

Annual Exam 2021- 22
HEALTH AND PHYSICAL EDUCATION
ANSWER KEY

Prepared By: K.P Vaudevan , P.E.T HSS Peringode, Palakkad

1	Cardio respiratory endurance
2	Tennis
3	Pavanamukthasana
4	Lahore
5	Diabetics
6	June 21
7	<ul style="list-style-type: none">➤ SGFI was established in 1954 with an aim to organise Sports Competitions at the national level to bring up an aptitude for Sports among school children and to develop a Sports Culture to engender excellence in our Country.➤ In addition to Promoting excellence in Sports, the Competitions are conducted with a view to nurture Fraternity and Cultural vivacity among school children, thereby Promoting harmony and unity of our nation.
8	<ul style="list-style-type: none">➤ Benefits of Bhujangasana are, it helps to increase the flexibility and Strength of our abdomen muscles.➤ Strengthens the spine & Keeps it flexible Promotes better lung functioning➤ Improves the functioning of digestive system and leads to better digestion, it resolves body Pain .
9	<ul style="list-style-type: none">➤ Nutritious food make us healthy. The condition where One or more nutrients are not enough or too much or in wrong proportion in a diet is termed as malnutrition.➤ Malnutrition affects our growth and development. Moreover it affects the physical fitness of an individual.
10	<p>The benefits of swimming are,</p> <ul style="list-style-type: none">➤ Increases the efficiency of heart & lungs.➤ Helps to maintain the Body weight.➤ Improves bone strength, muscle strength, and flexibility of the muscles.➤ Reduces fat, increases the immunity, and reduces the mental stress.
11	<ul style="list-style-type: none">➤ Stress is a physical, mental and emotional state of a person when a person faces unpleasant situation, or when a person thinks, he/she couldn't satisfactorily carry out his/her needs.➤ The way to reduce stress are, Deep Breathing excercises, Progressive muscle Relaxation, and Imagery Technique.

12	Diabetes/stroke/heart ailments/obesity
13	<p>Sun Stroke is a phenomenon affecting the skin as a result of over exposure to radiation coming from the sun.</p> <ul style="list-style-type: none">◆ Avoid excessive direct exposure to intense sunlight.◆ Drink plenty of water◆ Wear light Cotton cloths◆ Use sun screen ointments◆ Avoid over consumption of tea and coffee during hot days.
14	<p>Advantages of exercise in the cardio respiratory system are,</p> <ul style="list-style-type: none">➤ It increases the blood circulation, increases the endurance capacity of respiratory muscles that controls respiratory organs thereby strengthening the process of respiration.➤ Helps to improve the elasticity of the cardiac muscles, increases the stability and endurance capacity of cardiac muscles and it improves pathways of our lungs.
<p>Prepared by K P Vasudevan , PET, HSS Peringode, Palakkad</p>	