

2020

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)**1.** State whether the following are *True* or *False*: 1 x 15 = 15

- (i) To prepare the body for a physical competition or training is termed as warming-up.
- (ii) Sleep is vital for learning and lack of sleep impacts our health.
- (iii) Bones which are mainly found in the upper and lower limbs are known as short bones.

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- (iv) A test is a tool to evaluate the skill, knowledge, capacity or aptitude of an individual or a group.
- (v) Urine samples is the only method used to test athletes for doping.
- (vi) The force that causes rotating objects to move away from centre or axis of rotation is known as centripetal force.
- (vii) Increase training when one is injured.
- (viii) Physical fitness is the inability of our body to function effectively and efficiently.
- (ix) Immovable Joints are also known as synarthrosis Joints.
- (x) Every lever has a point at which the force is applied, a point of resistance and a fulcrum.
- (xi) Lifestyle is a pattern of behaviour or way of how an individual lives.
- (xii) The father of modern Olympic Games is Baron Pierre de Coubertin.
- (xiii) The deoxygenated process in the respiratory system takes place in the alveoli.
- (xiv) Cardiac muscles are voluntary muscles.
- (xv) A fracture without a wound is called a simple fracture.

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2. Choose the correct answer from the given choices:

1 x 15 = 15

- i. The three types of learning include:
 - (a) Fast, medium, medium transfer of learning.
 - (b) Positive, negative, zero transfer of learning.
 - (c) Excellent, good, poor transfer of learning.
- ii. W.A.D.A. stands for:
 - (a) World Anti-Doping Association.
 - (b) World Anti-Doping Agency.
 - (c) World Anti-Doping Aid.
- iii. Types of warming-up are:
 - (a) Passive warming-up and active warming-up.
 - (b) Dynamic and static warming-up.
 - (c) Massive and Impressive warming-up.
- iv. The International Olympic Committee has its headquarters in :
 - (a) Lausanne, Athens
 - (b) Lausanne, Greece
 - (c) Lausanne, Switzeland.

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v. The number of bones in the human body:

- (a) 226
- (b) 206
- (c) 216

vi. Training Cycles with a duration of 3 to 6 week are also known as:

- (a) Macro-Cycle
- (b) Meso-Cycle
- (c) Micro-Cycle.

vii. Biomechanics is the study of structure and function of:

- (a) Biological aspects of Mechanical systems.
- (b) Mechanical aspects of Biological systems.
- (c) Chemical aspects of Mechanical and Biological systems.

viii. Immovable Joints are also called:

- (a) Fibrous Joints
- (b) Synovial Joints
- (c) Ampharthrosis Joints.

- ix.* The immediate care for common sports injuries consists of a four step programme called R.I.C.E. which stands for:
- (a) Rest Injection Compression Elevation.
 - (b) Rest Ice Compression Elevation.
 - (c) Rest Ice Care Elevation.
- x.* The Olympic motto should appear sequently as:
- (a) Citius, Fortius, Altius
 - (b) Citius, Altius, Fortius
 - (c) Fortius, Altius, Citius.
- xi.* Endomorph are individuals usually referred to as:
- (a) Persons with short arms and legs.
 - (b) Persons with athletic physique and balanced body.
 - (c) Slim persons.
- xii.* “Measurement is the process of administrating a test to obtain quantitative data”.
- (a) Barry L. Johnson
 - (b) Jack Nelson
 - (c) H. M. Barrow.

- xiii.* The respiratory system includes:
- (a) Nose, Right Ventricle, Pharynx, Left Ventricle, Lungs.
 - (b) Nose, Pharynx, Trachea, Bronchi, Lungs.
 - (c) Nose, Mouth, Trachea, Lungs, Phraynx.
- xiv.* According to, “Sports training is the basic form of preparation of sportsmen”.
- (a) Matwejew
 - (b) Martin
 - (c) Harre.
- xv.* Yoga is an ancient art based on a harmonizing system of development of the:
- (a) Body, Mind and Soul
 - (b) Body, Spirit and Soul
 - (c) Spirit, Soul and Mind.

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(VERY SHORT – TYPE QUESTIONS)

3. Answer the following Questions (*any ten*): $2 \times 10 = 20$

- (i) Define Adapted Physical Education.
- (ii) Define dynamic equilibrium.
- (iii) Briefly explain the two types of Health Indicators?
- (iv) List down the different types of joints.
- (v) Enlist any six adolescence problems.
- (vi) What is load and adaptation?
- (vii) What is negative transfer of learning?
- (viii) What do you mean by 'Prohibited Substances and Methods' in games and sports?
- (ix) Define Body Mass Index (BMI)? Write down its formula.
- (x) Give the meaning of Asana?
- (xi) What is meant by Arjuna Award?
- (xii) Define biomechanics in sports and games?
- (xiii) Define Skills.
- (xiv) Explain two functions of the heart.
- (xv) According to the Principles of Sports Training, state the Principle of Continuity?

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(DESCRIPTIVE – TYPE QUESTIONS)

4. Answer the following Questions (*any four*). $5 \times 4 = 20$

- (i) Write down the aims and objectives of physical education. 5
- (ii) List the types of common sports injuries. What are the steps to be taken in order to prevent sports injuries? $2 + 3 = 5$
- (iii) Is Warming-up important before any sports activity? Explain its importance? 5
- (iv) Draw and label the different parts of the respiratory system. 5
- (v) Briefly explain the components of positive lifestyle. 5
- (vi) Define learning. Explain the primary laws of learning in detail. $1 + 4 = 5$
- (vii) State the three laws of motion and explain how they are applied in Athletic events. 5
- (viii) Explain the importances of Yoga in our daily life. 5

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