

**FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2022****(Regular/Improvement/Supplementary)****PHYSICAL EDUCATION (OPEN COURSE)****GPED5D01T: PHYSICAL ACTIVITY, HEALTH & WELLNESS****Time: 2 Hours****Maximum Marks: 60****SECTION A: Answer the following questions. Each carries 2 marks.****(Ceiling 20 Marks)**

1. Define health.
2. What is the meaning of wellness?
3. Write a note on Speed.
4. Write a note on Fitness balance.
5. What is heart rate zone?
6. What is the Principle of Individuality?
7. Define Blood pressure.
8. How to calculate BMI?
9. What is BMR?
10. Write a short note on flat foot and its corrective measures.
11. What is Yoga?
12. Write a short note on Suryabhedhana and its effects.

**SECTION B: Answer the following questions. Each carries 5 marks.****(Ceiling 30 Marks)**

13. Write a note on definition and objectives of physical education.
14. Critically evaluate Cosmetic fitness and its importance.
15. What are the benefits of Exercise?
16. Give an account on Diabetes and Osteoporosis. Add a note on their causes and management.
17. Write a note on Obesity and CHD, their causes and management.
18. What is pranayama? Highlight its benefits.
19. What are the relaxation techniques and its importance in current scenario?

**SECTION C: Answer any 1 question. Each carries 10 marks.**

20. Explain the different types of physical fitness.
21. Write an essay on importance of good posture, kyphosis, lordosis, scoliosis, bowleg and their corrective measures.

**(1 x 10 = 10 Marks)**