

2019

**PHYSICAL, HEALTH EDUCATION AND SPORTS**

**(Theory)**

**Full Marks : 70**

**Pass Marks : 21**

**Time : Three hours**

*All the question are compulsory.*

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

*For Question Nos. 1 to 4, choose the correct answer from the given alternatives and rewrite the sentences with the corresponding alphabet A, B, C or D.*

1. Ardha Matseyendrasana benefit as 1
- (A) Improve blood circulation
- (B) Cures the diseases of liver
- (C) Alleviates digestive oilment
- (D) Alleviates gas trouble

2. From which year women started participating in the modern Olympic Games? 1
- (A) 1896  
(B) 1900  
(C) 1904  
(D) 1908.
3. The females systolic and the diastolic blood pressure is lower than males of the same age about 1
- (A) 1 – 2 mm Hg  
(B) 3 – 4 mm Hg  
(C) 5 – 10 mm Hg  
(D) 11 – 13 mm Hg
4. Dynamic strength can be divided into 1
- (A) Two  
(B) Three  
(C) Four  
(D) Five.

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

5. Define nutrition. 1
6. Write the meaning of dyslexia. 1
7. What is Bulimia Nervosa ? 1
8. Define endurance according to BARROW and MCGEE. 1

9. What kind of sports injury can be termed as abrasion ? 1
10. What is circuit training ? 1
11. Illustrate one advantage and disadvantage of Fartlek training method. 1
12. In which games and sports does the term “chaser” belongs to? 1
13. Write any one skill of your choice from the following games/sports  
(a) Thang-Ta, (b) Yubi-Lakpi, (c) Sharit-Sharak and (d) Tae-Kwon-Do. 1
14. What is the importance of equipment in Sports/Games? 1
- For Question Nos. 15 to 24, write the answer in about 30 to 40 words.*
15. Explain animal protein. 2
16. Write the procedure of paschimottanasana. 2
17. Suggest any two symptoms of Attention Dificit Hyperactivity Disorder (ADHD) in children. 2
18. Discuss any two causes of Oppositional Defiant Disorder (ODD) 2
19. What are the causes of lordosis? 2
20. Discuss the physiological changes due to ageing on the Cardiovascular system. 2
21. Classify the bone injuries and mention any one of them. 1+1=2
22. Explain any one aim of sports medicine. 2
23. Compare acceleration ability with locomotor ability. 2
24. Explain about the procedure of the elongated start. 2
- For Question Nos. 25 to 31, write the answer in about 40 to 60 words.*
25. Calculate the BMI of an individual body weight is 65 Kg and height is 1.70 m. 3
26. What are the benefits of asanas for become strong bones and joints? 3

27. Explain environmental factors affecting motor development in children. 3
28. What do you mean by amenorrhoea? Discuss two types of amenorrhoea? 1+2=3
29. Give two points of difference between oxygen intake and oxygen uptake. 3
30. Describe the advantages of friction in the field of games and sports with suitable example. 2+1=3
31. Draw the parabolic path of an object at different angles. 3
- For Question Nos. 32 to 34, write the answer in about 100 words.*
32. Draw a fixture of 11 (eleven) teams on knockout basis. 5
33. Elucidate any two of the general motor fitness test. 5
34. Draw a playing court/field with their measurement of your choice from the following games/sports. 5
- (a) Basketball, (b) Hockey, (c) Kho-Kho, (d) Volleyball, (e) Lawn Tennis and (f) Judo.

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