



23301789

QP CODE: 23301789

Reg No :

Name :

**B.Ed DEGREE REGULAR / REAPPEARANCE / MERCY CHANCE EXAMINATIONS,
NOVEMBER 2023**

First Semester

BACHELOR OF EDUCATION

ASSOCIATE COURSE - EDU106.11 - HEALTH AND PHYSICAL EDUCATION

2018 Admission Onwards

D9F44376

Time: 2 Hours

Max. Marks : 50

Part A

Answer all questions

Each question carries 1 mark.

1. List any two objectives of Health Education.
2. List any two aims of Physical Education.
3. Write the expansion of ELISA.
4. What is Nutrition?
5. Give two examples of a balanced diet.
6. Mention any two common injuries.
7. Calculate the number of teams in the upper half and lower half where there is 17 teams in a knock-out tournament?
8. Calculate the number of matches in a single knock-out fixture of 19 teams.
9. Name any two meditative asanas.
10. Name any two therapeutic asanas.

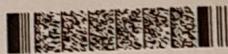
(10×1=10)

Part B

Answer any five questions in about half a page

Each question carries 2 marks.

11. Differentiate between Emotional Health and Mental Health.
12. How can we control diabetes?



13. What are the different types of Fractures?
14. What is CPR?
15. What are the importance of ashtanga yoga?
16. What is the difference between stroke volume and cardiac output?

(5×2=10)

Part C

Answer any **five** questions in about **one or two** pages

Each question carries **4** marks.

17. Physical Education plays a major role in the field of Education - Justify.
18. What is BMI? If your weight is 65 kg and height is 1.68m, calculate the BMI.
19. Describe the disease Leptospirosis.
20. Explain the need and importance of first aid in school curriculum.
21. Distinguish between Single Knock-out and Single League and draw a fixture under each type consisting of '6' teams..
22. Define strength. Explain its types.
23. What is wellness? List the factors affecting wellness and means to attain it.

(5×4=20)

Part D

Answer any **one** question in about **three or four** pages.

Each question carries **10** marks.

24. Define Health Hazards. Highlight its evil effects on our Society.
25. What is a 'Bye'? Draw a single knock-out fixture for 21 teams where 4 teams are seeded and calculate the number of 'bye's and number of matches.

(1×10=10)

