

2024

**HEALTH AND PHYSICAL EDUCATION
(THEORY)**

Full Marks : 70

Pass Marks : 21

Time : Three Hours

The figures in the right margin indicates full MARKS for the questions,

Answer all the questions.

For Question Nos. 1 to 7, Choose the correct answer from the given alternatives and rewrite the answer.

1. Water soluble Vitamin is 1
 - A. Vitamin A
 - B. Vitamin E
 - C. Vitamin C
 - D. Vitamin K

2. How many matches are there if nine teams participating in a double league tournament? 1
 - A. 34
 - B. 66
 - C. 72
 - D. 82

3. How many types of disability are there? 1
 - A. Two
 - B. Three
 - C. Four
 - D. Five

P.T.O.

4. In which year India played Hockey for the first time in Olympics Games? 1
A. 1920
B. 1924
C. 1928
D. 1956
5. Ice- skating is an example of 1
A. Dynamic friction
B. Sliding friction
C. Rolling friction
D. Static friction
6. In which year Basketball was included in the Asian Games held at New Delhi? 1
A. 1948
B. 1951
C. 1960
D. 1982
7. Which one of the following is the factors affecting motor development? 1
A. Five
B. Six
C. Seven
D. Eight

For Question Nos. 8 to 17, write the answer in one word or one sentence each.

8. Write the meaning of planning according to "MITCHELL". 1
9. What do you mean by Asana according to Patanjali? 1
10. What is Obesity? 1
11. What do you mean by gross motor development? 1
12. Mention the meaning of motor fitness. 1
13. Explain the Contraindications of Trikonasana. 1

- | | | |
|-----|--|---|
| 14. | What do you mean by Sprain? | 1 |
| 15. | What do you mean by first aid? | 1 |
| 16. | What do you mean by biomechanics? | 1 |
| 17. | Write the definition of strength according to Mathews. | 1 |

For Question Nos. 18 to 27 write short answer in about 30 to 40 words each.

- | | | |
|-----|---|---|
| 18. | Explain the causes of food tolerance. | 2 |
| 19. | “Malnutrition is significant cause of disability”. Explain. | 2 |
| 20. | Elucidate the causes of Kyphosis. | 2 |
| 21. | State the Procedure of Ardhmatseyendrasana. | 2 |
| 22. | Explain the benefits of the Vakrasana. | 2 |
| 23. | Elucidate the treatment of dislocation of joint. | 2 |
| 24. | Discuss the law of inertia with the help of suitable example from sports. | 2 |
| 25. | Elucidate the disadvantages of interval training method. | 2 |
| 26. | Explain speed endurance. | 2 |
| 27. | Discuss the main characteristics of circuit training method. | 2 |

For question Nos. 28 to 33, write brief answer in about 40 to 60 words each.

- | | | |
|-----|--|---|
| 28. | Discuss any three pitfalls of dieting. | 3 |
|-----|--|---|

OR

Briefly explain about any two food myths.

- | | | |
|-----|--|---|
| 29. | Elucidate any three causes of sensory processing disorder (SPD). | 3 |
|-----|--|---|

OR

Elucidate any two causes of autism spectrum disorder (ASD).

30. State any two factors which usually lead to osteoporosis among women athlete. 3
- OR**
- State any two reasons for less participation of women in sports.
31. Explain any three objectives of first aid. 3
- OR**
- Explain the types of dislocation of joints.
32. Discuss the law of reaction with the help of suitable example from sports. 3
- OR**
- Differentiate between static friction and dynamic friction.
33. Draw a racquet in the game of Lawn Tennis. 3
- OR**
- Draw a volleyball court with measurement.

For Question Nos. 34 to 36, write the answer in about 120 wordseach.

34. Draw a fixture of seven teams on league basis according to the cyclic method. 5
- OR**
- Draw a fixture of seven teams on league basis according to the staircase method.
35. Explain the procedure, advantages and disadvantages of Harvard step Test. 5
- OR**
- Explain the procedure, advantages and disadvantages of Rockport One Mile Test.
36. Elaborate the history of Judo. 5
- OR**
- Elaborate the history of Thang-Ta.
