

2017

PHYSICAL, HEALTH EDUCATION AND SPORTS

(Theory)

Full Marks - 70

Pass Marks - 21

Time : Three Hours and *Fifteen Minutes

*(*15 minutes are given as extra time for reading questions)*

All the questions are compulsory.

The figures in the right margin indicate full marks for the questions.

For Question Nos. 1 to 5, choose the correct answer from the given alternatives and rewrite the sentences.

1. The activity performing without oxygen is called 1
 - A. combative
 - B. aerobic
 - C. anaerobic
 - D. cyclic.

2. Which of the following exercise training method is NOT directly used for the development of endurance ? 1
 - A. Circuit Training
 - B. Continuous Training
 - C. Fartlek Training
 - D. Isometric Training.

P.T.O.

3. Concentration of mind practice in Astanga Yoga is called 1
A. Pranayama
B. Asanas
C. Dharana
D. Yama.
4. The breathing control process in Astanga Yoga is called 1
A. Asanas
B. Dhyana
C. Pranayama
D. Samadhi.
5. Dislocation injury generally occurs at 1
A. Bone
B. Muscle
C. Joint
D. Skin.

For Question Nos. 6 to 16, write the answer in one word or one sentence.

6. Write *any one* essential aspect of wellness. 1
7. What does "Fartlek" mean in Fartlek Training Method? 1
8. Write *any one* disadvantage of Interval Training. 1
9. What does environment mean? 1
10. What are the intrinsic factors which causes accidents in sports? 1
11. Explain in *one* point on physical environment. 1

12. Suggest *one* preventive measure to be taken up when an accident happens to occur at home. 1
13. What is the first element of Astanga Yoga ? 1
14. What does Pratyahara mean in Astanga Yoga ? 1
15. Write the *three* constituents/phases of Pranayam in Yogic practice. 1
16. Enlist *any two* items needed in a first aid kit. 1

For Question Nos. 17 to 21, write the answers in about 25 to 30 words each.

17. Write the definitions of Sports Training given by Martin and Matwejew, the well known scholar. 2
18. What is Isometric Exercise ? Discuss with *one* positive effect of Isometric Exercise. 2
19. Elucidate *any one* quality of leadership in Physical Education and Sports. 2
20. Explain Yama in Astanga Yoga with *two* points only. 2
21. Write *any two* Fundamental Skills of *one* game/sport from the following : 2
 (a) Basketball, (b) Hockey, (c) Athletics, (d) Volleyball, (e) Tennis and (f) Judo.

For Question Nos. 22 to 29, write the answer in about 35 to 50 words each.

22. Elucidate *any one* component of fitness with *three* points. 3
23. Explain the Interval Training Method with *three* points. 3

24. Write the definitions of Sociology given by Max Weber and Ward, the two prominent persons. 3
25. Explain *any one* essential element of positive environment with *three* points. 3
26. Explain with *any three* hazards which are responsible for accident at school. 3
27. Elucidate with *any two* points on "Yoga as an Indian Heritage". 3
28. Explain with *any three* skills of *one* game from the following : 3
(a) Basketball, (b) Hockey, (c) Kho-Kho, (d) Volleyball.
29. Explain *any two* rehabilitation measures for sports injury of a game/sports of your choice. 3

For Question Nos. 30 to 33, write the answer in about 100 words each.

30. Elucidate *any two* factors affecting physical fitness and wellness. 5
31. Explain with *two* social qualities which can be developed through the programme of Physical Education and Sports. 5
32. Draw the playing field or court with measurement of *any one* from the following : 5
(a) Basketball, (b) Hockey, (c) Volleyball, (d) Kho-Kho, (e) Tennis, (f) Judo.
33. Write *five* names of the important Tournament of *any one* game of the following : 5
(a) Basketball, (b) Hockey, (c) Volleyball, (d) Kho-Kho, (e) Tennis, (f) Judo.