

Malabar Christian College, Calicut

FIFTH SEMESTER UG INTERNAL EXAMINATION, SEPTEMBER 2025

Open Course in -PHYSICAL EDUCATION-

PEN5D003 – PHYSICAL ACTIVITY

Time: One Hour

Maximum: 30 Marks

Name:	Marks Scored	Section A		Total Marks
Class:		Section B		
		Section C		

Section A

(Answer any 5 questions, each question carries 2 marks)

1. Physical education is education through activity for the development of personality of the child and its fulfilment and perfection in body mind and spirit.
2. Physical education should aim to provide skilled leadership is it true? IF True why?
3. Write the definition of health give by World Health Organisation-WHO?
4. what are cultural development accrued from physical education explain in two stances?
5. Name 2 physical effort requiring activity from both vigorous activity and moderate activity each.
6. what is wellness to you? How is it important?
7. what is constructive use of leisure time?

Section B

(Answer any 2 questions, each question carries 5 marks)

8. Briefly describe the following 2 objectives of physical education
 - a. Physical fitness
 - b. social fitness
9. Briefly explain the 3 components of good health.
10. what are different between health and wellness?

Section C

(Answer any 1 question, each question carries 10 marks)

11. Explain the importance of the Physical Education?
12. Explain the importance of the health?