



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

Continuous Internal Assessment Test I February 2020

Semester IV

Class : II BSc
Major/Branch : Physical Education

Time : 2 Hours
Max. Marks: 60

18BPEC14 – Science of Yoga

Course Outcome:

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
Choose the Correct Answer

5 x 1 = 5

1. The word 'Yuj' means _____
 a. To unite b. To bond c. To join d. All of the above
CO1 K1
2. What is the fourth fourth stage of Surya Namaskar?
 a. Bhujangasana b. Padhahastasana c. Adhomuga sanjalasana d. Namaskarasana
CO1 K2
3. In which literature the importance of Karma is asserted?
 a. Bhagavad Gita b. Ramayana c. Mahabharatha d. Ved Vyasa
CO2 K2
4. The Father of Modern Yoga is _____
 a. Patanjali b. Krishnamacharya c. Ravishankar d. Vedhathri
CO2 K1
5. The asana which resembles like lotus is _____
 a. Mayurasana b. Chakrasana c. Padmasana d. Swastikasana
CO3 K2

Part B

2 x 5 = 10

- | | |
|---|--------|
| 6. Define yoga. | CO1 K1 |
| 7. Write the meaning for yoga. | CO1 K2 |
| 8. What are the benefits of Chakrasana? | CO3 K2 |
| 9. List out the eight limbs of yoga. | CO3 K3 |
| 10. What is relaxation techniques? | CO4 K4 |

Part C

3 x 5 = 15

Answer all the questions

Each answer should not exceed 400 words or two pages

- | | | |
|---|----|--------|
| 11. a. What are the objectives of Yoga | or | |
| 11. b. Write the need of Yoga for healthy life | | CO1 K2 |
| 12. a. Write about the precautions and safety measures to practice yoga | or | |
| 12. b. List out the benefits of Yoga | | CO2 K2 |
| 13. a. Write any two sitting posture asana and explain it benefits | or | |
| 13. b. Write any two standing posture asana and explain it benefits | | CO3 K4 |

Part C

2 x 15 = 30

Answer all the questions

Each answer should not exceed 800 words or four pages

- | | | |
|--|----|--------|
| 14. a. Explain about the Astanga Yoga | or | |
| 14. b. Differentiate physical Activity and Yoga | | CO2 K2 |
| 15. a. Write the techniques and advantages of Surya Namaskar | or | |
| 15. b. Explain about the streams of Yoga | | CO3 K3 |