



230100034

QP CODE: 230100034

Reg No :

Name :

**B.Ed DEGREE REGULAR/REAPPEARANCE / MERCY CHANCE EXAMINATIONS,
JANUARY 2023**

First Semester

BACHELOR OF EDUCATION

ASSOCIATE COURSE - EDU106.11 - HEALTH AND PHYSICAL EDUCATION

2018 Admission Onwards

945875FD

Time: 2 Hours

Max. Marks : 50

Part A

Answer all questions

Each question carries 1 mark.

1. Mention any two importance of Health Education.
2. Mention any two objectives of Physical Education.
3. Which blood cell gives immunity to the body?
4. What are the componets of a balanced diet?
5. What is sprain?
6. Expand the term 'CPR' .
7. Mention different types of Tournament.
8. How many matches are there if 6 teams are participating in a Single Knock-out Tournament?
9. Name any two meditative asanas.
10. Name any two theraputic asanas.

(10×1 = 10)

Part B

Answer any five questions in about half a page

Each question carries 2 marks.

11. What is Social and Spiritual Health?
12. Mention any two methods for assessing obesity.
13. List the main factors affecting nutrients.
14. Suggest a suitable first aid that can be given for dislocation.
15. Differentiate between physical fitness and wellness.
16. Mention the organs involved in respiratory system.



(5×2 = 10)

Part C

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

Each question carries **4 marks**.

17. Write a short note on Health Hazards.
18. What are hypo-kinetic diseases? Explain the causes.
19. Explain the disease Dengue Fever in detail.
20. Describe the qualities needed for a first aider.
21. Differentiate between Single Elimination and a Single League Tournament. Calculate the number of matches under each type?
22. Explain the steps for performing Trikonasana and its advantages.
23. What is wellness? List the factors affecting wellness and means to attain it.

(5×4 = 20)

Part D

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

Each question carries **10 marks**.

24. Define Health Education. Explain the aims, objectives and importance of Health Education in Schools.
25. What is a Combination Tournament? Draw a fixture for various types of Combination Tournaments.

(1×10 = 10)