D 113444   (Pages : 2)   Name..

Reg. No....................................

FIRST SEMESTER (CUFYUGP) DEGREE EXAMINATION
NOVEMBER 2024

Physical Education

PEN 1FM 105 (2)—LIFESTYLE DISEASE AND PHYSICAL ACTIVITY

(2024 Admission onwards)

Time : One Hour and a Half   Maximum : 50 Marks

Section A

All questions can be answered.
Each question carries 2 *marks.*
Ceiling 16 *marks.*

1. Define Obesity.

2. Write a short note on Hypertension.

3. Explain the role of blood pressure in health monitoring.

4. Explain the importance of sleep in a healthy lifestyle.

5. Define Asanas.

6. Write a short note on Basal Metabolic Rate (BMR).

7. Describe Diabetes.

8. Analyse risk factors of stress.

9. Specify coordination in physical fitness.

10. RHR (Resting Heart Rate).

Section B

All questions can be answered.
Each question carries 6 *marks.*
Ceiling 24 *marks.*

11. Identify and explain coronary heart disease's causes and risk factors.

12. Elucidate how depression affects physical health.

Turn over

13. Expound types of exercises for improving strength and endurance.

14. Discuss the importance of micronutrients in the diet.

15. Define and explain the significance of vital signs like respiratory and pulse rates.

Section C

Answer any **one** *question.*
The question carries 10 *marks.*

16. Examine the impact of diet and exercise on diabetes prevention and treatment. Consider how nutritional choices and physical activities contribute to both averting the onset of diabetes and effectively managing the condition in those already diagnosed.

17. Examine the significance of resistance and equilibrium training in contributing to comprehensive physical well-being. Consider how these exercises are crucial in developing muscular strength, enhancing stability, and improving overall fitness levels. Analyse the potential benefits of incorporating such activities into a regular exercise regimen and their impact on various physical health and performance aspects.

(1 × 10 = 10 marks)