## 2025

## HEALTH AND PHYSICAL EDUCATION

(Theory)

Full Marks: 70

Pass Marks: 21

Time: Three hours of dealers of the college (E)

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

Answer all the questions. Singuish box (C)

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

1.	Wha	at does the prefix INTRA means in 'Intramu	ral'?	(科技	ų I
	(A)	Within	Himvard Eten Test	(3)	
Tion of	(B)	Outside Fulsam bes in the land grade	50m Dash or 50m Sig	(D)	
	(C)	Away	of the following tast	id W	
	(D)	Against	s in years renetice.	11501	
2.	BM	I method is used for which of the following	Bookspart Cransland	(A)	1
	(A)	Arthritis 125	Fight (overly sind Ge	<sub>E</sub> (H)	
	(B)	Round Shoulder	Aura Curt Test age of	(3)	
	(C)	Obesity	Chair Stand Tost.	(U)	
	(D)	Asthma			
			41774		10

3.	Whi	ch of the following is the right meaning of 'Asanas' in yoga?		
	(A)	Position which is comfortable and steady		
	(B)	Regular practice of Yoga		
	(C)	Prevention of diseases through Yoga		
	(D)	Meditation		
4.	Whi	ch of the following is the motto of Deaflympics?		
	(A)	Spirit of Motion		
	(B)	Equality through Sports		
	(C)	Flame of Hope		
	(D)	Joy and Happiness to All		
5.	Whi	ch of the following test is also known as Aerobic Fitness Test?		
	(A)	Standing Board Jump Test		
	(B)	Zig-Zig Run Test		
	(C)	Harvard Step Test		
	(D)	50m Dash or 50m Standing Start Test		
6.	Which of the following tests is the right test to measure agility in 65 years old man?			
	(A)	Back scratch Test		
	(B)	Eight foot up and Go Test		
	(C)	Arm Curl Test		
	(D)	Chair Stand Test		
001		arden. A		

7.	Identify Vital Air Capacity from the following options:	(1)	
	(A) Sum of Tidal Volume and Reserve Volume	15	
	(B) Sum of Tidal Volume, Inspiratory Reserve Volume and Expiratory Reserve Volume	rve	
	(C) Sum of Tidal Volume and Inspiratory Volume	r.	
\$ \$2.490 200	(D) Sum of Tidal volume, Reserve Volume and Oxygen Volume		
	For Question Nos. 8 to 17, write answer in one word or one sentence each.	125	
8.	What is a Knock-out Tournament?	1	
9.	What do you understand by 'Female Athlete Triad'?	1	
10.	Define Balanced Diet. Canogeni Vashoqua, wollashin dibi maini za vilv		
11.	Write the meaning of Asthma. To amenagence muse self ore gainvolled	15	
12.	Why are minerals and vitamins called as Micro-nutrients?	1	
13.	Which Law of Motion is applied when a swimmer springs on the diving board	?	
14.	Where does the Fulcrum lies in the First Class Lever?	1	
15.	What causes Abrasion? Give one point.	1	
16.	Elucidate one benefit of Shavasana (Corpse pose) in yogic practice.	1	
17.	Mention one asana of which is beneficial in preventing hypertension.	1	
, de	For Question Nos. 18 to 27, write answer in about 30 to 40 words each.	8.	
18.	State two reasons for low participation of women in sports.	2	
19.	Why should we practice yoga asanas regularly? much to resume and nielq.	2	
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20.	Write the importance of Inclusion in sports.	2
21.	'Water is an essential component of diet'. Justify.	2
22.	Explain the purpose of the test and the equipments required for a 50m Dash 7	est.
23.	Mr. X's pulse count taken between 1 to 1.5 min was 85 in a 300 sec. test durat	ion.
	Compute the short-term Fitness Index Score of Mr. X.	2
24.	Explain two physiological factors determining strengh.	2
	'Friction is usually called a necessary evil in sports'. Give reason with suit	able
<b>23.</b>	examples. of Hope which stalls stall a stall stall and the stall stalls and the stall stalls are stall as a stall stall at the stall at	2
26.	Why is Talent Identification important in sports?	2
27.	Following are the main components of long jump. Arrange them in cor	rect
	Why are minerals and vitamins called as Microsity medias to a grant on the same state of the same stat	_
	Flight or body in the air	-21
1	Approach run	
A.	Witnestides the Futurn lies in the First Class Lever 2	19-1
i	Landing the restaurance of the state of the	1
	For Question Nos. 28 to 33 carry 3 marks each.	
	Write the answer in about 40 to 60 words.	1
28.	Explain the motor development characteristics during early childhood.	3
	Progeni netao a li OR incidente de una manare e como monte de la como de la c	
3.	Explain the causes of Round Shoulder.	3
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29.	"Physical activities play a significant as well as positive role in the life of c with special needs". Justify the statement.	hildren 3
	OR	
	What are the strategies to make physical activities accessible for Childre Special Needs (CWSN)?	n with
30.	Explain the role of Diet in Sports.	3
	OR	
	Describe the importance of protien intake in our body.	. 3
31.	How can we classify sports injuries?	3
	OR	
	Is proper warm-up essential to prevent injury? Explain your views.	3
32.	Differentiate between Circumduction and Rotation.	3
	<b>O</b> R	
	Ellaborate Newton's Second Law of Motion.	3
33.	Discuss the starting positions of 200m run.	3
	OR .	
	Draw the playing field or court or competition area of any one of the follogames/ sports.	owing 3
	(i) Basketball	
	(ii) Hockey	
	(iii) Kho-Kho	
	(iv) Volleyball	
	(v) Lawn Tennis	
	(vi) Judo	
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## For Question Nos. 34 to 36 carry 5 marks each. Write the answer in about 120 words.

34.	Prep	are a knock out f	ixture for 13	teams. Assign th	e name of teams in numeri	
					(MR WD) about Island	=5
				OK Bogs m	Little and the little	
1	Wha	t are the pre- tou	rnament res	ponsibilities/ du	ties of the officials of varie	ous
Et.	Com	mittees?	tendani nin	data miran	Foscibethe ingovience	5
35.	Eluc	idate the importa	ince of Circu	iit Training.	ramar reput our out one of	5
		an ex contract		OR	S. F. Line A. Market	
	Expl	ain the advantage	es of Interval	Training Method	is an accommon to esset	5
36.	Writ	e brief note on th	e History of	Thang-Ta.	O neo wed atainst. Niki	5
				OR	Armen to a diag	
	List	five fundamenta	l skills of an	y one of the follow	wing Games and Sports:	5
1	(i)	Basketball	ni.	ations of 260m n	og gjalrada og a starikig pos	. 7.8
	(ii)	Hockey		70		
gni	(iii)	Kho-Kho	tition area o	or court or compe	Draw the playing field of	
	(iv)	Volleyball			games sp. 15.	
	(v)	Taekwondo			Under Si (i)	
	(vi)	Judo	Thereon H.	U.S.	73%	
	Phuli	the metar develo	property of		Land Miller Mills	
			-	A	Tivi Tolkyball	