



QP CODE: 21101886



Reg No :

Name :

**UNDER GRADUATE (CBCS) SPECIAL SUPPLEMENTARY EXAMINATIONS,
JULY 2021**

Fifth Semester

(Offered by the Board of Studies in Physical Education)

OPEN COURSE - PE5OPT01 - PHYSICAL HEALTH AND LIFE SKILL EDUCATION

2018 Admission Only

5165FC93

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

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

1. Define power.
2. Define agility.
3. What is the meaning of weight training?
4. What is second wind?
5. Different methods to assess overweight.
6. What is osteoporosis?
7. Give the meaning of Mesomorph.
8. Meaning of Depressed Fracture.
9. Explain the process of CPR.
10. Which day is celebrated as the International Yoga Day? Which year was it started?
11. What is Khel Ratna Award? Mention any one awardee.
12. Draw a knock out fixture for 17 teams?

(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. Elaborate the dimensions of health.
16. Classify joints based on the movements they perform.
17. Identify macro minerals and trace minerals.
18. List the guidelines of good Posture.
19. Why is having knowledge and skills in first aid important?
20. Explain any five importance of meditation in sports.
21. Distinguish between Winter olympics and Summer Olympics.

(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. Evaluate the role of diet and exercise on preventing obesity.
24. Elaborate the concept of good posture and its advantages in day to day life.
25. Explain the concept of Yoga and discuss various benefits of practising Yoga.

(2×15=30)

