

### 2010

1. What is a balance diet? What are the main constituents of a balanced diet?
2. Explain the effect of exercise and training on the nervous system.
3. What is meant by the term disability? Explain any four factors which may cause disability in an individual.
4. Write short notes on:
  - (i) Importance of oral hygiene.
  - (ii) Harmful effects of consuming alcohol.

### 2009

1. Define good posture and also discuss any six causes of poor posture.
2. Explain the effect of exercise and training on the muscular system.
3. (a) What is first-Aid?
  - (b) What first Aid would you give to a person-
    - (i) Suffering from sprain.
    - (ii) Saved from a drowning.

### 2008

1. What are the effects of exercise and training on the circulatory system?
2. Give the meaning, objective and scope of rehabilitation.
3. What is nutrition? Enumerate the factors affecting the nutritional status of an individual.

### 2007

1. Name the organ of the respiratory system. Explain the affect of exercise on the respiratory system.
2. What is obesity? State the factors leading to obesity. Explain how exercise helps to prevent obesity.
3. (a) Explain Drug Addiction. (b) What is splint? When is it used?
4. State the differences between a cramps and a sprain.

### 2006

1. (a) Mention the points to be kept in mind for foot care.
  - (b) Explain the harmful effects of alcohol on an individual's performance in sports.
2. Regular exercise has an important effect on our nervous system. Discuss.
3. What is a balanced diet? What are the essential constituents of food?
4. (a) What first aid should be given to a person with a deep cut?
  - (b) Explain the procedure for administering mouth to mouth resuscitation to a person who has been saved from drowning.

**2005**

1. (a) Define posture. What is the correct posture for reading and writing?  
(b) Explain why sleep and rest are important for an individual.
2. What are the effects of regular prolonged exercise on the muscular system?
3. Write short note on the various social service agencies engaged in health care and welfare of the community.
4. (a) What is the importance of Thomas splint?  
(b) i) What is meant by muscle cramp?  
ii) Mention the first aid to given to an athlete who is suffering from muscle cramp.