



K21U 4883

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 (OBE) – Regular Examination, November 2021
(2019 Admission Only) Open Course
5D05PED : EXERCISE IS MEDICINE**

Time : 2 Hours

Max. Marks : 20

PART – A

Answer **all** the questions.

(6×1=6)

1. Define fitness and health.
2. How to measure obesity ?
3. Write down the causes of diabetics.
4. What is BMR ?
5. Explain two exercises for a hypertension patient.
6. Define rehabilitation.

PART – B

Answer **any four** questions.

(4×2=8)

7. How to measure flexibility ?
8. Write down the schedule of exercise for one session for type II diabetic patients.
9. Write down the psychological benefits of pranayama.
10. How to develop cardio-respiratory endurance ?
11. Describe the method of conditioning for any population.
12. What are the different types of warming up ?

PART – C

Answer **any one** question.

(1×6=6)

13. Explain the health benefits of asana and meditation.
 14. Write down the safety measures in sports participation.
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