

SRI RAAJA RAAJAN COLLEGE OF EDUCATION
SRI RAAJA RAAJAN COLLEGE OF EDUCATION FOR WOMEN
B.ED II YEAR - SEMESTER- IV
YOGA, HEALTH AND PHYSICAL EDUCATION - QUESTION BANK

UNIT- I (YOGA & ASANAS)

5 Marks

1. Define the meaning and the concept of yoga.
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2. What are the aims and Objectives of yoga.
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3. Mention the benefits of yoga.
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4. Define the meaning of asanas.
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5. Write any two classifications of asanas.
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6. Explain meditative asanas.
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7. Answer in detail 8 Limbs of yoga.
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8. What are the guidelines for practicing yoga?
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9. Mention the psychological and therapeutic benefits of yoga.
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10. Write the sitting and Standing Asanas and its benefits.
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11. Describe with twisting and a lying asanas.
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12. Explain in detail 12 stages of surya namaskar and its benefits.
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UNIT- II (HEALTH AND SAFETY EDUCATION)

13. Define the meaning and aims of Health Education.

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14. What are the objectives of Health Education?

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15. Mention the scope of Health Education.

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16. What are the health instruction given in schools?

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17. Explain Health Supervision.

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18. What is meant by First Aid?

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19. Mention the need and importance of First Aid?

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20. What are the qualities of First Aid?

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21. Explain any two Safety at Home.

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22. What are the Safety steps you have taken while playing in the playground?

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23. What are the methods of important health education in schools?

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24. Mention the Principles of a First Aid.

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25. Discuss any four common accidents and the first aid for the same.

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26. Discuss the various aspects of safety measures that are to be taken at school.

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UNIT- III (COMMUNICABLE DISEASES LIFESTYLE DISORDER AND NUTRITION)

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27. Define communicable diseases.

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28. What are the causes and risk factors of Cholera ?

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29. Mention the symptoms of malaria and its risk factors.

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30. Typhoid is a Communicable diseases discuss.

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31. Mention the causes and symptoms of diabetes.

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32. Why obesity is a considered as a Lifestyle disorder?

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33. Why most People are affected by ulcer?

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34. Define nutrition under and Write importance of Nutrition.

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35. What is Balance Diet?

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36. Explain Food Pyramid.

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37. Mention the functions and the sources of minerals and water.

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38. Why carbohydrates important for human being?

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39. What is COVID? Explain its causes, modes of spread, symptoms, risk factors, treatment and management.

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40. What is AIDS? Explain its causes, symptoms, risk factors and its prevention?

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41. Explain the causes, symptoms and risk factors, prevention of malaria and diarrhoea.

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42. What are the reasons for hypertension?

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43. What are the Reasons, causes, symptoms and risk factors of Heart Attack?

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44. Mention the types of Diabetes.

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45. Explain food groups and food values.

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46. Explain the composition, sources and functions of proteins and fats.

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47. Describe the types of vitamins.

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UNIT- IV (PHYSICAL EDUCATION AND PHYSICAL EXERCISE)

5 Marks

48. What is the meaning and definition of Physical Education?

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49. What is the Aim of Physical Education?

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50. Mention the scope and need of physical education?

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51. What is the importance of Physical Education?

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52. What are the effects of physical exercises on circulatory system?

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53. Differentiate aerobics and an aerobic exercises.

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54. Mention the need and importance of aerobic exercises.

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55. What are the effects of physical exercises on muscular system?

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56. Describe respiratory system.

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57. Define Physical Education. Briefly explain the objectives of Physical Education.

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58. Define Physical Fitness and Explain how it is related to health components.

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59. Briefly explain Digestive System.

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60. Explain the nervous system in the human body under the effects of physical exercise on it.

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UNIT-V (ORGANISING COMPETITIONS)

5 Marks

61. Define intramural and extramural competitions.

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62. How will you organise sports meet ?

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63. What is standard tournament?

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64. Differentiate standard and non standard tournaments?

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65. Mention the merits and demerits of single league and single knockout tournaments?

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66. Prepare drawing fixtures for tournament.

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67. Briefly explain how to organise a non standard sports meet.

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68. Briefly explain how to organise a standard sports meet.

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69. Explain the procedures for drawing fixtures for even number and odd number of teams in tabular method of a single league tournament.

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70. Briefly Explain knockout and league of Round Robin Tournament.

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Hard Work Never Fails

All the best

Prepared By

Dr.KR.BALASUNDARI.M.Sc.,M.Ed.,SET., Ph.D