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Reg. No.....

Name.....

**B.Ed. (CREDIT AND SEMESTER) DEGREE EXAMINATION
DECEMBER 2018**

First Semester

EDU 106.11—HEALTH AND PHYSICAL EDUCATION

(Two Year Course—2018 Admission onwards)

Time : Two Hours

Maximum : 50 Marks

Part A

*Answer all questions.
Each question carries 1 mark.*

1. Define physical education.
2. What are the source of carbohydrates ?
3. What is strain ?
4. Expand the term CPR.
5. Which are the nutrients termed as 'Energy Yielding Food' ?
6. What do you mean by nutritional balances ?
7. Define Yoga ?
8. Write the name of chambers in your heart.
9. Define Health Education ?
10. What is seeding ?

(10 × 1 = 10 marks)

Part B

*Answer any five questions.
Each question carries 2 marks.*

11. Explain the qualities of first aider ?
12. What are the benefits of yoga ?
13. Mention any *two* common injuries and its management ?
14. What is diabetes and mention its types ?
15. Briefly explain the aims of physical Education.
16. What are the major effects exercise on circulatory system ?

(5 × 2 = 10 marks)

Part C

*Answer any five questions.
Each question carries 4 marks.*

17. Describe briefly the various dimension of health.
18. Explain the relevance of physical Education in Modern Society.
19. Briefly explain the role of Yoga in back pain management.
20. What is meant by physical fitness ? What are the components if health related physical fitness ?
21. Mention the causes and symptoms of Dengue Fever.
22. What is meant by balanced diet ? Explain the importance of balanced diet.
23. Describe Meditations Asanas ?

(5 × 4 = 20 marks)

Part D

*Answer any one questions.
The question carries 10 marks.*

24. What is Knockout tournament ? What are the merits and demerits in knockout tournament ?
Prepare a single knockout fixture for '17' teams.
25. What are communicable diseases ? List out any *four* communicable diseases commonly sound in our surroundings. Suggest suitable measures to prevent such diseases.

(1 × 10 = 10 marks)