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(Pages : 3)

Name.....

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**FIFTH SEMESTER (CBCSS-UG) DEGREE EXAMINATION
NOVEMBER 2024**

Physical Education

PEN 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

(2019 Admission onwards)

Time : Two Hours

Maximum : 60 Marks

Section A (Short Answer Type)

All questions can be answered.

Each question carries 2 marks.

(Ceiling 20).

1. In the FITT principle, what does “F” stand for ?
(A) Flexibility. (B) Frequency.
(C) Fitness. (D) Functionality.
2. What does the term “Cosmetic fitness” primarily focus on ?
(A) Internal Health. (B) Muscle strength.
(C) Physical appearance. (D) Cardiovascular health.
3. Which of the following is a common outcome of physical inactivity ?
(A) Improved cardiovascular health.
(B) Decreased risk of diabetes.
(C) Increased body fat percentage.
(D) Increased muscle mass.
4. Which of the following is a macronutrient ?
(A) Carbohydrates. (B) Vitamins.
(C) Minerals. (D) Water.

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Turn over

5. Which of the following asanas is performed in a sitting position ?
(A) Padmasana.
(B) Bhujangasana
(C) Uttitha Padasana.
(D) Vrikshasana.
6. What is a common symptom of osteoporosis ?
(A) High blood pressure.
(B) Weak bones.
(C) Muscle cramps.
(D) Shortness of breath.
7. What is the recommended first aid for a sprained ankle ?
(A) Apply heat immediately.
(B) RICE (Rest, Ice, Compression, Elevation).
(C) Soak in hot water.
(D) Rub the ankle vigorously.
8. What is the primary focus of performance related fitness ?
(A) Health maintenance.
(B) Athletic performance.
(C) Weight control.
(D) Mental health.
9. Which condition is characterized by an exaggerated inward curve of the lower back ?
(A) Kyphosis.
(B) Lordosis.
(C) Scoliosis.
(D) Flat foot.
10. Which Pranayama technique is known for balancing body energy ?
(A) Nadisudhi.
(B) Surya Bedhana.
(C) Bhastrika.
(D) Kapalbhathi.
11. Which nutrient is primarily responsible for muscle repair and growth ?
(A) Carbohydrates.
(B) Proteins.
(C) Fats.
(D) Vitamins.

12. What is the primary purpose of flexibility exercises ?
- (A) Strengthen muscles.
 - (B) Improve endurance.
 - (C) Increase range of motion.
 - (D) Boost cardiovascular health.

Section B (Paragraph/ Problem Type)

All questions can be answered.

Each question carries 5 marks.

(Ceiling 30 marks).

- 13. Define health and explain its importance.
- 14. Discuss the assessment of physical fitness components.
- 15. Write a short note on the relationship between exercise and heart rate zones.
- 16. Describe first aid techniques for fractures.
- 17. Outline the management of obesity through exercise and diet.
- 18. Explain the effects of Pranayama on mental health.
- 19. Discuss the impact of physical activity on lifestyle diseases.

Section C (Essay Type)

Answer any one of the following question.

The question carries 10 marks.

- 20. Discuss the principles of exercise and their application in designing a fitness program.
- 21. Define Health and explain the importance of good health.

(1 × 10 = 10 marks)

