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Reg. No:.....

Name: .....

FAROOK COLLEGE (AUTONOMOUS), KOZHIKODE

**Fifth Semester Physical Education Degree Examination, November 2024**

**(Open Course)**

**BPE5D03 – Physical Activity Health & Wellness**

(2022 Admission onwards)

Time: 2 hours

Max. Marks : 60

**PART A**

**Answer all questions**

1. What is meant by aerobic exercise ?
2. Expand the acronym ABC in the context of injury treatment
3. What is osteoporosis?
4. What does the term 'Wellness' mean?
5. What is the formula for calculating BMI ?
6. Define *Niyama* within the context of Yoga philosophy?
7. Elaborate the concept of *Fitness balance*?
8. What are the types of Physical fitness?
9. What is flatfoot ?
10. Define Physical Education.
11. What is strength and what are the types of strength?
12. What are the sources of Vitamin A?

(12 x 2 = 24 , Maximum ceiling 20 marks)

**PART B**

**Answer all questions**

13. Define Asana and explain two meditative asanas ?
14. What is scoliosis and write down corrective exercise ?
15. What are the components of Health related Physical fitness?
16. Define flexibility and write down any three methods for developing flexibility ?
17. What are the benefits of physical fitness and exercise programme?
18. Define Obesity and discuss its impact on both physical and mental health.?
19. What are the advantages of good posture ?

(7 x 5 = 35, Maximum ceiling 30 marks)

### **PART C**

**Answer any one question**

20. What are lifestyle diseases, and how can diabetes and hypertension be managed and prevented? Discuss the causes?
21. Define 'Physical Education' and discuss the aims, objectives, and current scope of physical education and sports globally.?

**(1 x 10 = 10 marks)**