

E 8745

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Reg. No.....

Name.....

UNDERGRADUATE (C.B.C.S.S.) EXAMINATION, OCTOBER 2014

Fifth Semester

Open Course : PHYSICAL HEALTH AND LIFE SKILLS EDUCATION

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

Time : Three Hours

Maximum Weight : 25

Part A

*Answer all questions.
Weight 1 each.*

- I. 1. National sports day is celebrated on :
- (a) 29th August. (b) 5th September.
(c) 7th April. (d) 14th November.
2. The number of cervical vertebrae in a human body :
- (a) 10. (b) 32.
(c) 12. (d) 7.
3. The clinical term for the excess body weight is :
- (a) Hypertension. (b) Obesity.
(c) Osteoporosis. (d) Diabetes.
4. How many calories can one gram of fat produce ?
- (a) 9. (b) 5.
(c) 4. (d) 8.
- II. 5. Which is the largest bone in the human body ?
- (a) Ulna. (b) Femur.
(c) Tibia (d) Humorous.
6. _____ is a component of health related physical fitness.
- (a) Speed. (b) Strength.
(c) Body composition. (d) Agility.
- 7 FIFA world cup 2018 will be held at _____.
- (a) America. (b) Russia.
(c) China. (d) Brazil.

Turn over

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

- (a) Carbohydrate.
- (b) Fat.
- (c) Protein
- (d) Minerals.

III. 9. Name the agency for international/ anti-doping :

- (a) IADA.
- (b) WADA.
- (c) AWDA.
- (d) NADA.

10. Which vitamin deficiency is responsible for the development of rickets ?

- (a) Vitamin C.
- (b) Vitamin B12.
- (c) Vitamin A.
- (d) None of these.

11. Which blood cells provide immunity to our body ?

- (a) RBC.
- (b) WBC.
- (c) Platelets.
- (d) None of these.

12. Which vitamin is rich in guava fruit ?

- (a) Vitamin D
- (b) Vitamin C.
- (c) Vitamin A.
- (d) Vitamin B1.

IV. 13. Name the primary fuel source for our body :

- (a) Carbohydrate.
- (b) Protein.
- (c) Fat.
- (d) Minerals.

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

- (a) Vitamin B.
- (b) Vitamin D.
- (c) Vitamin C.
- (d) Vitamin A.

15. The total volume of air that can be voluntarily moved in one breath, from full inspiration to maximum expiration or vice versa, is termed as _____.

- (a) Tidal volume
- (b) Residual volume.
- (c) Vital capacity.
- (d) Expiratory Reserve volume.

16. Which blood cells supply blood to the heart muscles ?

- (a) Pulmonary vein.
- (b) Pulmonary artery.
- (c) Coronary artery.
- (d) Carotid Artery.

(4 × 1 = 4)

Part B

*Write short notes on any five of the following.
Weight 1 each.*

- 17 Define health.
- 18 What is calorie?
- 19 What is systolic pressure?
- 20 What is PRICE?
- 21 Sprain.
- 22 Dimensions of health.
- 23 Balanced diet.
- 24 Obesity.

(5 × 1 = 5)

Part C (Short Essay)

*Answer any four questions.
Weight 2 each.*

- 25 What are the health benefits of physical activities?
- 26 Explain the components of physical fitness.
- 27 Discuss the effect of exercise on circulatory system.
- 28 Explain first aid for electric shock.
- 29 Discuss the importance of Yoga?
- 30 Explain the causes of obesity and its preventive measures.

(4 × 2 = 8)

Part D (Essay)

*Answer any two of the following.
Weight 4 each.*

- 31 Define physical Education. Bring out the relevance in contemporary social life.
- 32 What is nutrition? Discuss in detail the components of nutrition and its function.
- 33 Explain any three life style diseases and its prevention and management.

(2 × 4 = 8)