



K23U 2496

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 2023
(2019 – 2021 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. Definition of Health.
2. Intramural competitions
3. BMI
4. Nutrition
5. First Aid
6. Lordosis.

PART – B

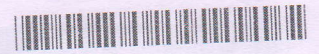
Answer **any 4** questions.

(4×2=8)

7. What are the causes of Malnutrition ?
8. Write down the aims of First Aid.
9. Explain Cardiovascular Diseases.

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K23U 2496



10. What are the test batteries of AAHPERD Physical Fitness test ?
11. Discuss the importance of Physical Education.
12. Explain any one recreational game.

PART – C

Answer **any 1** question.

(1×6=6)

13. Enumerate the benefits of Physical Exercise in Daily life.
14. Definition of First Aid and briefly explain the principles of First Aid.

