

2023

HEALTH AND PHYSICAL EDUCATION

(Theory)

Full Marks : 70

Pass Marks : 21

Time : Three hours

Answer all the questions.

Figures in the right hand margin indicate full marks for the questions.

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

1. The First Modern Olympic Games was held in the year – 1
 - (A) 1786
 - (B) 1896
 - (C) 1796
 - (D) 1886

2. Which of the following sports event won a Gold Medal by India for the first time in the Olympic Games? 1
 - (A) Boxing
 - (B) Weight lifting
 - (C) Hockey
 - (D) Athletics

P.T.O.

3. Before 1980, the word Coordinative ability was used as – 1
- (A) Speed
 - (B) Endurance
 - (C) Flexibility
 - (D) Agility
4. An example of fibrous joint of bone is – 1
- (A) Shoulder joint
 - (B) Elbow joint
 - (C) Skull joint
 - (D) Ankle joint

For Question Nos. 5 to 14, write very short answer for each question :

5. What is the aim of Physical Education ? 1
6. How many types of careers are there in physical education ? 1
7. Write the qualities of a good leader in sports. 1
8. What is meant by Adventure Sports ? 1
9. Write the formula for calculation of Body Mass Index (BMI). 1
10. Discuss any one body type of individual according to W.H. Sheldon somatotype. 1
11. Suppose an individual's body weight is 65 kg and height is 1.50 m. Calculate the BMI of the individual by using its formula. 1

12. Why is skeletal muscle called voluntary muscle ? 1
13. Elucidate any one importance of Anatomy and Physiology in Physical Education. 1
14. Enlist the fundamental skills of any one Game/sport of your choice from the prescribed syllabus. 1

For Question Nos. 15 to 24, Write short answer for each question :

15. Enlist the career options in Physical Education. 2
16. Elucidate about the Flag of Modern Olympic Games. 2
17. "A healthy or positive lifestyle is really very important for all of us". Discuss the statement with two examples. 2
18. Elucidate any two yoga asanas related to concentration. 2
19. What is Yama and Niyama in Yoga ? 2
20. Explain any three safety measures to prevent Sports Injuries. 2
21. Illustrate any one synovial joint of bone with example. 2
22. Explain the concept of Doping in two points. 2
23. What do you know about Dronacharya Award or Arjuna Award in Sports ? 2
24. Explain the fundamental skills of High-Jump or Shot-put. 2

For Question Nos. 25 to 31, write brief answer for each question :

25. Explain any one objective of Physical Education. 3
26. Elucidate any three objectives of Indian Olympic Association. 3

27. Discuss any three components of wellness. 3
28. Elaborate any three physiological benefits of Pranayama in Yoga. 3
29. How is the quality of a good leader developed through Physical Education and Sports ? Explain in three points. 3
30. Explain any three importance of Test and Measurement in sports. 3
31. Draw an outline diagram of structure of lungs and explain internal respiration. 3

For Question Nos. 32 to 34, write the answer in about 120 words for each question.

32. Discuss any five problems of adolescents. 5
33. What is warming-up ? Elucidate any four guiding principles of warming-up. 5
34. Draw a standard playing field or court with measurements of any one game or sport from the prescribed syllabus. 5