

2020

PHYSICAL, HEALTH EDUCATION AND SPORTS
(Theory)

Full Marks : 70

Pass Marks : 21

Time : Three hours

For Question Nos. 1 to 4 choose the correct answer from the given alternatives and rewrite the sentence with corresponding alphabet A, B, C, D.

1. The colour of each ring in the Olympic Emblem was proposed by 1
 - (A) Jacque Rogge
 - (B) Pierre de Coubertin
 - (C) Juan Antonio Samaranch
 - (D) Thomas Bach

2. The movement occurred in the wrist joint is known as 1
 - (A) Pivot joint
 - (B) Gliding joint
 - (C) Hinge joint
 - (D) Saddle joint

P.T.O.

3. The bunch starting technique in athletics is mostly used by 1
- (A) Sprinter
 - (B) Long distance runner
 - (C) Medium distance runner
 - (D) Marathon race runner

4. The force is produced in our body by the action of 1
- (A) The bone
 - (B) The muscle
 - (C) The nerve
 - (D) The blood cell

For Question Nos. 5 to 14, write the answer in one word or one sentence or about 10 words :

5. Define physical education. 1
6. What is flexibility ? 1
7. Write the sermon of Bishop Pennsylvania regarding Olympic Games. 1
8. State any one objective of Olympic Game. 1
9. What are the classifications of physical activity ? 1
10. What is steady state ? 1

11. At what circumstances the term Second Wind used ? 1
12. Write any one point of sports psychology. 1
13. Why is Centrifugal force considered as fake force ? 1
14. Elucidate the principle of overload in sports training. 1

For Question Nos. 15 to 24, write the answer in about 40 to 50 words.

15. Define adapted physical education. 2
16. Discuss any one component of physical fitness. 2
17. Explain any one element or step of Patanjali Yoga ? 2
18. Elucidate the phases of pranayama. 2
19. Explain any four elements of positive sports environment. 2
20. What is the term used when the demands of oxygen is greater than the supply? 2
21. Distinguish between growth and development in sports. 2
22. Classify Equilibrium. 2
23. What are the fundamental skills of High-jump ? 2
24. Elaborate about Rajiv Gandhi Khel Ratna Award. 2

For Question Nos. 25 to 31, write the answer in about 60 to 80 words.

25. Elucidate the social development objective of physical education with three points. 3
26. Explain any three components of wellness. 3
27. Elucidate physiological benefits of yoga asana. 3

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| 28. Elaborate the exercise guidelines for adolescence. | 3 |
| 29. Explain any three problems of adolescence. | 3 |
| 30. Draw an outline diagram of heart and label. | 3 |
| 31. Clarify the meaning of Centripetal Force. | 3 |

For Question Nos. 32 to 34, write the answer in about 120 to 130 words.

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| 32. Elucidate the Modern Olympic Game Movement. | 5 |
| 33. Classify warming-up and explain them. | 5 |
| 34. Write the history of any one game of your choice from the prescribed syllabus. | 5 |
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