2019

PHYSICAL, HEALTH EDUCATION AND SPORTS
(Theory)

Full Marks : 70
Pass Marks : 21
Time : Three hours

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 with the corresponding alphabet A, B, C or D.

1. Vajrasana should not be performed by
   (A) a woman, who are two or three months pregnant.
   (B) a person suffering from joint pain
   (C) a person who have back pain
   (D) a person who have asthma

2. The first Indian woman who have secured a bronze medal in Sydney Olympic games, 2000 was
   (A) Saina Nehwal
   (B) M.C. Mary Kom
   (C) Karnam Malleswari
   (D) P.T. Usha

P.T.O.
3. Sports medicine deals with the
   (A) treatment of various diseases
   (B) physical fitness and prevention of injuries in sports
   (C) social relationship of sports persons
   (D) behavioural science of the sports person

4. The term "Antenna" in sports is associated with
   (A) Football
   (B) Hockey
   (C) Volleyball
   (D) Basketball

For Question Nos. 5 to 14, write the answer in one word or one sentence.

5. Define Balance diet.

6. What is asana in Yoga?

7. Write any one name of meditative Yoga asana.

8. Suggest any one name of Yoga asana for management of diabetes.

9. What is female athlete triad?

10. Write a comment on menstruation and Sports participation of women.

11. How many numbers of test are there in Kraus-Weber Test?

12. What is cardiac output?


14. Name one International level sports personality of a game/sport of your choice that prescribed in your syllabus.

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For Question Nos. 15 to 24, write the answer in about 30 to 40 words.

15. Write the types of Tournament.

16. Define nutrition and describe any one macro nutrient food.

17. Discuss any two benefits of Yoga asana for the prevention of diseases.

18. Explain any one cause of disability.

19. Explain one factor which affects motor development.

20. Elucidate one Psychological trait of women athletes.

21. What is long form of HST in Cardiovascular Fitness test?

22. State any one procedure of General Motor Fitness which was developed by Dr. H.M. Barrow.

23. Write any two symptoms of Sprain injury.

24. Differentiate between Greenstick fracture and Comminuted fracture in one point.

For Question Nos. 25 to 31, write the answer in about 40 to 60 words.

25. Draw a fixture of 11 Basketball Teams participating in a Knock-out Tournament.

26. Differentiate between nutritive and non-nutritive components of diet in three points.

27. How many types of disability? Explain any one of them.

28. What is correct posture? Explain the correct posture of standing.
29. What is projectile? Describe angle of projection that affect projectile trajectory.

30. Discuss the application of Newton’s Third Law of Motion in sports with three examples.

31. Discuss any three rules of any one game/sport that prescribed in your syllabus.

For Question Nos. 32 to 34, write the answer in about 100 words.

32. Explain any five effects of exercise on muscular system.

33. "Acceleration Run Training Method is a means to develop speed in sports”. Discuss in five points.

34. Draw a standard playing field or court with measurements of any one game or sport that prescribed in your syllabus.