

OCTOBER 2013

U/ID 14833/UCAK

---

Time : Three hours

Maximum : 100 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 50 words.

Write short notes on :

1. Health education.
2. Stress.
3. Meditation.
4. Communicable Disease.
5. Fitness.
6. Malaria.
7. Personal Hygiene.
8. Co-ordination.
9. Strength.
10. Agility.

PART B — (5 × 6 = 30 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 250 words.

11. (a) Describe the different types of stress.

Or

(b) Describe the meaning and scope of mental health.

12. (a) Write down the role of yoga in the cultivation of emotional well being.

Or

(b) Describe “positive mental health”.

13. (a) Explain the meaning of health.

Or

(b) Describe the method of prevention of diseases.

14. (a) Explain the factors influencing health.

Or

(b) Describe the causes and symptoms of cholera.

15. (a) Describe health related physical fitness.

Or

(b) Describe benefits of physical fitness.

PART C — (5 × 10 = 50 marks)

Answer ALL questions.

All questions carry equal marks.

Each answer should not exceed 500 words.

16. (a) Describe in detail about the methods to reduce stress.

Or

(b) Describe the role of meditation for healthy living.

17. (a) Explain the role of yoga in the cultivation of mental peace.

Or

(b) Describe the importance of yoga in day today life.

18. (a) Describe the mode of transmission of diseases.

Or

(b) Describe the different types of diseases.

19. (a) Describe about any two communicable diseases.

Or

(b) Describe the causes and symptoms for any two non-communicable diseases.

20. (a) Describe the concepts of performance related physical fitness.

Or

(b) Describe the components of physical fitness.

---