

<b>A-9002</b>
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<b>Sub. Code</b>
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<b>6BPEA1</b>
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**B.Sc.DEGREE EXAMINATION, NOVEMBER 2019**

**Physical Education**

**Allied-YOGA AND FITNESS EDUCATION**

**(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

**(10 × 2 = 20)**

Answer **all** questions.

1. What is yoga?
2. Meaning of pranayama.
3. Meaning of halasana.
4. List any two cultural asana.
5. Meaning of kriyas.
6. List any two benefits of dhauthi.
7. Define physical fitness.
8. Meaning of exercise.
9. What is training?
10. What is fitness?

**Part B**

**(5 × 5 = 25)**

Answer **all** questions.

11. (a) Briefly explain the aims and objectives of yoga

Or

- (b) Explain the principles of practicing asana.

12. (a) Explain the methods and benefits of salabhasana.  
Or  
(b) Explain the methods and benefits of sirshasan
13. (a) Explain the methods and benefits of kaphalabhathi  
Or  
(b) Explain the methods and benefits of vastra dhouthi
14. (a) Explain the brief historical relevance of exercise and physical fitness.  
Or  
(b) Explain the values of physical fitness.
15. (a) Briefly explain the relationship between fitness and exercise.  
Or  
(b) Briefly explain the influence of diet and exercise on fitness.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Enumerate ashtanga yoga patanjalai eight limbs of yoga.
17. Explain the steps and techniques of suryanamaskar.
18. Enumerate the methods and benefits of any two pranayama.
19. Explain the future challenges, strategies for increasing physical fitness in India.
20. Explain the components of athletic related physical fitness.