



K22U 2457

Reg. No. :

Name :

V Semester B.A./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.A. Afsal-UI-Ulama/B.S.W. Degree (CBCSS-OBE-
Regular/Supplementary/Improvement) Examination, November 2022
(2019 Admission Onwards)

Open Course

5D01 PED : HEALTH AND PHYSICAL EDUCATION

Time : 2 Hours

Max. Marks : 20

PART – A

Answer **all** questions.

(6×1=6)

Describe the following :

1. CPR
2. Body composition
3. Aim of first aid
4. Stress
5. Nutrients
6. Definition of Physical Education.

PART – B

Answer **any 4** questions.

(4×2=8)

7. What are the components of AAHPER Youth Physical Fitness Test ?
8. How yoga helps to maintain good health ?

P.T.O.

K22U 2457



9. Short note on recreational games.
10. Explain postural deformities.
11. Explain hypo-kinetic diseases and its preventive measures.
12. What is choking ? Explain the first aid for choking.

PART – C

Answer **any 1** question.

(1×6=6)

13. Explain the effect of exercise on respiratory system.
 14. Explain the concept of Physical Education.
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