circulatory system?

(5×2 = 10)

Part C

*Answer any **five** questions in about **one or two** pages*

*Each question carries **4** marks.*

17. Health Education plays a vital role in the field of Education- Justify.
18. What is diabetes? Explain the types of diabetes.
19. What is BMI? If your weight is 65 kg and height is 1.68m, calculate the BMI.
20. Differentiate between Artificial respiration and CPR.
21. Draw a fixture for '13' teams in a Single Knock-out Tournament.
22. Explain the steps for performing Trikonasana and its advantages.
23. What is wellness? List the factors affecting wellness and means to attain it.

(5×4 = 20)

Part D

*Answer any **one** question in about **three or four** pages.*

*Each question carries **10** marks.*

24. Write a short note on Health Hazards. Explain the short term and long term effects of Alcoholism and Smoking.
25. What is a Tournament? Mention different types of Tournament and draw any one fixture under each type.

(1×10 = 10)

