

D 50937

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Name.....

Reg. No.....

FIFTH SEMESTER B.A. DEGREE EXAMINATION, NOVEMBER 2018

(CUCBCSS—UG)

Open Course

PE 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

(2014 Admissions)

Time : Two Hours

Maximum : 40 Marks

Part A

Answer all questions.

1. Cardio Pulmonary resuscitation (CPR) is the First Aid given for _____.
2. _____ is the ability of the muscle to perform movements with large amplitude.
3. What is lateral curvature (sideward deviation) of the spine ?
4. What is the total number of bones in the human body ?
5. Night blindness is due to the deficiency of which vitamin ?
6. Name the agency for international anti-doping.
7. _____ are the main sources of energy for all activities.
8. _____ is the first Indian to win an individual gold medal at the Olympic Games.
9. The main function of platelets is to carry _____ from the lungs to the body tissues.
10. _____ is the product of strength and speed.

(10 × 1 = 10 marks)

Part B

Answer any five questions.

11. Define Circuit Training.
12. What are the career options available through physical activities ?
13. List down any *five* common postural deformities.
14. Explain the significance of Individual Difference in Sports Training.
15. Write the types of strength.
16. What do you mean by micro and macro nutrients ?
17. Write a short note on any *two* : i) obesity ; ii) osteoporosis ; iii) proteins.

(5 × 2 = 10 marks)

Turn over

Part C

Answer any two questions.

18. Explain ABC's of First aid.
19. Discuss any *three* types of co-ordinative abilities ?
20. Write a short note on prevention of injuries in sports.

(2 × 5 = 10 marks)

Part D

Answer any one question.

21. How socialization takes place through sports and games at national and international level ?
22. Need and Importance of Physical Education.

(1 × 10 = 10 marks)