

2019

**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. Vajarasana should not be performed by 1
- (A) a woman, who are two or three months pregnant.
- (B) a person suffering from joint pain
- (C) a person who have back pain
- (D) a person who have asthma
2. The first Indian woman who have secured a bronze medal in Sydney Olympic games, 2000 was 1
- (A) Saina Nehwal
- (B) M.C. Mary Kom
- (C) Karnam Malleshwari
- (D) P.T. Usha

P.T.O.

3. Sports medicine deals with the 1
- (A) treatment of various diseases
  - (B) physical fitness and prevention of injuries in sports
  - (C) social relationship of sports persons
  - (D) behavioural science of the sports person
4. The term "Antenna" in sports is associated with 1
- (A) Football
  - (B) Hockey
  - (C) Volleyball
  - (D) Basketball

**For Question Nos. 5 to 14, write the answer in one word or one sentence.**

5. Define Balance diet. 1
6. What is asana in Yoga ? 1
7. Write any *one* name of meditative Yoga asana. 1
8. Suggest any *one* name of Yoga asana for management of diabetes. 1
9. What is female athlete triad ? 1
10. Write a comment on menstruation and Sports participation of women. 1
11. How many numbers of test are there in Kraus-Weber Test ? 1
12. What is cardiac output ? 1
13. State any *one* aim of Sports Medicine. 1
14. Name *one* International level sports personality of a game/sport of your choice that prescribed in your syllabus. 1

**For Question Nos. 15 to 24, write the answer in about 30 to 40 words.**

15. Write the types of Tournament. 2
16. Define nutrition and describe any *one* macro nutrient food. 2
17. Discuss any *two* benefits of Yoga asana for the prevention of diseases. 2
18. Explain any *one* cause of disability. 2
19. Explain *one* factor which affects motor development. 2
20. Elucidate *one* Psychological trait of women athletes. 2
21. What is long form of HST in Cardiovascular Fitness test ? 2
22. State any one procedure of General Motor Fitness which was developed by Dr. H.M. Barrow. 2
23. Write any *two* symptoms of Sprain injury. 2
24. Differentiate between Greenstick fracture and Comminuted fracture in one point. 2

**For Question Nos. 25 to 31, write the answer in about 40 to 60 words.**

25. Draw a fixture of 11 Basketball Teams participating in a Knock-out Tournament. 3
26. Differentiate between nutritive and non-nutritive components of diet in *three* points. 3
27. How many types of disability ? Explain any *one* of them. 3
28. What is correct posture ? Explain the correct posture of standing. 3

29. What is projectile ? Describe angle of projection that affect projectile trajectory. 3
30. Discuss the application of Newton's Third Law of Motion in sports with three examples. 3
31. Discuss any *three* rules of any *one* game / sport that prescribed in your syllabus. 3

**For Question Nos. 32 to 34, write the answer in about 100 words.**

32. Explain any *five* effects of exercise on muscular system. 5
33. "Acceleration Run Training Method is a means to develop speed in sports". Discuss in *five* points. 5
34. Draw a standard playing field or court with measurements of any *one* game or sport that prescribed in your syllabus 5

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