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Name.....

Reg. No.....

FOURTH SEMESTER B.Ed. DEGREE EXAMINATION, APRIL 2024

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. What are aerobic exercises ?
2. What is Agility ?
3. Write any *two* fat soluble vitamins.
4. Define Health.
5. List down any *two* components of health related physical fitness.
6. What is Kyphosis ?

(6 × 1 = 6 marks)

Part B

Answer all questions.

Each question carries 2 marks.

7. Differentiate between muscular strength and muscular endurance.
8. What are the objectives of Physical Education ?
9. Write any *four* health benefits of physical exercises.
10. Suggest any *four* exercises to develop cardio respiratory endurance.

(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 importance of health education.
12. Define physical fitness. Briefly explain any three components of health related physical fitness.
13. Explain the causes and symptoms of obesity.
14. What is first aid ? Briefly explain the first aid procedure for drowning.
15. Explain the objectives of yoga.
16. Explain pranayama and its benefits.

(4 × 4 = 16 marks)

Part D

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

17. What is Nutrition ? Explain the functions and sources of different types of nutrients.
18. What is Posture ? What are the causes of bad posture ? Explain common bad postures.

(1 × 10 = 10 marks)

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