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PHYSICAL EDUCATION

Full Marks : 70

Time : 3 hours

The figures in the margin indicate full marks for the questions

General Instructions :

(i) Write all the answers in the Answer Script.

(ii) Attempt objective questions serially.

(iii) Attempt all parts of a question together at one place.

(PART : A—OBJECTIVE)

(*Marks* : 35)

1. Write whether the following statements are *True* or *False* : 1×10=10

   (a) The presence of spectators is not necessary for creating positive sports environment.

   (b) Our body requires only 0·50 gram of protein per pound of the ideal body weight.

   (c) Due to lack of proteins, the deficiency diseases named marasmus and kwashiorkor are mainly caused in children.

[P.T.O.

(2)

(d) Knock knee is a type of deformity related to spine.

(e) HDL is also called 'bad cholesterol'.

(f) The first version of AAPHERD motor fitness test was published in 1958.

(g) The heart rate of females is more in comparison to males.

(h) Angular motion is a motion which moves towards horizontal direction.

(i) The effect of stress is not always negative but is also positive.

(j) Isokinetic exercises were developed by Perrine in the year 1965.

2. Choose and write the correct answer from the choices given :   1×11=11

(a) The reason behind less participation of women in sports was

   (i) sports and games are considered masculine

   (ii) lack of awareness among women

   (iii) Both the above

(b) Natural resources that are filled again naturally such as sunlight, air and wind, etc., are known as

   (i) renewable resources

   (ii) non-renewable resources

   (iii) None of the above

(c) Our blood in the body contains

   (i) 90% of water

   (ii) 95% of water

   (iii) 99% of water

(d) Lack of vitamin B_2/riboflavin decreases immunity power of

   (i) white blood corpuscles (WBC)

   (ii) red blood corpuscles (RBC)

   (iii) Both the above

(e) In intramural competition, activities like boxing, judo and karate are also known as

   (i) minor games

   (ii) combative activities

   (iii) rhythmics

(**4**)

(f) Performing Chakrasana is the best exercise related to which of the following deformities?

  (i) Knock knee

  (ii) Round shoulder

  (iii) Bow legs

(g) Cardiovascular fitness test is essential for us to perform

  (i) aerobic activities

  (ii) anaerobic activities

  (iii) Both the above

(h) The heart rate of a baby (male) at the time of birth remains

  (i) 110 beats

  (ii) 120 beats

  (iii) 130 beats

(i) Mechanical energy is a combination of

  (i) force and power energy

  (ii) kinetic and potential energy

  (iii) kinetic and force energy

(**5**)

(j) Physical activity is one of the best means of

(i) releasing stress

(ii) producing stress

(iii) Both the above

(k) The ability to react quickly and accurately to undermined or unexpected signals is known as

(i) simple reaction ability

(ii) medium reaction ability

(iii) complex reaction ability

3. Answer any *seven* of the following questions : 2×7=14

(a) What do you understand by self-esteem and body image?

(b) What is Fartlek training?

(c) List down any five elements of positive sports environment.

(d) Write down five objectives of adventure sports.

(e) Why are proteins called as nitrogenous food?

(f) What do you mean by gross motor development and fine motor development?

(6)

(g) Define test and measurement.

(h) What do you mean by oxygen intake and oxygen uptake?

(i) What is angular motion? Give one example of angular and linear motion.

(PART : B—DESCRIPTIVE)

(*Marks* : 35)

4. Answer the following questions :　　　　　　7×5=35

(a) What are the good qualities of a leader? Elucidate the process of creating leaders through physical education.　　　　　　2+5=7

(b) What do you mean by anorexia nervosa? Explain the causes and management of anorexia in detail.　　1+6=7

(c) What do you mean by the word 'planning' in physical education? Briefly explain the objective of planning in physical education and sports.　　　2+5=7

Or

What is food supplement? Why do we need food supplement for children? Explain in detail.　　2+5=7

(d) What do you understand by sit and reach test? Briefly explain the procedure of Harvard step test.　　　　　　1+6=7

(7)

Or

Explain the long-term effects of exercises on cardiovascular system in detail. 7

(e) What is projectile? State the differences between walking and running. 1+6=7

Or

Explain the emotion focused coping strategies in detail. 7

Or

What is coupling ability? Elaborate the ways and method used to improve flexibility. 2+5=7

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