

**FIFTH SEMESTER (INTEGRATED) P.G. DEGREE [REGULAR]  
EXAMINATION, NOVEMBER 2022**

M.Sc. Psychology

PEN5D03—PHYSICAL ACTIVITY, HEALTH AND WELLNESS

(For 2020 Admission only)

Time : Two Hours

Maximum : 60 Marks

**Part A (Short Answer Type Questions)**

*All questions can be attended.*

*Each question carries 2 marks.*

*Overall Ceiling 20.*

1. Define WHO's definition of health.
2. What is wellness ?
3. List the benefits of Exercises.
4. Which exercise you prescribe for improving Aerobic Endurance ?
5. Formula for calculating BMI.
6. What is yoga ?
7. What is Hypertension ?
8. Define Stress.
9. Write a note on Arthritis.
10. Define Pranayana.
11. Write the meaning of Cosmetic Fitness.
12. Write a note on Fitness Balance.

**Part B (Short Essay/Paragraph Type Questions)**

*All questions may be answered.*

*Each question carries 5 marks.*

*Overall Ceiling 30.*

1. Differentiate between Aerobic and Anaerobic activities.
2. Describe Osteoporosis.
3. What are the aims and objectives of Physical Education ?

**Turn over**

4. What are the First Aid measures for snake bite ?
5. What are the *eight* limbs of Ashtanga Yoga ?
6. What is Strain. How will you manage Strain ?
7. Write a note on Waist to Hip ration ?

**Part C (Essay Type Questions)**

*Answer any one question.*

*The question carries 10 marks.*

1. Explain in detail about any *three* sitting Asanas and its effects.
2. What are the various Hypokinetic diseases ? Write the management of these diseases.

$(1 \times 10 = 10 \text{ marks})$