

**2016**

**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. Dynamic strength in the components of physical fitness and wellness is also called 1
- (A) isometric strength
- (B) isotonic strength
- (C) static strength
- (D) explosive strength

2. Repetition in the training methods is performed 1  
(A) with pauses or intervals of complete recovery.  
(B) without any pauses or intervals  
(C) with pauses or intervals of incomplete recovery  
(D) both with and without pauses or intervals.
3. The fifth elements of yoga in Patanjali yogasutras is called 1  
(A) Asana  
(B) Dhyana  
(C) Pratyahara  
(D) Pranayama.
4. In yoga, posture or position is called 1  
(A) Pranayama  
(B) Asana  
(C) Samadhi  
(D) Miyama.
5. Dronacharya Award is awarded to the 1  
(A) players  
(B) coaches  
(C) officials of the tournament  
(D) politicians.

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

6. What does speed mean in training methods of sport ? 1

7. What is training in sports? 1
8. Enlist *any two* exercise stations consist in the Circuit Training. 1
9. Write *any two* components of physical environment. 1
10. What are the constituents of social environment? 1
11. Elucidate *any one* element of positive environment in sports. 1
12. Suggest *any two* preventive measures for sports related accident. 1
13. How many Niyamas are there in yogasutras of Patanjali yoga? 1
14. Explain *any one* element of yogasutra in Patanjali yoga. 1
15. Suggest *any two* beneficial asanas for relaxation. 1
16. Suggest *any one* suitable first aid measure of dislocation of joint. 1

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

17. Write *any two* disadvantages of Interval Training Method in sports. 2
18. Elucidate *any one* training method for development of speed in sport. 2
19. What is sports sociology? 2
20. Explain Dharana in Patanjali yogasutra. 2
21. Elucidate *any one* technical skill of your choice game/sport. 2

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

22. Explain *any one* method for improvement of wellness. 3
23. Elucidate *any one* method for development of endurance. 3
24. Explain *any one* social quality usually developed through sports. 3
25. Write *any two* definitions of environment. 3
26. Elucidate the causative factors in sports related accidents. 3
27. Write the brief history of Yoga. 3
28. Draw the playing court or field of your choice game/sport with length and breadth measurement. 3
29. Enlist any three names of sports personalities in international level of your choice game/sport. 3

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

30. Elucidate the importance of Physical fitness and wellness. 5
31. Explain briefly about "Games and Sports as Men's Cultural Heritage". 5
32. Write the history of your choice game/sport. 5
33. What does rehabilitation mean in sports? Write any four first aid measures in case of strain injury. 5