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Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD)
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test I - April 2022 SEMESTER II

Class : I M.Ed
Major: Education(General)

Time: 2 Hrs.
Max. Marks: 60

21MEDCO8 -YOGA AND HEALTH EDUCATION

Course Outcomes:

- CLO1: Learn good health habits and health services
CLO2: Creates awareness on the need and importance of physical education
CLO3: Implements different methods of learning and teaching physical exercises
CLO4: Learn basic skills Rules and Regulations of few games
CLO5: Emerge as the best yoga practitioner as well as yoga trainer

PART – A

6 x 1 = 6

Answer all questions
(Multiple choice questions)

- _____ is a disorder or bad functioning which leads to departure of good health. CO1 K2
a. Physical disease
b. Health
c. Disease
d. Infectious disease
- Health is a /the state of _____. CO1 K2
a. Physical, mental and social wellbeing
b. Body and mind in a balanced condition
c. Reflection of a smiling face
d. Symbol of economic prosperity
- The purpose of Yoga is to attain _____. CO2 K2
a. Perfect health
b. Peace of mind
c. Stress relief
d. Self-realization
- _____ is the effort of Yoga. CO2 K2
a. Pleasure b. Perfection
c. Detachment d. Tapas
- Which of the following is not a dimension of Health? CO3 K4
a. Nutritional b. Physical c. Social d. Mental
- When was the first National Health Policy announced in India? CO3 K5
a. 1953 b. 1963 c. 1973 d. 1983

PART – B
Answer the following questions
Answer should not exceed 400 words or two pages

3 x 6 = 18

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|-------|---|-----|----|
| 7. a. | Give an account of Positive Health. | CO1 | K2 |
| | (or) | | |
| 7. b. | Enlist the important yardsticks of health. | CO1 | K2 |
| 8. a. | Compare and contrast on Physical Education and sports fitness | CO2 | K3 |
| | (or) | | |
| 8. b. | Enumerate the characteristics of healthy personality | CO2 | K3 |
| 9. a. | Highlight the significance of Yoga | CO3 | K3 |
| | (or) | | |
| 9. b. | Briefly correlate Yoga and Health | CO3 | K3 |

PART – C
Answer the following questions
Answer should not exceed 800 words or four pages

3 x 12 = 36

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|--------|--|-----|----|
| 10. a. | Define Health. Illustrate the measures to maintain and control over one's own health status. | CO1 | K3 |
| | (or) | | |
| 10. b. | Enumerate the various dimensions of Health with suitable illustrations | CO1 | K3 |
| 11. a. | Elucidate the significance of fitness for a healthy personality | CO2 | K3 |
| | (or) | | |
| 11. b. | Illustrate the measures and strategies which aid to a healthy personality | CO2 | K2 |
| 12. a. | What is Yoga and health?.State it's importance as a therapy | CO3 | K3 |
| | (or) | | |
| 12. b. | "Yoga integrate our body and mind ".Justify | CO3 | K3 |

Staff in charge: Mrs R .Vaijyanthi
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