

**Avinashilingam Institute for Home Science and Higher Education For Women  
Coimbatore – 641 043.**

**Continuous Internal Assessment Test II - March 2019**

**Semester II**

Class : I M.Ed.

Major: Education

Max. Marks: 45

Time: 2 Hrs.

**18MEDC07 – Yoga and Health Education**

Course Outcomes :

- CO1: learn good health habits and health Services.
- CO2: create awareness on the need and importance of physical education
- CO3: implement difference methods of learning and teaching physical activities
- CO4: learn Basic Skills, Rules and Regulations of few Games
- CO5: emerge as the best yoga practitioner as well as yoga trainer

**Part – A**

**6 x ½ = 3**

**Answer the following**

**Choose the correct answer**

1. One of the following is not a dimension of health  
a. Economic sufficiency      b. Social aspect      CO1    K3  
c. Physical aspect            d. Mental aspect
2. Who is believed to be the Father of Yoga?  
a. Krishnamacharya            b. Gautam Buddha      CO1    KI  
c. Maharishi Patanjali        d. Adi Shankaracharya
3. “A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” This definition of health was stated by  
a. WHO                            b. UNICEF                    c. UNO                        d. NCERT      CO1    KI
4. The teacher can begin to incorporate yoga techniques in teaching to reduce  
a. Mental stress                    b. Physical illness      CO5    K3  
c. Psychological problems      d. Physical, mental and social health
5. Training in the development of and care for the human body is called  
a. Physical education            b. Yoga Education      CO2    K3  
c. Health Education              d. Nutrition Education
6. The most obvious similarity between sport and Physical Education is that both involve  
a. economic activity              b. mental activity      CO3    K3  
c. physical activity                d. Intellectual activity

**Part – B**

**3 x 4 = 12**

**Answer all the questions**

**Each answer should not exceed 200 words or one page**

7. a. Discuss the meaning of “Positive Health”      CO1    K4  
(or)
7. b. Mention any four criteria of health      CO1    K2
8. a. How far is one individual responsible for his/her own health status?      CO2    K3  
(or)
8. b. Physical Education can make oneself a healthy personality – justify the statement      CO2    K4
9. a. Superior mental health is essential for a person to become a healthy personality?      CO2    K4  
(or)
9. How far Yoga be treated as a therapy?      CO3    K4  
(or)

**Part – C**

**3 x 10 = 30**

**Each answer should not exceed 600 words or three pages**

- 10 a. Draw a concept map denoting the various dimensions of health and explain it      CO1    K5
- 10 b. Explain the important yardsticks of health      CO1    K3  
(or)
- 11 a. Explain the characteristics of a healthy personality      CO1    K3

(or)

11 b. How is Physical Education and concept of Healthy Personality inter related CO2 K3

12 a. Do you agree that there is relationship between Yoga and health? Justify your answer CO5 K4

(or)

12 b. How does Yoga integrate our body and mind resulting in wholesome development? CO5 K3

E = K x 2

K1 100

K2 100

K3 100

K4 100

K5 200

K6 200

K7 200

K8 = K x 2

K9 100

K10 100

K11 200

K12 200

K13 200

K14 200

K15 = K x 2

K16 100

K17 100

K18 100

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