DECEMBER 2024 **U/ID 22195/UNG3A**

Time : Three hours Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions each in 30 words.

1. From where is the word "Asana" derived? What is its meaning?

2. By whom and when was the term Naturopathy coined? Write its meaning.

3. Define Obesity.

4. Expand CHD and CVD.

5. What does Hypertension mean?

6. What is Bronchial Asthma?

7. Define Stress.

8. What is Type I Diabetes?

9. Define Agility.

10. What are the five exercises for cardiovascular endurance?

11. What is Arrhythmia?

12. What does Chronic Stress refer to?

PART B — ($5 \times 5 = 25$ marks)

Answer any FIVE questions each in 200 words.

13. In what ways do Asanas improve physical health?

14. What are the effects of lack of Physical activity?

15. Describe the symptoms of an insect sting allergy.

16. Discuss the ways through which infections are spread.

17. Explain the meaning and types of Hypertension.

18. Why is Muscular Strength important for health?

19. Examine the principles of Naturopathy.

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions each in 500 words.

20. Elucidate upon the various components of Physical Fitness.

21. Examine the risk factors associated with Coronary Heart Disease.

22. Explain in detail about the various types and causes of Infections.

23. What are the different kinds of exercises required to improve Muscular Endurance?

24. Throw light upon the various types of Cardiovascular diseases.

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