

2023

**HEALTH AND PHYSICAL EDUCATION
(Theory)**

Full Marks : 70

Pass Marks : 21

Time : Three hours

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

Answer all the questions.

For Question Nos. 1 to 4, choose the correct answer from the given alternatives and rewrite the answer.

1. Vajarasana should not be perform by – 1
 - (A) a person who has problem of constipation
 - (B) a person suffering from joint pain
 - (C) a person who has back pain
 - (D) a person who has asthma

2. The first Indian woman who secured a bronze medal in Sydney Olympic Games, 2000 was – 1
 - (A) Saina Nehwal
 - (B) M.C. Mary Kom
 - (C) Karnam Malleshwari
 - (D) P.T. Usha

P.T.O.

3. Which of the following is not a test item in Barrow Three-item General Motor Ability ? 1
- (A) Standing Broad Jump
 - (B) Zig-zag Run
 - (C) Shuttle Run
 - (D) Medicine Ball Put
4. Which of the following is one of the immediate effects of exercise on Cardio-respiratory System ? 1
- (A) Decrease in resting heart rate
 - (B) Increase in cardiac output
 - (C) Quicker recovery rate
 - (D) Reduced risk of heart diseases

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

5. What is Intramural in sports ? 1
6. Differentiate between knock-out tournament and league tournament in one point. 1
7. Define balance diet. 1
8. Write the objectives of Rockport One Mile Test. 1
9. Write any one physiological factor which determines strength. 1
10. Classify friction. 1

11. What is dynamic strength ? 1
12. Write any one advantage and disadvantage of Interval training Method in sports performance. 1
13. Write the fundamental skills of any one of the following Games / Sports : 1
- (i) Basketball
- (ii) Kho-kho
- (iii) Volleyball
14. Write any one name of international level sports personality of any one game / sport of your choice that is prescribed in your syllabus. 1

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

15. Write the types of Tournaments. 2
16. Define nutrition and explain any one micro nutrient food. 2
17. Write two names of meditative Yoga asana and cultural Yoga asana. 2
18. Elucidate the techniques of beneficial Yoga asanas to prevent from diabetes. 2
19. Discuss any two benefits of Yoga asana for backpain. 2
20. What is meant by Female Athlete Triad ? 2
21. Elaborate the causes of bad posture. 2
22. Suggest the exercise guidelines for the children of 8 to 12 years of age. 2
23. Elucidate any one measurement of Cardiovascular Fitness. 2

24. What is meant by Motor Fitness ? Write the long form of AAHPERD in relation to Motor Fitness Test. 2

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

25. Draw a fixture of 11 Basketball Teams participating in a Knock-out Tournament. 3

26. Differentiate between nutritive components of diet and non-nutritive components of diet in three points. 3

27. How many types of disability are there ? Explain any one of them. 3

28. What is correct posture ? Explain the correct posture of standing. 3

29. Elaborate the types of movement. 3

30. Discuss the application of Newton's Third Law of Motion in sports with three examples. 3

31. Discuss any three rules of any one game / sport that prescribed in your syllabus. 3

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

32. Explain any five effects of exercise on muscular system. 5

33. "Acceleration Run Training Method is a means to develop speed in sports". Discuss in five points. 5

34. Draw a standard playing field or court with measurements of any one game or sport that prescribed in your syllabus. 5