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FOURTH SEMESTER B.Ed. DEGREE EXAMINATION, APRIL 2020

B.Ed.

EDU 14.5—HEALTH AND PHYSICAL EDUCATION '

Time: Two Hours

C 81510

Maximum: 40 Marks

Part A

Answer all questions.

Each question carries 1 mark.

- 1. Define Health Education.
- 2. What is Xeropthalmia?
- 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?

 $(6 \times 1 = 6 \text{ marks})$

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?

 $(4 \times 2 = 8 \text{ marks})$

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?

 $(4 \times 4 = 16 \text{ marks})$

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.

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