

C 30639

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Name.....

Reg. No.....

**FIFTH SEMESTER B.A./B.Sc./B.Com./B.B.A. DEGREE EXAMINATION
NOVEMBER 2017**

(CUCBCSS—UG)

Open Course

PE 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

(2015 Admissions)

Time : Two Hours

Maximum : 40 Marks.

Part A

Answer all the questions.

1. _____ is a curving of the spine that cause a bowing or rounding of the upper back
2. Ability to change direction and move body parts or body as a whole effectively, efficiently and accurately is _____.
3. _____ is a break in the continuity of the bone.
4. The full form of CPR is _____.
5. Night blindness is due to the deficiency of which vitamin.
6. The asana which given the appearance of a camel when performed is _____.
7. Sphygmomanometer is an instrument used to measure _____.
8. The asana which resembles like a cobra when it is performed is _____.
9. _____ is the ability of the muscle to maintain speed and strength even under the condition of fatigue.
10. The full form of BMR is _____.

(10 × 1 = 10 marks)

Part B

Answer any five.

1. Explain the term RICE ?
2. What is obesity ?
3. Write the first aid for bleeding through nose.

Turn over

4. Define blood pressure ?
5. What is a posture ?
6. What is Osteoporosis ?
7. Write the formula to calculate BMI.

(5 × 2 = 10 marks)

Part C

Answer any two.

1. Define first Aid? What are the principles of first aid ?
2. What are the remedial measures for lordosis and kyphosis ?
3. Write a short note on eight limbs of Ashtanga, Yoga ?

(2 × 5 = 10 marks)

Answer any one.

1. What are the aims and objectives of physical education ? Explain the significance in the school perspective ?
2. Discuss in detail about the causes and management of Stress.

(1 × 10 = 10 marks)