

QP CODE: 25017491



Reg No :
Name :

**UNDER GRADUATE (CBCS) SPECIAL REAPPEARANCE EXAMINATIONS,
FEBRUARY 2025**

Fifth Semester

(Offered by the Board of Studies in Physical Education)

OPEN COURSE - PE5OPT01 - PHYSICAL HEALTH AND LIFE SKILL EDUCATION

2022 Admission Only

E1C2680D

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

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

1. Define physical education.
2. Describe body composition.
3. Describe fartlek method.
4. Discuss the two types of circulation in circulatory system.
5. What is BMI ? How will you calculate BMI ?
6. What is osteoporosis?
7. What are the physical characteristics of Endomorph?
8. What are the different types of Posture?
9. Meaning of Depressed Fracture.
10. How many steps are there in Surya namaskar? Mention any two.
11. Which city hosted the last Winter olympics? In which year?
12. What do you understand by seeding ?

(10×2=20)

Part B

*Answer any **six** questions.*

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

13. Explain the need and importance of physical education ?





14. Write down the differences between health related and performance related physical fitness.
15. Health services influence the health status of the community, justify.
16. Impact of prolonged and intensive exercise on muscles.
17. Memorise the factors while planning a balanced diet.
18. What are the corrective exercises for Kyphosis and Lordosis?
19. Why is first aid important in the workplace?
20. Which are the different elements of Ashtanga Yoga?
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. Analyse the role of vitamins in human body.
24. What is CPR? List the procedures for giving CPR to an individual.
25. Explain the concept of Yoga and Discuss various benefits of practising Yoga.

(2×15=30)

