

2025

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 7, choose the correct answer from the given alternatives and rewrite the answer.

1. What does the prefix INTRA means in 'Intramural'? 1
 - (A) Within
 - (B) Outside
 - (C) Away
 - (D) Against
2. BMI method is used for which of the following? 1
 - (A) Arthritis
 - (B) Round Shoulder
 - (C) Obesity
 - (D) Asthma

P.T.O.

3. Which of the following is the right meaning of 'Asanas' in yoga? 1
- (A) Position which is comfortable and steady
 - (B) Regular practice of Yoga
 - (C) Prevention of diseases through Yoga
 - (D) Meditation
4. Which of the following is the motto of Deaflympics? 1
- (A) Spirit of Motion
 - (B) Equality through Sports
 - (C) Flame of Hope
 - (D) Joy and Happiness to All
5. Which of the following test is also known as Aerobic Fitness Test? 1
- (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? 1
- (A) Back scratch Test
 - (B) Eight foot up and Go Test
 - (C) Arm Curl Test
 - (D) Chair Stand Test

7. Identify Vital Air Capacity from the following options : 1

- (A) Sum of Tidal Volume and Reserve Volume
- (B) Sum of Tidal Volume, Inspiratory Reserve Volume and Expiratory Reserve Volume
- (C) Sum of Tidal Volume and Inspiratory Volume
- (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.

8. What is a Knock-out Tournament ? 1

9. What do you understand by 'Female Athlete Triad'? 1

10. Define Balanced Diet. 1

11. Write the meaning of Asthma . 1

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 ? 1

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

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

18. State two reasons for low participation of women in sports. 2

19. Why should we practice yoga asanas regularly ? 2

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 Test. 2
23. Mr. X's pulse count taken between 1 to 1.5 min was 85 in a 300 sec. test duration.
Compute the short-term Fitness Index Score of Mr. X. 2
24. Explain two physiological factors determining strength. 2
25. 'Friction is usually called a necessary evil in sports'. Give reason with suitable examples. 2
26. Why is Talent Identification important in sports? 2
27. Following are the main components of long jump. Arrange them in correct sequence. 2
- Flight or body in the air
- Approach run
- Take-off
- Landing

For Question Nos. 28 to 33 carry 3 marks each.

Write the answer in about 40 to 60 words.

28. Explain the motor development characteristics during early childhood. 3
- OR**
- Explain the causes of Round Shoulder. 3

29. "Physical activities play a significant as well as positive role in the life of children with special needs". Justify the statement. 3

OR

What are the strategies to make physical activities accessible for Children with Special Needs (CWSN)? 3

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

OR

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 following games/ sports. 3

(i) Basketball

(ii) Hockey

(iii) Kho-Kho

(iv) Volleyball

(v) Lawn Tennis

(vi) Judo

For Question Nos. 34 to 36 carry 5 marks each.

Write the answer in about 120 words.

34. Prepare a knock out fixture for 13 teams. Assign the name of teams in numerical. 3+2=5

OR

What are the pre- tournament responsibilities/ duties of the officials of various Committees? 5

35. Elucidate the importance of Circuit Training. 5

OR

Explain the advantages of Interval Training Method. 5

36. Write brief note on the History of Thang-Ta. 5

OR

List five fundamental skills of any one of the following Games and Sports : 5

(i) Basketball

(ii) Hockey

(iii) Kho-Kho

(iv) Volleyball

(v) Taekwondo

(vi) Judo