

2018

**PHYSICAL, HEALTH EDUCATION AND SPORTS**  
**(Theory)**

**Full Marks : 70**

**Pass Marks : 21**

**Time : Three hours**

*All the questions are compulsory.*

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

*For Question Nos. 1 to 5, choose the correct answer from the given alternatives and rewrite the sentences with the corresponding alphabet A, B, C or D.*

1. Co-ordinative abilities depend on the 1
  - A. central nervous system
  - B. muscular system
  - C. circulatory system
  - D. skeleton system
  
2. Who said, "Sports training is the basic form of preparation of a sportsman" 1
  - A. Mathew
  - B. Martin
  - C. Harre
  - D. Thiess and Schnabel

P.T.O.

3. Passive flexibility is the ability of joint to move to its maximum range 1
- A. with external help
  - B. without external help
  - C. with equipment
  - D. without equipment
4. The general process of learning in which human beings learn their culture and become active member of society is known as 1
- A. sociology
  - B. socialisation
  - C. environment
  - D. heridity
5. Sports sociology specially focuses on relationship between 1
- A. sports and sportsman
  - B. sports and culture
  - C. sports and socialisation
  - D. sports and society

*Answer Question Nos. 6 to 16, in one word or one sentence each.*

6. What is the meaning of strength ? 1
7. Is physical wellness necessary for players ? 1
8. Write *any one* advantage of Fartlek Traning Method. 1
9. Elucidate Olympic Motto. 1

10. How does an individual improve social value through physical education programmes? 1
11. Where is "Yoga" originated? 1
12. Which type of Yoga can develop moral of a sportsperson? 1
13. Write *any one* common injury of your choice game / sports. 1
14. Write the name of recognised national level Organisation / Federation of your choice game/sports. 1
15. Mention *any one* preventive measure of strain. 1
16. What do you mean by rehabilitation? 1

*Answer Question Nos. 17 to 21 in about 25 to 30 words each.*

17. Give *any two* effects of Aerobic exercise. 2
18. What are the benefits of participation in games and sports. 2
19. Mention the training methods for speed development. 2
20. What are the causes of accident in games and sports? Write *any two* points. 2
21. Give the measurement of any play field of games and sports according to your syllabus. 2

*Answer Question Nos. 22 to 29, in about 35 to 50 words each.*

22. Elucidate *any one* component of physical wellness. 3
23. Write *any three* importance of sociology in physical education. 3
24. Describe the qualities of leadership that can be developed through physical education programme. 3
25. What are the biotic and abiotic components? 3
26. Explain briefly the fourth element of Yoga. 3

27. Explain the fundamental skills of your choice game. 3
28. Elucidate about sprain injury. 3
29. What are the symptoms of fracture ? Write *any three* points. 3

*For Question Nos. 30 to 30 ,write the answer in about 100 words each.*

30. Describe the concept of training for the development of sports performance. 5
31. Mention *any five* points of need for environment in physical education programme. 5
32. Explain the role of Yoga in sports by giving *five* points. 5
33. Sketch a playing court with their various dimension of your choice game. 5