

D 130250

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Name.....

Reg. No.....

**FIFTH SEMESTER (CBCSS—U.G.) DEGREE EXAMINATION
NOVEMBER 2025**

Physical Education

PEN 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

(2019 Syllabus)

Time : Two Hours

Maximum : 60 Marks

Section A*Short Answer Type.**All questions can be answered.**Each question carries 2 marks.**(Ceiling 20)*

1. What is Co-ordinative abilities ?
2. Define Health.
3. What is Obesity ?
4. What is Heart rate ?
5. Expand RICE.
6. Define first aid.
7. Write short notes on speed and flexibility.
8. Meaning and concept of wellness.
9. Types of exercise.
10. What is malnutrition ?
11. Define heart rate.
12. List down ashtanga yoga.

Turn over

Section B (Paragraph/ Problem Type)

All questions can be answered.

Each question carries 5 marks.

(Ceiling 30 marks).

13. What are the effect of Halasana and Bhujangasana ?
14. Write short notes about the hypokinetic diseases and common causes ?
15. What are the first aid measures to be taken if a person is affected by snake bite ?
16. Explain Sports injuries and their management.
17. Write short notes on Pranayama and its effect.
18. Aim and objectives of Physical education.
19. Explain nutritional deficiency diseases.

Section C (Essay Type)

*Answer any **one** of the following questions.*

The question carries 10 marks.

20. Explain Hypokinetic diseases and their management.
21. Definition of Physical fitness ? Explain the types of physical fitness ?

(1 × 10 = 10 marks)