

**B.Ed. (CREDIT AND SEMESTER) DEGREE EXAMINATION
NOVEMBER 2015**

First Semester

Associate Course (Elective)

EDU 106.11—HEALTH AND PHYSICAL EDUCATION

[Regular (Two Year Course)—2015 Admission onwards]

Time : Two Hours

Maximum : 50 Marks

I. Answer *all* questions in one or two sentences each. Each question carries 1 mark :

- 1 Define Malnutrition.
- 2 What is cramp ?
- 3 List down the types of fitness.
- 4 Define sprain.
- 5 What do you mean by fracture ?
- 6 What is Xerophthalmia ?
- 7 What do you mean by RICE ?
- 8 List down the types of combination tournaments.
- 9 Define Health.
- 10 What is Osteoporosis ?

(10 × 1 = 10 marks)

II. Answer any *five* questions in two or three sentences. Each question carries 2 marks :

- 11 Define Balanced Diet.
- 12 What is Sun stroke ?
- 13 Describe Dyslipidemia.
- 14 What is hypertension ?
- 15 Define Pranayama.
- 16 What do you mean by Agility ?

(5 × 2 = 10 marks)

III. Answer any *five* questions in *a page*. Each question carries 4 marks :

- 17 What do you mean by Diabetes ? Explain the types of Diabetes.
- 18 Explain the importance of Yoga.

Turn over

- 19 Explain the first aid treatment for snake bite.
- 20 Describe the components of fitness.
- 21 Explain the diseases, hepatitis and Leptospirosis.
- 22 Explain the procedures of Dhanurasana and Sarvangasana.
- 23 Define Body Mass Index.

(5 × 4 = 20 marks)

IV. Answer any *one* question in about *three* pages. The question carries 10 marks :

- 24 Describe the need and significance of Physical Education in schools.
- 25 Draw a fixture of knockout cum league tournament for 40 teams.

(1 × 10 = 10 marks)