

D5BPE2201

Reg. No.....

Name: .....

**FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2024**

**(Regular/Improvement/Supplementary)**

**GPED5D01T: PHYSICAL ACTIVITY; HEALTH AND WELLNESS**

**(OPEN COURSE)**

**Time: 2 Hours**

**Maximum Marks: 60**

**SECTION A: Answer the following questions. Each carries *two* marks.**

**(Ceiling 20 marks)**

1. Define sprain.
2. Write a short note on obesity.
3. Define Speed.
4. What is BMR?
5. What do you mean by stress?
6. Define health.
7. Comment on Pulse rate. Write its normal range.
8. Comment on BMI.
9. What is fitness balance?
10. What is Chandra bedana?
11. What is Anaerobic exercise?
12. What is wellness?

**SECTION B: Answer the following questions. Each carries *five* marks.**

**(Ceiling 30 marks)**

13. Discuss the importance of including physical education in school curriculum.
14. Briefly explain the principles of exercise.
15. Enlist the eight limbs of Ashtanga yoga.
16. Enumerate the principles of first aid.
17. What do you mean by good posture? Explain its importance.
18. Name three balancing asanas. Explain any one.
19. Write a note on the different types of wellness.

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

20. What is hypokinetic disease? Explain briefly its causes, symptoms and management.
21. Explain physical fitness, types and its components.

**(1 × 10 = 10 Marks)**