

F 7657

(Pages : 2)

Reg. No.....

Name.....

B.Ed. (CREDIT AND SEMESTER) DEGREE EXAMINATION, NOVEMBER 2017

First Semester

Associate Course

EDU 106.11—HEALTH AND PHYSICAL EDUCATION

(Two Year Course—2015 Admission onwards)

[Regular/Supplementary]

Time : Two Hours

Maximum : 50 Marks

Part A

Answer all questions.

Each carries 1 mark.

1. Which vitamin deficiency leads to loss of memory and paralysis ?
2. Name the building block of the human body.
3. What is stroke ?
4. Write the average weight of human heart.
5. Name the valve between left atrium and left ventricle.
6. How many calories are there in 1 gm of fat ?
7. How many bye will be given if 19 teams are participating in a knockout tournament ?
8. What is the average blood volume in an adult ?
9. Identify the main organ of circulatory system.
10. What is seeding ?

(10 × 1 = 10 marks)

Part B

Answer any five questions.

Each carries 2 marks.

11. Differentiate wellness and fitness.
12. What is diabetes? Mention its types ?
13. Draw a single league fixture with 10 teams.

Turn over

14. List the main factors affecting nutrition.
15. What are the major effects of exercise on circulatory system ?
16. Explain yoga.

(5 × 2 = 10 marks)

Part C

Answer any five questions.

Each carries 4 marks.

17. Define strength. Explain its types.
18. Mention the components of balanced diet.
19. Mention any three sports injuries and write its remedial measures.
20. Write a short note on various types of tournaments.
21. Describe meditative asanas.
22. Mention the causes and symptoms of Dengue fever.
23. What are the aims of physical education in schools ?

(5 × 4 = 20 marks)

Part D

Answer any one question.

The question carries 10 marks.

24. Describe the various Health education practices in Kerala schools and the relevance of it in Kerala educational context.
25. What are communicable diseases ? List out any four communicable diseases commonly found in our surroundings. Suggest suitable measures to prevent such diseases.

(1 × 10 = 10 marks)