



K25U 2723

Reg. No. :

Name :

V Semester B.A./B.A. Afsal-Ul-Ulama/B.Sc./B.Com./B.T.T.M./B.B.A./B.B.A.
– T.T.M./B.B.A. – A.H./B.C.A./B.S.W./ B.M.C. Degree (C.B.C.S.S. – O.B.E. –
Regular/Supplementary/Improvement) Examination, November 2025
(2019 to 2023 Admissions)

Generic Elective Course

5D01PED : HEALTH AND PHYSICAL EDUCATION

Time : 2 Hours

Max. Marks : 20

PART – A

Answer all questions.

(6×1=6)

Describe the following.

1. Muscular strength.
2. CPR.
3. Balanced diet.
4. Sprain.
5. Kyphosis.
6. Nutrition.

PART – B

Answer any 4 questions.

(4×2=8)

7. Discuss the need and importance of Physical Education in daily life.
8. Explain the difference between intramural and extramural competitions.
9. Explain the health benefits of yoga practice in stress management.

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10. Differentiate between aerobic and anaerobic exercises with examples.
11. Explain the role of dietary and exercise interventions in preventing hypo-kinetic diseases.
12. Write short notes on postural deformities (Kyphosis, Lordosis, Scoliosis).

PART – C

Answer any 1 question.

(1×6=6)

13. Define First Aid. Explain its aims, principles and the ABC of First Aid.
14. Discuss the meaning of health and explain the major factors affecting it.