



C 1546

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Name.....

Reg. No.....

**FOURTH SEMESTER B.Ed. (TWO YEAR) DEGREE EXAMINATION
APRIL 2021**

B.Ed.

EDU 14.5—HEALTH AND PHYSICAL EDUCATION

(2017 Admissions)

Time : Two Hours

Maximum : 40 Weightage

Part A

Answer all questions.

Each question carries 1 weightage.

1. Define Health.
2. What is a balanced diet ?
3. Mention any two qualities of a first aider.
4. Name the disease caused by the deficiency of Vitamin C.
5. What is BMI ? How it is calculated ?
6. Who is the father of Yoga ?

(6 × 1 = 6 weightage)

Part B

Answer all questions.

Each question carries 2 weightage.

7. What is heat stroke ?
8. What is Pranayama ?
9. Define Strength.
10. What is recreation ?

(4 × 2 = 8 weightage)

Part C

Answer any four questions.

Each question carries 4 weightage.

11. What is CPR ? Explain the steps involved in CPR.
12. Explain the causes and methods for controlling obesity.
13. Briefly explain common postural deformities.
14. Explain the components of health related physical fitness.

Turn over

15. What is the significance of warming up ?
16. Explain the role of Yoga in modern society.

(4 × 4 = 16 weightage)

Part D

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

17. Physical Education should be made compulsory in schools—Justify.
18. What are the fundamental factors in a diet ? Briefly explain each factor.

(1 × 10 = 10 weightage)