

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2023

(Regular/Improvement/Supplementary)

GPED5D01T: PHYSICAL ACTIVITY, HEALTH & WELLNESS (OPEN COURSE)

Time: 2 Hours

Maximum Marks: 60

**SECTION A: Answer the following questions. Each carries *two* marks.
(Ceiling 20 Marks)**

1. Define wellness.
2. How do you administer first aid for snake bite?
3. What do you mean by Muscular endurance?
4. Write a note on Co ordination.
5. Comment on Cosmetic fitness.
6. Write a short note on Chandrabhedhana and its effects.
7. List out the benefits of Shalabhasana.
8. Write a note on Arthritis.
9. What is BMI?
10. What is Vajrasana? Point out its effects.
11. Write a short note on scoliosis and its corrective measures.
12. What do you mean by the Principle of Recovery?

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

13. Write a note on Diabetes and Hypertension, their causes and management.
14. Explain three Pranayama techniques and its effects.
15. Elaborate on PRPF.
16. Write an account on Kyphosis and Knock knee and its corrective measures.
17. What are the types of physical fitness?
18. Explain RICE technique.
19. What are the causes of Obesity and CHD? Add a note on their management.

SECTION C: Answer any *one* question. Each carries *ten* marks.

20. Give the definition, aims, objectives and importance of physical education today.
21. What are the different types of exercise? Explain with its benefits.

(1 x 10 = 10 Marks)

