

FAROOK COLLEGE (AUTONOMOUS), KOZHIKODE
Fifth Semester BA Degree Examination, November 2025
BPE5D03 - Physical Activity Health & Wellness

(2022 Admission onwards)

Time: 2 hours

Max. Marks : 60

PART A

Answer all questions

1. What is meant by blood pressure?
2. How do you define health?
3. How do you understand the concept of 'wellness'?
4. How would you define obesity?
5. What is scoliosis?
6. What does RICE stand for in relation to injury treatment?
7. Explain the concept of fitness balance.
8. Identify and describe the different types of physical fitness.
9. Name four standing asanas in yoga.
10. List the vitamins that are fat-soluble and water-soluble.
11. Describe the method used to calculate BMI.
12. How would you explain osteoporosis ?

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

PART B

Answer all questions.

13. Define first aid and state its principles.
14. Define endurance and describe the types of endurance.
15. What are the key components of performance Related Physical Fitness (PRPF)?
16. What is nutritional balance and list the macro and micro nutrients.
17. Explain diabetes with its causes and management.
18. What are the benefits of engaging in a regular physical exercise program?
19. List the eight limbs of Ashtanga Yoga.

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

PART C

Answer one question.

20. What is posture? Discuss the importance of maintaining good posture and explain three common postural deformities and their treatment.
21. How would you define physical education, and what are the aims, objectives, and scope in the contemporary world?

(1 x 10 = 10)