

2022**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.

(PART – A)

(OBJECTIVE – TYPE QUESTIONS)

(Marks : 21)

- 1.** State whether the following statements are *True* or *False* (*Any Ten*): 1 x 10 = 10
- (a) Wellness involves an unhealthy balance of mind, body and spirit.
 - (b) Development of health is also an objective of physical education.

- (c) The Olympic flag was first solemnly inaugurated in Paris in June, 1920.
- (d) Patanjali described five elements of yoga in Yogasutras.
- (e) Gene doping is the manipulation of cells or genes to enhance the body's sports performances.
- (f) A test is a tool to evaluate the skill, knowledge, capacities or aptitudes of an individual or a group.
- (g) Cardiac muscles perform the pumping action of the heart.
- (h) Strain is a ligament injury.
- (i) Biomechanics helps in improving the sports equipments.
- (j) The law of readiness is also known as law of preparedness.
- (k) To bring the body back to a normal state after any competition is Warming-up.
- (l) The International Olympic Committee is the governing body of modern olympic games.
- (m) Poor posture is a major caused of injury in the field of sports.

(3)

- (n) Coaching career is also a traditional career in the field of physical education.
- (o) Balance diet is also essential in preventing sports injuries.

2. Choose and write the correct answers: *(Any eleven)*

$$1 \times 11 = 11$$

- (a) “Today we do not need Bhagwat Geeta, but football fields”. Said by:
 - (i) Swami Vivekananda
 - (ii) Don Hoskins
 - (iii) Jawaharlal Nehru
- (b) The Olympic flame is a symbol of:
 - (i) Knowledge, life and happiness
 - (ii) Knowledge, fun and recreation
 - (iii) Competition, learning and awards
- (c) Pranayama is the control of the process of:
 - (i) Sleeping
 - (ii) Eating
 - (iii) Breathing

(4)

- (d) Substances which are used to reduce or eliminate pain from injuries or allow athletes to do persistent efforts for a longer time is :
 - (i) Anabolic steroids
 - (ii) Stimulants
 - (iii) Narcotics
- (e) According to this Law, “For every action, there is always an equal and opposite reaction”.:
 - (i) Law of Inertia
 - (ii) Law of Reaction
 - (iii) Law of Acceleration
- (f) Abrasion is a:
 - (i) Muscle Injury
 - (ii) Bone Injury
 - (iii) Skin Injury
- (g) Overtraining in the beginning may caused:
 - (i) Sports Injuries
 - (ii) Lack of sleep
 - (iii) None of the above

(5)

- (h) Mesomorph are usually referred to individual with:
- (i) Short arm and legs
 - (ii) Muscular individual
 - (iii) None of the above
- (i) Appendicular skeleton consists of:
- (i) Upper limbs and lower limbs
 - (ii) Upper limbs and vertebral column
 - (iii) Upper limbs, lower limbs and vertebral column
- (j) The process of inhalation of O_2 and exhalation of $CO_2 + H_2O$ is called:
- (i) Circulatory process
 - (ii) Respiratory process
 - (iii) Skeletal process
- (k) "Psychology is the science of human behaviour". According to:
- (i) Crow and Crow
 - (ii) Pillsbury
 - (iii) Watson

(6)

- (l) To increase the body temperature without performing any physical activity is:
- (i) Active Warming-up
 - (ii) Passive Warming-up
 - (iii) General Warming-up
- (m) The five Olympic rings symbolise the five:
- (i) Country
 - (ii) Continents
 - (iii) None of the above
- (n) To regain what was lost is:
- (i) Recovery
 - (ii) Load
 - (iii) Rest
- (o) Heat Therapy can reduce the:
- (i) Symptoms of pain
 - (ii) Stress
 - (iii) None of the above

(7)

PART – B

(SHORT – TYPE QUESTIONS)

(Marks : 14)

3. Answer the following Questions (*any seven*): 2 x 7 = 14

- (a) Give the meaning of physical fitness.
- (b) What are health status indicators. Give two examples.
- (c) Define sports training.
- (d) What is Meditation?
- (e) Write down the Olympic oath.
- (f) Define Doping.
- (g) What are the three types of common sports injuries? Name them.
- (h) Define Test and Measurement?
- (i) Give the meaning of Human Physiology.
- (j) Define Biomechanics.
- (k) What is Warming-up?
- (l) State any one differences between growth and development.
- (m) Describe the first aid for dislocation of joints.

(8)

PART – C

(DESCRIPTIVE – TYPE QUESTIONS)

(MARKS : 35)

4. Answer the following Questions (*any five*). 7 x 5 = 35

- (a) Define physical education and enlist the career options in physical education. 2 + 5 = 7
- (b) Enlist the eight elements of yoga and discuss any two elements of yoga. 2 + 5 = 7
- (c) What are the two types of doping and explain its types in details. 1 + 6 = 7
- (d) How can you prevent sports injuries. Explain any seven steps. 7
- (e) What do you mean by BMI? Give the formula of BMI. What will be the BMI of an individual's body if weight is 80 kg and his/her height is 2m? 3 + 4 = 7
- (f) Give the meaning of physiology and explain any five importance of anatomy and physiology in physical education and sports. 2 + 5 = 7
- (g) (i) What is circulatory system? Explain the structure, location and functions of the heart? 2 + 5 = 7

Or

- (ii) Discuss the Newton's Law of Motion and its application in the field of sports and games. 7

(9)

(h) Define psychology and explain the importance of psychology in sports. 7

(i) (i) What are the principles of Sports Training.

Or

(ii) Write a short notes on: 7

(a) Load 3

(b) Adaptation 3

(c) Recovery 1

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