

2019**PHYSICAL EDUCATION****(Theory)***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.

(OBJECTIVE – TYPE QUESTIONS)*(Marks : 21)*

- 1.** State whether the following Statements are *True* or *False*:

1 x 10 = 10

- (a) Physical fitness is the inability of our body to function effectively and efficiently. 1
- (b) Neuro-muscular co-ordination is one of the main objective of Physical Education. 1
- (c) The Olympic flag was first solemnly inaugurated in Paris in June 1920. 1

(2)

- (d) Pranayama is the control of the movement of the eyes. 1
- (e) The side effects of corticosteroids is-increase aggression, reduces fatigue and pain. 1
- (f) Waist-Hip Ratio = $\frac{\text{Hip Circumference}}{\text{Waist Circumference}}$ 1
- (g) Anatomy is the study of the shape and structure of the body of organism or living beings. 1
- (h) Class-3 lever have the effort (Force) between the load (Resistance) and the fulcrum. 1
- (i) Development can be measured whereas Growth cannot. 1
- (j) To bring the body to a normal state after any competition or training is called warming up. 1

- 2.** Choose and write the correct answer: *1 x 11 = 11*

- a. “The human body’s ability to move with the desired speed, balance, agility and strength gained through proper exercise and nutrition”. This definition of physical fitness was given by: 1
- (i) Webster’s Encyclopaedia.

(3)

- (ii) Don Hoskins
- (iii) Kroles
- b. An individual with an Athletic physique and balanced body composition are classified as– 1
- (i) Endomorph
- (ii) Ectomorph
- (iii) Mesomorph
- c. The All India Council of Sports was constituted in the year: 1
- (i) 1954
- (ii) 1945
- (iii) 1964
- d. In the Olympic symbol or Olympic emblem there are: 1
- (i) Four Interlinked rings
- (ii) Five Interlinked rings
- (iii) Six Interlinked rings
- e. Substances which are non-performance enhancing drugs, but are used in sports to remove fluids from the body, particularly water such as to reduce the weight loss rapidly as in boxing, wrestling etc. are known as: 1
- (i) Narcotics
- (ii) Diuretics
- (iii) Cannabinoids

(4)

- f. Sprain is a: 1
- (i) Muscle injury
- (ii) Skin injury
- (iii) Ligament injury
- g. Which of the following group is the Somatotypes or Body types classified by Hippocrates: 1
- (i) Endomorph, Mesomorph, Ectomorph
- (ii) Phlegmatic, Sanguine, Choleric, Melanocholic
- (iii) Pyknic, Asthenic, Athletic.
- h. Immovable joints are also called: 1
- (i) Synovial joints.
- (ii) Fibrous joints
- (iii) Ampharthroses joints.
- i. Biomechanics is the study of structure and function of: 1
- (i) Biological aspects of mechanical systems.
- (ii) Mechanical aspects of biological systems.
- (iii) Chemical aspects of mechanical and biological systems.

(5)

- j. Law of Acceleration is Newton's– 1
- (i) First law of Motion
- (ii) Second law of Motion
- (iii) Third law of Motion.
- k. A training-cycle, duration for 3 to 6 weeks are also called as: 1
- (i) Macro-cycle
- (ii) Meso-cycle
- (iii) Micro-cycle.

(SHORT – TYPE QUESTIONS)

(Marks : 14)

(PART – B)

Answer the following Questions (*any seven*) :

2 x 7 = 14

1. What do you mean by wellness? 2
2. Define Physical Education. 2
3. What are the two objectives of Dronacharya Award? 2
4. What is Yoga? 2

(6)

5. What do you mean by Gene doping? 2
- Or
- What is Contusion. 2
6. Define Test and Measurement. 2
- Or
- What is Human Anatomy? 2
7. What do you mean by Equilibrium? 2
- Or
- What do you mean by Adolescent. 2
8. Describe the first aid for Dislocation of Joints? 2
- Or
- What do you mean by Adaptation? 2

(DESCRIPTIVE – TYPE QUESTIONS)

(Marks : 35)

Answer the following questions: 7 x 5 = 35

1. What do you mean by Lifestyle? Briefly explain the components of positive lifestyle? 1 + 6 = 7
- Or

(7)

What are the aims and objectives of physical education? Explain in details. 7

2. What is Arjuna Award? What are the main functions of the IOC? 2 + 5 = 7

Or

What is pranayama? Explain the importance of Yoga in our daily life. 1 + 6 = 7

3. Explain the performance enhancing substances in detail. 7

Or

How can you prevent sports injuries? Explain in details. 7

4. Explain the importance of Test and Measurement in the field of physical education and sports. 7

Or

Explain the location and function of the Heart? Draw a labelled diagram of the structure of the heart. 5 + 2 = 7

5. Differentiate between growth and development. Describe the developmental characteristic during childhood. 4 + 3 = 7

Or

What are the principles of Sports Training? Explain in details. 7

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