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Name.....

Reg. No.....

**FOURTH SEMESTER B.Ed. DEGREE EXAMINATION, APRIL 2022**

B.Ed.

EDU 14.5—HEALTH AND PHYSICAL EDUCATION

(2017 Scheme)

Time : Two Hours

Maximum : 40 Marks

**Part A**

*Answer all questions.*

*Each question carries 1 mark.*

1. Write any *two* aims of Physical Education.
2. What is Nutrition?
3. What is Flexibility?
4. What do you mean by posture ?
5. How do you calculate BMI of a person ?
6. List down two postural deformities.

(6 × 1 = 6 marks)

**Part B**

*Answer all questions.*

*Each question carries 2 marks.*

7. Define physical fitness and list down the two types of physical fitness.
8. What are the causes of coronary artery diseases ?
9. What do you mean by aerobic exercises ? Give two examples.
10. List down any *four* life style diseases.

(4 × 2 = 8 marks)

**Turn over**

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**Part C**

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

11. Briefly explain the benefits of yoga.
12. Differentiate between muscular strength and muscular endurance. Suggest an activity for developing them.
13. Explain the importance of health education.
14. What are the causes and symptoms of diabetes ?
15. What is first aid ? Briefly explain the first aid procedure for heat stroke.
16. Explain different types of nutrients and its sources.

(4 × 4 = 16 marks)

**Part D**

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

17. Define Physical Education and explain its aims and objectives.
18. Differentiate between physical activity and exercise. Explain any *eight* health benefits of physical exercise.

(1 × 10 = 10 marks)