

2024

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

1. How many objective of physical education according to "LESLIE" are there?1
(A) Three
(B) Four
(C) Five
(D) Six
2. In which year the first winter Paralympic Games were held? 1
(A) 1960
(B) 1968
(C) 1972
(D) 1976

P.T.O.

3. Which one of the following is restricted flying above the ground in the paragliding? 1
- (A) 12000 ft
 - (B) 15000 ft
 - (C) 18000 ft
 - (D) 20000 ft
4. How many bones are there in our lower limbs? 1
- (A) 24
 - (B) 33
 - (C) 62
 - (D) 64
5. Which one of the following is the types of slightly movable joints? 1
- (A) Two
 - (B) Three
 - (C) Four
 - (D) Five
6. Which one of the following is the general methods of warming-up? 1
- (A) Two
 - (B) Three
 - (C) Four
 - (D) Five
7. Which one of the following is the numbers of holes of a Sepak-Takraw ball? 1
- (A) 8 Holes
 - (B) 9 Holes
 - (C) 11 Holes
 - (D) 12 Holes

For Question Nos. 8 to 17, write very short answer of each questions.

8. Begum Hajrat Mahal Cup is related in which game? 1
9. How many continents represent the rings in Olympic flag? 1
10. Write the definition of physical fitness according to "KROLES". 1
11. Write the definition of lifestyle according to American Heritage Dictionary. 1
12. Give any two benefits of surfing. 1
13. Write the definition of test according to Webster's Dictionary. 1
14. What is meant by Pharynx? 1
15. What is meant by development according to "HURLOCK"? 1
16. What is meant by skill? 1
17. How many players are there in a team in the game of Kang? 1

For Question Nos. 18 to 27 write short answer for each questions.

18. Write in detailed notes on National School Games. 2
19. Explain about explosive strength. 2
20. Elaborate the spiritual wellness. 2
21. Elaborate the practice of pratyahara enhances moral and ethical values. 2
22. Explain the advantages of relaxes the mind in Yoganindra. 2

23. Elaborate the precautions during measurement of the BMI. . 2
24. Differentiate between continuous capillaries and fenestrated capillaries. 2
25. Explain about the structure of heart. 2
26. Explain the mental problems of adolescence. 2
27. What do you mean by the principle of progression? 2

For Question Nos. 28 to 33, write brief answer for each questions.

28. Explain in detailed the sports photography related career in the field of physical education. 3

OR

Explain any three programmes of "Khelo India" in detailed. 3

29. Explain the procedure and benefits of Naukasana. 3

OR

Explain any three advantages of yoganidra. 3

30. Write any one somotype or body types of individual according to WILLIAM HERBERT SHELDON. 3

OR

Elucidate any three points of importance of test, measurement and evolution in the field of sports. 3

31. Discuss any one characteristics of adolescence. 3

OR

Write any one importance of sports psychology. 3

32. Explain various side effects of anabolic steroids. 3

OR

Explain about the substances prohibited in-competition. 3

33. Draw the playing court of Sepak-Takraw with detail measurements. 3

OR

Draw the playing court of Kabaddi for women with detail measurements. 3

For Question Nos. 34 to 36 write the answer in about 120 words for each questions.

34. Elucidate the objectives of Indian Olympic Association. 5

OR

Write down a detailed not on the main functions of the International Olympic Committee. 5

35. Elaborate any five points of safety tips or methods for preventing injuries in the field of sports. 5

OR

Explain the leadership qualities in physical education. 5

36. Write the history of any one Game and Sport from the prescribes syllabus. 5

OR

Write a brief account of Dronacharya Award. 5