



K20U 1724

Reg. No. :

Name :

**V Semester B.A./B.Sc./B.Com./B.B.A./B.B.A.T.T.M./B.B.A.R.T.M./B.B.M./
B.T.T.M./B.C.A./B.S.W./B.A. Afsal UI Ulama/B.B.A. (AH) Degree
(CBCSS – Reg./Sup./Imp.) Examination, November 2020
(2014 Admn. Onwards)
Open Course**

5D01 PED : HEALTH AND FITNESS EDUCATION

Time : 2 Hours

Max. Marks : 20

- I. Answer **any one** of the following questions in **not** more than **150** words : **(1×5=5)**
- 1) Describe the need and importance of Health Education in Schools and Colleges.
 - 2) Write a note on the objectives of Physical Education.
- II. Answer **any one** of the following questions : **(1×3=3)**
- 3) How do you deal with a victim of electric shock ?
 - 4) Explain any three common sports injuries and their management.
- III. Answer the following questions according to the directions provided : **(12×1=12)**
- 5) Long distance runners require more _____
 - 6) The energy-providing chemical substances consumed by organisms in large quantities are called _____
 - 7) An injury to a ligament resulting from overstress is called _____
 - 8) Whose birthday is celebrated as National Sports Day of India on 29th August ?
 - 9) How is Stroke Volume defined ?

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- 10) The condition that results from nutrient deficiency or overconsumption is termed as _____
- 11) List the names of test items included in AAHPER Youth Fitness Test.
- 12) What do you mean by "Somato Type" ?
- 13) Explain PRICE in First Aid.
- 14) Define the term "Wellness".
- 15) List down any four relaxation techniques to reduce stress.
- 16) CPR stands for _____
