





## PART – B

Answer **any six** questions in **one** or **two** sentences. **Each** question carries a weightage of **one**.

1. Define Health.
2. What is balanced diet ?
3. What are the components of physical fitness ?
4. What are the principles of first aid ?
5. Sports activities promote social wellbeing. How ?
6. List any four objectives of Physical Education.
7. What are micro nutrients ? Give examples.
8. What is hypertrophy of muscles ?
9. Name any four postural deformities.
10. What is vital capacity ? (6×1=6 W)

## PART – C

Answer **any four** questions. **Each** question carries a weightage of **two**.

1. What are the health benefits of physical exercise ?
2. Write short note on posture.
3. What are the functions of blood ?
4. What are the different techniques of relaxation ?
5. Define balanced diet and explain the nutrients in diet.
6. Explain the need and importance of physical education in curriculum.



7. Suggest a first aid treatment for a fracture.

8. Explain Basal Metabolic Rate (BMR) .

(4×2=8 W)

PART – D

Answer **any one** question from **three** essays, which carries a weightage of **four**.

1. Sports and socialization.

2. List various systems of our body and briefly explain the effect of exercise on any two of them.

3. What are Hypokinetic diseases ? Name any of this and explain its prevention and management.

(1×4=4 W)

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