

**A-10228**

**Sub. Code**

**6BPEA1**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &  
Supplementary/Improvement/Arrear Examinations**

**Physical Education**

**Allied — YOGA AND FITNESS EDUCATION**

**(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** the questions.

1. Explain meaning of Asanas.
2. Explain Savasana.
3. Explain Yoga mudra.
4. Explain benefits of Sirshasana.
5. What is vaman Dhauti?
6. Explain Jala neti.
7. Explain meaning of Physical fitness.
8. Explain importance of exercise.
9. Explain importance of physical fitness.
10. Explain Exercises.

**Part B**

(5 × 5 = 25)

Answer **all** the questions.

11. (a) Explain aim and objectives of yoga.

Or

- (b) Explain meditative asanas.

12. (a) Explain benefits of asanas.

Or

- (b) Explain suryanamaskar and its benefits.

13. (a) Describe benefits of Neti.

Or

- (b) Explain benefits of Kriyas.

14. (a) Explain definition and meaning of Physical fitness.

Or

- (b) Explain values of Physical fitness.

15. (a) Explain Athletic related physical fitness.

Or

- (b) Explain factors influencing fitness.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain eight limbs Yoga in brief

17. Explain techniques of Bhujangasana, Dhanurasana and Halasana.

18. Explain different types of Pranayama practices.
  19. Briefly explain relevance of exercise and physical fitness.
  20. Explain components of Health related Physical fitness.
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