

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2025

(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. What is waist to hip ratio?
2. Define blood pressure.
3. What is strain?
4. What is 'Yama' in yoga?
5. Define BMI.
6. What do you mean by Endurance in sports?
7. What is aerobic exercise?
8. What is 'ABC' in first aid?
9. Define Physical Education.
10. Explain Surya Bhedana Pranayama.
11. Define flexibility.
12. What is Target Heart Rate?

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

(Ceiling 30 marks)

13. List out the objectives of Physical Education.
14. Describe Heart Rate Zones.
15. What is Diabetes? Explain its causes and management.
16. Explain health related physical fitness and its components.
17. What is stress? Explain its causes.
18. What is Hypokinetic disease? Briefly explain its causes.
19. Discuss the eight limbs of yoga.

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

20. What is posture? Explain the causes of bad posture and list out different postural deformities.
21. Define Physical fitness. Explain its types and components.

(1 × 10 = 10 Marks)