

2022

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

1. Vajarasana is a beneficial asana except for – 1
 - (A) pelvic muscles
 - (B) joint pain
 - (C) reducing hip fat
 - (D) sciatica

2. Female athlete triad is – 1
 - (A) a menstrual disorder
 - (B) a syndrome in which osteoporosis, amenorrhoea and eating disorder
 - (C) the first period or first menstrual bleeding
 - (D) a syndrome of deficiency of calcium

P.T.O.

3. Barrow three-item General Motor ability test consists of – 1
- (A) standing broad-jump, zig-zag run and sit-up
 - (B) standing broad-jump, zig-zag run and medicine ball-put
 - (C) medicine ball-put, standing broad-jump and push-up
 - (D) standing broad-jump, push-up and sit-up
4. Zig-zag Run training method is used to – 1
- (A) develop strength
 - (B) develop flexibility
 - (C) agility and speed
 - (D) develop endurance

For Question Nos. 5 to 14, write the answer in one sentence or in about 20 words .

5. What does macro nutrient meant ? 1
6. Suggest any one beneficial yoga asana to reduce hypertension. 1
7. What does disorder meant ? 1
8. Suggest the exercise guidelines for the age group of 1 to 2 years of age. 1
9. Write the formulae of long term fitness index score. 1
10. Suggest any one preventive measure for sprain injury in sports. 1
11. Describe abduction movement. 1
12. "Friction is usually called a necessary evil in sports". Justify. 1
13. Define strength. 1
14. Classify the types of flexibility. 1

For Question Nos. 15 to 24, write the answer in about 50 to 60 words each.

15. What is Intramural and Extramural in sports ? 2
16. Distinguish between nutritive and non-nutritive components of food. 2
17. Explain any one procedure of beneficial yoga asana for relieving tension. 2
18. Classify the types of disability. 2
19. In what ways the effect of Exercises can be studied on cardiovascular system of the body ? 2
20. Classify sports injuries. Explain any one of them. 2
21. How does the size of muscular factor determine the strength ? 2
22. Write any one application of Newton's law of Motion in sports activity. 2
23. Explain any one type of Endurance according to the nature of activity. 2
24. Elucidate the fundamental skills of *any one* of the following : 2
 - (i) Thang-ta
 - (ii) Taekwondo
 - (iii) Long-jump
 - (iv) Discuss throw
 - (v) Javelin throw

For Question Nos. 25 to 31, write the answer in about 70 to 100 words each.

25. Clarify the meaning of balanced diet in brief. 3
26. Discuss the procedure, benefits and contraindications of Padahastasana. 3
27. Explain any three causes of disability. 3
28. Explain the procedure of Harvard-step Test or Rockport One Mile test. 3
29. Elucidate any one type of Friction. 3

30. Explain any three types of coordinative ability. 3
31. Draw the playing field or court of any one of the following games : 3
- (i) Basketball
 - (ii) Hockey
 - (iii) Kho-kho
 - (iv) Volleyball
 - (v) Lawn Tennis
 - (vi) Judo

For Question Nos. 32 to 34, write the answer in about 50 to 60 words.

32. What is Extramural ? Explain any four objectives of Extramural. 5
33. Elucidate the factors affecting motor development in children. 5
34. Write the history of any one of the following games : 5
- (i) Basketball
 - (ii) Hockey
 - (iii) Kho-kho
 - (iv) Volleyball
 - (v) Lawn Tennis
 - (vi) Judo