B.Ed DEGREE (REGULAR / SUPPLEMENTARY) EXAMINATIONS, MARCH 2022

First Semester

ASSOCIATE COURSE - EDU106.11 - HEALTH AND PHYSICAL EDUCATION

2018 Admission Onwards

B8899156

Time: 2 Hours   Max. Marks : 50

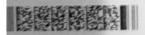## Part A

Answer all questions

Each question carries 1 mark.

1. What is Spiritual Health?

2. Mention any two Health Hazards.

3. Mention the types of diabetes.

4. How many calories of energy is produced from 1gm of carbohydrate?

5. What do you mean by 'RICE'?

6. What is artifical respiration?

7. List down the types of Elimination Tournament.

8. What is a Round Robin Tounament?

9. Name any two meditative asanas.

10. Name any two theraputic asanas.

$(10\times1 = 10)$

Part B

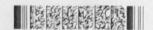*Answer any five questions in about half a page*

Each question carries 2 marks.

11. Define Physical Education.

12. What is the mode of transmission of Leptospirosis?

13. Enumerate the qualities of a first aider.

14. What are Cramps? Mention its causes.

15. Differentiate between cardiovascular endurance and muscular endurance.

16. Explain the concept of wellness.

$(5 \times 2 = 10)$

Part C

*Answer any **five** questions in about **one or two pages***

*Each question carries **4 marks**.*

17. Mention briefly the need and scope of Health Education in schools.

18. What is BMI? If your weight is 65 kg and height is 1.68m, calculate the BMI.

19. Explain the mode of transmission and prevention of AIDS.

20. Mention the essential components of balanced diet.

21. What is a Combination Tournament? List down the types of Combination Tournament and draw any one type of fixture of it.

22. Explain any two meditative asanas.

23. Describe the effect of exercise on respiratory system.

$(5 \times 4 = 20)$

Part D

*Answer any **one** question in about **three or four pages**.*

*Each question carries **10 marks**.*

24. What are hypokinetic diseases? Identify major hypokinetic diseases and describe any two from among them.

25. What is 'Seeding"? Draw a single knock-out fixture for 18 teams where 4 teams are seeded and calculate the number of 'bye's and number of matches?

$(1 \times 10 = 10)$