BEDC44(3)

**N.V.K.S.D. COLLEGE OF EDUCATION**

**(AUTONOMOUS)**

**B.Ed. Degree Fourth Semester Examination, May 2023**

**(For the candidates admitted during the academic year 2021-2022)**

**Elective Course: HEALTH AND PHYSICAL EDUCATION**

**Course code: BED4EC004**

**Time: 3 Hours Maximum Marks: 70**

**SECTION A (10 x 1 = 10 marks)**

**Answer ALL the questions by selecting the appropriate answers.**

1. Intramural competition is conducted

a) Within an institution b) Outside of the institution

c) Between Colleges d) Between Universities

kjpyf Nghl;b elj;jg;gLtJ

m) xU epWtdj;jpw;Fs; M) epWtdj;jpw;F ntspNa

,) fy;Y}hpfSf;F ,ilapy; <) gy;fiyf;fofq;fSf;F ,ilapy;

1. The formula to find out the number of matches in a single knock-out tournament is

a) (n-1)/2 b) n+1/2 c) n(n-1)/2 d) n-1

xU ePf;F Kiw ge;jaj;jpy;; Nghl;bfspd; vz;zpf;ifia f;fz;lwpAk; #j;jpuk;

m) (n-1)/2 M) n+1/2 ,) (n-1)/2 <) n-1

1. A method of imparting health service is by conducting

a) Health weeks b) Health appraisal

c) Medical wing d) Lecture on health

cly; eyk; rhh;e;j Nritia toq;Ftjw;f;fhf gpd;gw;Wk; eilKiw

m) cly; ey thuq;fs; M) cly; ey kjpg;gPL

,) kUj;Jtg; gphpT <) cly; eyk;; gw;wpa tphpTiu

1. The effect of exercise on the circulatory system is

a) Increase the rate of recovery b) Increase tidal volume

c) Increase bone density d) Increase breath rate

Rw;Nwhl;l mikg;gpy; clw;gapw;rpapd; tpisTfs;

m) kPl;G tpfpjj;ij mjpfhpf;fTk; M) miy msit mjpfhpf;fTk;

,) vYk;G mlh;j;jpia mjpfhpf;f <) Rthr tpfpjj;ij mjpfhpf;fTk;

1. The increase in inward curvature of the lumbar spine is

a) Kyphosis b) Scoliosis c) Lordosis d) Flat foot

,Lg;G KJnfYk;gpd; cs;Nehf;fpa tisT mjpfhpj;jy; vd;gJ

m) ifNghrp]; M) ];NfhypNahrp];

,) yhh;Nlhrp]; <) jl;ilahd ghjq;fs;

1. Scraping the skin against a hard surface is

a) Abrasion b) Avulsion c) Incision d) Laceration

fbdkhd Nkw;gug;gpy; Njhiy curpj;Nja;j;jy;

m) rpuha;g;G M) mty;\d; ,) fPwy; <) rpijT

1. One gram of fat produces

a) 4.1 calories of heat b) 4.9 calories of heat

c) 7.8 calories of heat d) 9.3 calories of heat

xU fpuhk; nfhOg;G cw;gj;jp nra;fpw ntg;gk;

m) 4.1 fNyhhpfs; M) 4.9 fNyhhpfs;

,) 7.8 fNyhhpfs; <) 9.3 fNyhhpfs;

1. Deficiency syndrome of vitamin D is

a) Beriberi b) Dermatitis c) Rickets d) Antioxidant

itl;lkpd; b Fiwghl;bd; Neha;f;Fwp

m) nghpnghp M) Njhy ;mow;rp ,) hpf;nfl;]; <) Mf;]p[Ndw;wk;

1. The normal range of blood pressure is

a) 100/70 mm Hg b) 130/90 mm Hg c) 120/80 mm Hg d) 140/90 mm Hg

,uj;j mOj;jj;jpd; rhjhuz tuk;G

m) 100/70 mm Hg M)130/90 mm Hg

,) 120/80 mm Hg <) 140/90 mm Hg

1. The incubation period of typhoid fever is between

a) 21-25 days b) 5-9 days c) 10-14 days d) 3-5 days

ilgha;L fha;r;rypd; milfhf;Fk; fhyk; vd;gJ

m) 21-25 ehl;fs; M) 5-9 ehl;fs; ,) 10-14 ehl;fs; <) 3-5 ehl;fs;

**SECTION B (10 x 2 = 20 marks)**

**Answer any TEN questions in about 50 words each.**

1. Define physical education.

clw; fy;tp - tiuaWf;fTk;.

1. List out the various methods for teaching physical activities.

cly; nray;ghLfs; fw;gpg;gjw;fhd gy;NtW Kiwfisg; gl;baypLq;fs;.

1. Explain extramural competition with the help of examples.

Gwk;ghd Nghl;bia vLj;Jf;fhl;Lfspd; cjtpAld; tpsf;fTk;.

1. Bring out the importance of hygiene in our day to day life.

ekJ md;whl tho;tpy; Rfhjhuj;jpd; Kf;fpaj;Jtj;ij ntspf; nfhzh;f.

1. What is health education?

cly; eyf;; fy;tp vd;why; vd;d?

1. Differentiate between micro and macro nutrients.

ikf;Nuh kw;Wk; Nkf;Nuh Cl;lr;rj;Jf;fis NtWgLj;Jq;fs;;;.

1. State the importance of knowledge of First Aid in our life.

ekJ tho;tpy; KjYjtp gw;wpa mwptpd; Kf;fpaj;Jtj;ij $Wf.

1. Write the safety measures to be followed in a playfield.

tpisahl;L ikjhdj;jpy;; filgpbf;f Ntz;ba ghJfhg;Gfis vOJf.

1. What is malnutrition?

Cl;lr;rj;J FiwghL vd;why; vd;d?

1. Enlist the importance of balanced diet.

rhptpfpj cztpd; Kf;fpaj;Jtj;ij gl;baypLq;fs;.

1. What is communicable disease?

njhw;W Neha; vd;why; vd;d?

1. Mention the symptoms of ulcer.

my;rhpd; mwpFwpfisf; Fwpg;gplTk;.

**SECTION C (4 x 5 = 20 marks)**

**Answer any FOUR questions in about 200 words each.**

1. Draw a single knock-out fixture for 13 teams.

13 mzpfSf;fhd xU ePf;F Kiw Nghl;bapd; ml;ltizia tiuaTk;.

1. Analyse the effect of exercise on digestive and nervous system.

nrhpkhd kw;Wk; euk;G kz;ly mikg;gpy; clw;gapw;rpapd; tpisit gFg;gha;T nra;f.

1. Give details of common sports injuries and their management.

nghJthd tpisahl;L fhaq;fs; kw;Wk; mtw;wpd; Nkyhz;ik gw;wpa tptuq;fis toq;fTk;.

1. Prepare a diet chart for obesity and underweight.

cly; gUkd; kw;Wk; Fiwe;j vilf;fhd czT ml;ltiziaj; jahhpf;fTk;.

1. How hypertension and diabetes are managed?

cah; ,uj;j mOj;jk; kw;Wk; ePhpopT vt;thW Nkyhz;ik nra;ag;gLfpwJ?

1. Explain the aims of health education in school.

gs;spapy; cly; eyf; fy;tpapd; Nehf;fq;fis tpsf;Ff.

**SECTION D (2 x 10 = 20 marks)**

**Answer BOTH the questions in about 500 words each.**

1. a) Elaborate the components and benefits of physical fitness.

clw; jFjpapd; $Wfs; kw;Wk; gad;fs; gw;wp tphpthff; $Wq;fs;.

(or)

b) Explain the various methods of imparting health education in school.

gs;spapy; cly; eyf; fy;tpia toq;Ftjw;fhd gy;NtW Kiwfis tpsf;fTk;.

1. a) Define posture and explain the common postural deformities.

Njhuizia tiuaWj;J> nghJthd Njhuiz FiwghLfis tpsf;Ff.

(or)

b) Explain the causes, symptoms and preventive measures for the following communicable diseases.

i) Malaria ii) Diarrhoea iii) Tuberculosis

fPo; Fwpg;gplg;gl;Ls;s njhw;W Neha;fSf;fhd fhuzq;fs;> mwpFwpfs; kw;Wk; jLg;G eltbf;iffis tpsf;Fq;fs;.

i) kNyhpah ii) tapw;Wg;Nghf;F iii) fhrNeha;