

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

**Continuous Internal Assessment Test II – June 2021
Semester II**

Class: I M.Ed

**Time: 2 HRS
Max. Marks: 30**

20MEDCO7 YOGA AND HEALTH EDUCATION

Course Outcomes:

- CO1 : Learn good health habits and health services
CO2 : Creates awareness on the need and importance of physical education
CO3 : Implements different methods of learning and teaching physical exercises
CO4 : Learn basic skills Rules and Regulations of few games
CO5 : Emerge as the best yoga practitioner as well as yoga trainer

PART – A

**Answer all questions
(Multiple Choice questions)**

6 x 1 = 6

1. The teacher can begin to incorporate yoga techniques in teaching to reduce CO5 K3
 - a. Mental Stress
 - b. Physical Illness
 - c. Psychological problems
 - d. Physical, mental and social health

2. One of the following is not a dimension of health CO1 K3
 - a. Economic sufficiency
 - b. Social aspect
 - c. Physical aspect
 - d. Mental aspect

3. The most obvious similarity between Sport and Physical Education is that CO3 K3
 - a. Economic activity
 - b. Mental activity
 - c. Physical activity
 - d. Intellectual activity

4. Who is believed to be the Father of Yoga? CO1 K1
 - a. Krishnamacharya
 - b. Gauthama Buddha
 - c. Maharishi Patanjali
 - d. Adi Sankaracharya

5. “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

6. Training in the development of and care for the human body is called CO2 K3
 - a. Physical education
 - b. Yoga education
 - c. Health education
 - d. Nutrition education

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 and mention any 4 criteria of health. | CO1 | K4 |
| 8. How far is one individual responsible for his/her own health status? | CO2 | K3 |
| 9. Physical Education can make oneself a healthy personality –Justify. | CO2 | K4 |
| 10. How far Yoga be treated as a therapy? | CO3 | 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. Explain the characteristics of a healthy Personality. | CO1 | K3 |
| 12. How does Yoga integrate our body and mind resulting in wholesome development? | CO3 | K3 |
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