

**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION
FOR WOMEN
Coimbatore – 641 043
Continuous Internal Assessment - II**

Class: II BSc

Major: Physical Education

Max Marks: 30

18BPEC14 – Science of Yoga

Course Outcomes:

1. Know the classical and theoretical foundations in the field of Yoga.
2. Apply Knowledge of biomedical systems from an integrative and holistic perspective, as needed for the practice of Yoga
3. Describe human anatomy, physiology and biomechanics, and the interrelationships between systems of the body
4. Analyze the ethical principles of health care and yoga codes of conduct; in depth knowledge of legal and regulatory issues
5. Develop the effective teaching methods by adapting to unique styles of teaching

Part A

Answer all the Questions

6 x 1 = 6

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|--------------------------------------------------------|---------------|----------------|------------------|
| 1. The word Prana means _____ | | | CO1K1 |
| a. Soul | b. Life | c. Energy | d. All the above |
| 2. There are _____ noteworthy Nadis | | | CO1K1 |
| a. 52,000 | b. 62,000 | c. 72,000 | d. 82,000 |
| 3. The word "HA" means _____ | | | CO1K2 |
| a. Sun | b. Moon | c. Planets | d. None |
| 4. Which one of the asana is Standing Posture Asana? . | | | CO1K1 |
| a. Padmasana | b. Vakrasana | c. Trikonasana | d. Yogamudhra |
| 5. Pingala Nadi is situated at _____ side. | | | CO2K1 |
| a. Left | b. Right | c. Centre | d. A the above |
| 6. Puraka means _____. | | | CO2K2 |
| a. Inhalation | b. Exhalation | c. Retention | d. Retaining |

Part – B

Answer any two questions ant it should not exceed 400 words 2 X 6 = 12

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|-------------------------------------------|-------|
| 7. Write about the concept of Pranayama. | CO2K2 |
| 8. Write about the benefits of Pranayama. | CO3K2 |
| 9. Write the benefits of Bhujangasana. | CO2K3 |
| 10. Explain about types of Nadis. | CO2K2 |

Part – C

Answer any one and it should not exceed 800 words

1 X12=12

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| 11. Enumerate about the varieties of Pranayama. | CO2K2 |
| 12. Explain about savasana and Makarasana and its benefits with neat diagram. | CO3K2 |