



K24U 3110

Reg. No.:

Name :

V Semester B.A./B.A. Afsal-UI-Ulama/B.Sc./B.Com./B.T.T.M./B.B.A./
B.B.A.-T.T.M./B.B.A.-A.H./B.C.A./B.S.W./B.M.M.C. Degree (CBCSS-OBE –
Regular/Supplementary/Improvement) Examination, November 2024
(2019 to 2022 Admissions)

GENERIC ELECTIVE COURSE
5D01PED : Health and Physical Education

Time : 2 Hours

Max. Marks : 20



PART – A

Answer **all** questions.

Describe the following :

(6×1=6)

1. Physical Education.
2. Intramural competitions.
3. Expand AAHPERD.
4. Balance Diet.
5. Sprain.
6. Kyphosis.



PART – B

Answer **any 4** questions.

(4×2=8)

7. What are the causes of Malnutrition ?
8. What is the difference between aerobic and anaerobic exercise ?
9. Explain Major and Minor games.

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10. Explain the components of health-related physical fitness.
11. Discuss the Drug abuse and its side effect.
12. Effect of exercise on Respiratory system.

PART – C

Answer **any 1** question.

(1×6=6)

13. Discuss the various factors affecting health and how they contribute to overall well-being.
14. Define First Aid and explain the First Aid for major sports injuries.

