

2023

**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) The father of Modern Olympic Games is Baron Pierre de Coubertin.
- (b) The fracture without any wound is called simple fracture.

- (c) Physical fitness is the ability of our body to function effectively and efficiently.
- (d) To bring the body to a normal state after training or competition is called warming up.
- (e) The Olympic flag was first solemnly inaugurated in Paris, June, 1920.
- (f) Growth can be measured, whereas, Development cannot.
- (g) Narcotics may cause loss of balance and coordination, vomiting, fainting.
- (h) Pratyahara is a process of self control.
- (i) Teaching career is also a traditional career in the field of Physical Education.
- (j) Increase the load rapidly in training is significant.
- (k) The formula to calculate BMI is:  

$$\text{Body Mass Index (BMI)} = \left( \frac{\text{Body weight}}{\text{Height} \times \text{Height}} \right) \frac{\text{kg.}}{\text{m}^2}.$$
- (l) Protective equipments are essential in games and sports.

( 3 )

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

$$1 \times 11 = 11$$

- (a) The Olympic motto should appear sequently as:
- (i) Citius, Fortius, Altius
  - (ii) Citius, Altius, Fortius
  - (iii) Fortius, Altius, Citius.
- (b) Ectomorph are usually referred to individual with
- (i) Slim person, muscles and limbs are elongated
  - (ii) Muscular individual
  - (iii) None of the above.
- (c) Indian Olympic Association was established in the year:
- (i) 1927
  - (ii) 1928
  - (iii) 1929.
- (d) “An integral part of the total education process which has its aim—the development of physically, mentally, emotionally, and socially fit citizens through the medium of physical activities which have been selected with a view to realising these outcomes
- According to :
- (i) Charles A. Bucher
  - (ii) Oberteuffer
  - (iii) Cassidy.

( 4 )

(e) Strain is a:

- (i) Muscle injury
- (ii) Tendon injury
- (iii) Ligament injury.

(f) Training cycle with a duration of 3 – 12 months are also known as:

- (i) Meso Cycle
- (ii) Macro Cycle
- (iii) Micro Cycle.

(g) Freely movable joints are also called

- (i) Synovial joints
- (ii) Fibrous joints
- (iii) Symphysis

(h) W.A.D.A stands for:

- (i) World Anti-Doping Association
- (ii) World Anti-Doping Agency
- (iii) World Anti-Doping Aid.

( 5 )

- (i) Substances which are non-performance enhancing drugs, but are used in sports to remove fluids from the body particularly water.
- (i) Narcotics
  - (ii) Cannabinoids
  - (iii) Diuretics
- (j) Biomechanics is the study of structure and function of:
- (i) Biological aspects of mechanical systems
  - (ii) Mechanical aspects of biological systems
  - (iii) Chemical aspects of mechanical and biological systems.
- (k) Patanjali wrote about Yoga in:
- (i) 147 BC
  - (ii) 148 BC
  - (iii) 149 BC.
- (l) The number of bones in the human body
- (i) 206
  - (ii) 209
  - (iii) 210.

( 6 )

- (m) Law of Reaction is Newton's–
- (i) First law of motion
  - (ii) Second law of motion
  - (iii) Third law of motion.

( PART – B )

( SHORT – TYPE QUESTIONS )

(Marks : 14)

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

- (a) What do you mean by wellness?
- (b) Define ectomorph.
- (c) Define Integrated Physical Education.
- (d) Define test and measurement.
- (e) Enlist the importance of Sports Psychology.
- (f) What do you mean by equilibrium.
- (g) What is Load and Recovery.
- (h) Define human anatomy.
- (i) What are the two objectives of Olympics?

( 7 )

- (j) Give the meaning of Blood Doping.  
(k) What is Hypertension?

( PART – C )

( DESCRIPTIVE – TYPE QUESTIONS )

(Marks : 35)

4. Answer the following Questions (*any five*).  $7 \times 5 = 35$
- (a) Explain in detail the aims and objectives of Physical Education.  $7$
- (b) Define lifestyle and briefly explain the components of positive lifestyle.  $2 + 5 = 7$
- (c) Enlist the various types of common sports injuries. Explain in detail any one of them.  $2 + 5 = 7$
- (d) What is skeletal muscles. Explain the functions of muscles.  $2 + 5 = 7$
- (e) Define learning. Explain the types of transfer of learning.  $2 + 5 = 7$
- (f) (i) Define limbering down. Write in detail the importance of limbering down.  $2 + 5 = 7$

Or

- (ii) What is Arjuna Award? What are the functions of IOC?  $2 + 5 = 7$

( 8 )

- (g) (i) Define centre of gravity. What are the principles of stability?  $2 + 5 = 7$

Or

- (ii) Write short notes on:

- (a) Pranayama  $2$
- (b) Asana  $2$
- (c) List down the types of warming-up. Explain any one.  $3$

★★★