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(Pages : 2)

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Name.....

Reg. No.....

**FOURTH SEMESTER B.Ed. DEGREE EXAMINATION
APRIL 2023**

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* functions of fat.
2. What do you mean by type I diabetes ?
3. Which are known as fat soluble vitamins ?
4. What is cardio respiratory endurance ?
5. Suggest two examples for anaerobic activity.
6. What do you mean by Kyphosis ?

(6 × 1 = 6 marks)

Part B

Answer all questions.

Each question carries 2 marks.

7. What is the difference between micro and macro nutrients ?
8. Define physical fitness. List down the different types of fitness.
9. Write any *four* benefits of suryanamaskar.
10. List down the body types.

(4 × 2 = 8 marks)

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2

Part C

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

11. Explain the causes of back pain.
12. What are the importance of warm up and cool down ?
13. Explain the objectives of yoga.
14. Briefly explain any *four* components of health related physical fitness.
15. Explain the causes and symptoms of osteoporosis.
16. Describe any *four* bad postures.

(4 × 4 = 16 marks)

Part D

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

17. What do you mean by nutrition ? Explain the functions and sources of nutrients.
18. Define first aid. Explain the method of administering first aid for burns, fracture, wounds and drowning.

(1 × 10 = 10 marks)

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