

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**B.P.Ed DEGREE EXAMINATION – November 2019****Second Semester****YOGA EDUCATION AND SPORTS NUTRITION**

Time: Three hours

Maximum: 75 marks

PART – A (10 x 2 = 20 marks)Answer any **TEN** questions. All questions carry equal marks.

1. What is yoga?
2. List down the various systems of yoga.
3. What is Dhyana?
4. Define any two important benefits of Mayurasana.
5. Define any two important benefits of Chakrasana.
6. Define Purakka.
7. Define: Kabaapathi.
8. Define: Muthra.
9. Define: Douthi.
10. Write short notes on circulatory system.
11. Write short notes on muscular system.
12. What is balanced diet?

PART – B (5 x 5 = 25 marks)Answer any **FIVE** questions. All questions carry equal marks.

13. Describe Raja yoga and its principles.
14. Describe any two prone position Asanas.
15. Describe the procedure of practicing Sarvangasna.
16. What is Douthi and describe the types of Douthi.
17. Describe the methods of practicing Trataka.
18. Describe any two important effects of yoga on muscular system.
19. Explain the relationship of Exercise and diet.
20. Describe how the food intake affecting exercises.

PART – C (3 x 10 = 30 marks)Answer any **THREE** questions. All questions carry equal marks.

21. Briefly explain eight limbs of yoga.
22. Describe the general guidelines for practicing asana.
23. Explain about the Pranayama, its various methods and benefits.
24. Briefly explain various effects of yoga practice on Respiratory system.
25. Explain the athletic diet and its methods to prescribe for various sports.
