



K21U 4879

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.(A.H.) Degree CBCSS
(OBE) – Regular Examination, November 2021
(2019 Admission Only) Open Course
5D01PED : HEALTH AND PHYSICAL EDUCATION**

Time : 2 Hours

Max. Marks : 20

PART – A

Answer **all** questions.

Describe the following :

(6×1=6)

1. Intramural competitions.
2. Anaerobic exercise.
3. Malnutrition.
4. First aid for burns.
5. Cramp.
6. Nutrition.

PART – B

Answer **any 4** questions :

(4×2=8)

7. What are mass display and recreational games ?
8. What are the factors affecting health ?
9. Describe the AAHPER youth physical fitness test.
10. Explain the benefits of yogic practice.
11. Write down the side effects of drugs.
12. List down different types of fracture.

PART – C

Answer **any one** question :

(6×1=6)

13. Explain any one hypo-kinetic diseases and method of management.
 14. Explain health-related physical fitness variables.
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