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Reg. No:.....

Name:

FAROOK COLLEGE (AUTONOMOUS), KOZHIKODE
Fifth Semester BA Degree Examination, November 2022
(Open Course - Physical Education)

BPE5D03 - Physical Activity Health and Wellness
(2019 Admission onwards)

Time: 2 hours

Max. Marks: 60

PART A

All questions can be attended.
Each question carries 2 marks.

1. Define Physical Education
2. List down the ABC's of First Aid
3. What is stress?
4. What is the formula to calculate Body Mass Index ?
5. Write down the first aid for fracture.
6. What do you mean by micronutrients ?
7. What is mean by blood pressure?
8. Write a short note on back pain
9. What does pranayama mean?
10. What do you mean by Agility?
11. List out fat soluble and water soluble vitamins
12. What is Osteoporosis?

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

PART B

All questions can be attended.
Each question carries 5 marks.

13. Define first aid ? write down the principle of First aid
14. What are the remedial measures for Lordosis and Kyphosis
15. Write a short note on eight limbs of Ashtanga Yoga
16. Write down two hypokinetic diseases and its management

17. What are the common benefits of exercises?
18. What is the difference between isotonic and isometric exercise?
19. Define physical fitness and write down the components of HRPF.

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

PART C

Answer any one question

20. What are the aims and objectives of physical education ? Explain the significance in the higher education institutions
21. What is posture? write the importance of good posture and explain three postural deformities and its management ?

(1 x 10 = 10 Marks)