



C 81510

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Name.....

Reg. No.....

FOURTH SEMESTER B.Ed. DEGREE EXAMINATION, APRIL 2020

B.Ed.

EDU 14.5—HEALTH AND PHYSICAL EDUCATION ✓

Time : Two Hours

Maximum : 40 Marks

Part A

Answer all questions.

Each question carries 1 mark.

1. Define Health Education.
2. What is Xerophthalmia?
3. What is blood pressure?
4. Write any two functions of fat.
5. How many calories are there in 1 gm of fat?
6. What is BMI?

(6 × 1 = 6 marks)

Part B

Answer all questions.

Each question carries 2 marks.

7. Why warming up is important in physical activities?
8. Write the first aid for wounds.
9. What is scoliosis?
10. What are the functions and sources of Vitamin A?

(4 × 2 = 8 marks)

Part C

Answer any four questions.

Each question carries 4 marks.

11. What is fracture? Explain the types and first aid for fracture.
12. What are hypokinetic diseases? Explain the causes of hypokinetic diseases.
13. Explain any three meditative asanas.
14. What is the scope of physical education in the present context?

Turn over

15. Explain the need and importance of good posture.
16. What is malnutrition and explain its causes? -

(4 × 4 = 16 marks)

Part D

Answer any one question.

The question carries 10 marks.

17. "Health is multi-dimensional." Discuss. Explain the importance of health education in school curriculum.
18. Define physical fitness. What are the types of physical fitness? Explain each components in detail.

(1 × 10 = 10 marks)