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Reg. No.....

Name.....

B.Ed. (CREDIT AND SEMESTER) DEGREE EXAMINATION, DECEMBER 2016

First Semester

Associate Course

EDU 106.11—HEALTH AND PHYSICAL EDUCATION

(2015 Admission onwards [Two Year Course])

[Regular/Supplementary]

Time : Two Hours

Maximum : 50 Marks

Part A

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

1. What is hypo kinetic disease ?
2. Write the Normal level of blood sugar in an adult human being.
3. Which surgery is required for the management of obesity ?
4. Which mosquito is the Cause of dengue fever ?
5. What is nutrition ?
6. Write the expansion of AIDS.
7. Mention the major components of balanced diet.
8. Who gave the definition of yoga as "checking the impulse of mind is yoga" ?
9. Define health.
10. Who is the inventor of BMI ?

(10 × 1 = 10 marks)

Part B

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

11. What are the objectives of health education ?
12. Mention the effect of smoking on human body.
13. What is obesity and mention its causes ?

Turn over

14. Differentiate hepatitis A and hepatitis B.
15. What are different types of fractures ?
16. Explain the importance of yoga in modern society.

(5 × 2 = 10 marks)

Part C

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

17. What are specific advantages of Therapeutic asanas ?
18. What precautions to be taken while handling an HIV affected person ?
19. Describe the qualities need for a first aider.
20. Draw a fixture for 10 teams in knock out tournaments.
21. Write the components of health related physical fitness.
22. Explain any *two* meditative asanas .
23. Explain the need and importance of first aid in school curriculum.

(5 × 4 = 20 marks)

Part D

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

24. What are life style diseases ? Identify major life style diseases in Kerala. Describe preventive measures for any three life style diseases from among them.
25. Critically evaluate the status of physical education in Kerala schools and suggest measures for improving the same.

(1 × 10 = 10 marks)