

School of Liberal Arts

Applied Psychology

ETE - Jun 2023

Time : 3 Hours

Marks : 100

Sem IV - L1UB420T - Physical Education and Yoga

Your answer should be specific to the question asked

Draw neat labeled diagrams wherever necessary

1. Explain the Management of obesity. K2 CO1 (5)
2. What do you understand by the term Wellness? K2 CO1 (5)
3. Explain Traditional Games in Physical Education. K2 CO1 (5)
4. Explain the procedure of Tadasana contradiction and benefits. K3 CO3 (10)
5. Analyze the term Yoga. Write the importance of Yoga. K2 CO2 (10)
6. Demonstrate the meaning of the term Lifestyle. Explain the importance of Lifestyle. K3 CO3 (10)
7. Develop the uses of Anulom, Vilom. Write down the benefits of it. K3 CO3 (10)

OR

- Develop the difference between Deep Breathing and Pranayama. K3 CO3 (10)
8. List down the various Traditional Games of India. Write down the benefits of playing Traditional Games. K4 CO4 (15)
 9. What is Physical Fitness? Explain the components of Physical Fitness. K4 CO2 (15)
 10. Examine the term Recreation. Explain the scope of Recreation. K5 CO4 (15)

OR

- Examine the term Aerobics. Explain the importance of doing Aerobics. K5 CO4 (15)