

**Avinashilingam Institute for Home Science and Higher Education for Women
Coimbatore 641043**

**Continuous Internal Assessment Test I –April 2021
Semester II**

Class: I M.Ed.
Major: Education

Time: 2 hours
Marks: 30

20MEDC07 – 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 1 = 6

Answer all questions

(Multiple choice questions)

1. One of the following is not a dimension of health CO1 K2
a. Economic sufficiency b. Social aspect
c. Physical aspect d. Mental aspect
2. Who is believed to be the Father of Yoga? CO5 K1
a. Krishnamacharya b. Gautam Buddha
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 CO1 K1
a.WHO b. UNICEF c. UNO d. NCERT
4. The teacher can incorporate yoga techniques in teaching to reduce CO5 K3
a. Mental stress b. Physical illness
c. Physiological problems d. Physical, mental and social health
5. Training in the development of and care for the human body is called CO3 K1
a. Physical education b. Yoga education
c. Healthy education d. Nutrition education
6. The most obvious similarity between sport and physical education is that both involve CO2 K2
a. economic activity b. mental activity
c. physical activity d. intellectual activity

PART – B

2 x 6= 12

Answer any two questions

(2 out of 4 Questions)

Answer should not exceed 400 words

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| 7. Discuss the meaning of "Positive Health". | CO1 K2 |
| 8. How far is one individual responsible for his/ her own health status? | CO1 K3 |
| 9. Physical education can make oneself a healthy personality- justify the statement. | CO2 K4 |
| 10. How far Yoga be treated as a therapy? | CO5 K4 |

PART – C

1 x 12 = 12

Answer any one question

(1 out of 2 Questions)

Answer should not exceed 800 words

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| 11. Draw a concept map denoting the various dimensions of health and explain it. | CO1 K3 |
| 12. Explain the characteristics of a healthy personality. | C02 K2 |