

**E 3396**

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**Reg. No.....**

**Name.....**

**UNDERGRADUATE (C.B.C.S.S.) EXAMINATION, OCTOBER 2016**

**Fifth Semester**

**Open Course—PHYSICAL HEALTH AND LIFE SKILL EDUCATION**

**(Offered by the Board of Studies in Physical Education)**

**(2013 Admission onwards)**

**Time : Three Hours**

**Maximum : 80 Marks**

**Part A**

*Answer all questions each in a sentence or two.  
Each question carries 1 mark.*

1. Which disease is caused by the deficiency of Iodine ?
2. How many calories can one gram of protein produce ?
3. What is called breathing technique in yoga ?
4. What is the normal heart rate for an adult ?
5. Name the primary energy source for our body.
6. Name the stored form of glucose in muscle.
7. What is the number of cervical vertebrae in human body ?
8. In which date national sports day is celebrated ?
9. Which nutrient is rich in red meat ?
10. Name any two hypokinetic diseases ?

**(10 × 1 = 10)**

**Part B (Short Notes)**

*Answer any eight questions in about 60 words each.  
Each question carries 2 marks.*

11. What is malnutrition diet ?
12. Write any two Sources of protein.
13. What is aerobic capacity ?
14. Define health.
15. Explain Halasana.

**Turn over**

16. What is ABC of emergency first aid ?
17. What are the types of strength ?
18. Explain the benefits of relaxation.
19. What are the causes of obesity ?
20. Discuss the importance of First aid.
21. What is heat stroke ?
22. What is CPR ?

(8 × 2 = 16)

### Part C (Short Essays)

*Answer any six questions each in about 100 words.  
Each question carries 4 marks.*

23. Define health and explain the determinants of health.
24. Describe the effect of exercise on circulatory system.
25. Discuss the principles of first aid.
26. Explain the role of macro and Micro nutrients.
27. What are the main components of physical fitness ?
28. Explain the role of yoga in modern life.
29. Explain three common sports injuries and describe its management.
30. What are the benefits of meditation ?
31. Explain first aid for electrical shock.

(6 × 4 = 24)

### Part D (Essays)

*Answer any two questions in about 300 words each.  
Each question carries 15 marks.*

32. Define Physical Education. Explain in detail the importance and scope of physical education in modern society.
33. Discuss the effect of alcohol and smoking on the human system.
34. Describe the principles of first aid and explain qualities and responsibilities of a first aider.
35. Define balanced diet. Discuss in detail the components of nutrition and its functions.

(2 × 15 = 30)