

2022

**HEALTH AND PHYSICAL EDUCATION
(Theory)**

Full Marks : 70

Pass Marks : 21

Time : Three hours

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

Answer all the questions.

For Question Nos. 1 to 4, choose the correct answer from the given alternatives and rewrite the sentences.

1. Which of the following is the benefit of Pada Hatasana ? 1
 - (A) It enhances memory power
 - (B) It enhances mental and physical equilibrium
 - (C) It improves blood circulation
 - (D) It help in increasing height

2. Scoliosis is a postural deformity related to 1
 - (A) Legs
 - (B) Shoulders
 - (C) Spine
 - (D) Muscles

P.T.O.

3. How many female sportsperson participated from India in 2008 Olympic Games? 1
- (A) 20
- (B) 26
- (C) 28
- (D) 30
4. The term "LET" is associated in the game of 1
- (A) Kho-kho
- (B) Judo
- (C) Hockey
- (D) Lawn Tennis

For Question No. 5 to 14, write the answer in one word or one sentence each.

5. Which law of motion is applied when a basketball player dribbles the ball on the court? 1
6. Explain active flexibility. 1
7. Mention dyslexia. 1
8. What do you mean by menarche? 1
9. Which test is used to measure the upper body strength and endurance in girls? 1
10. Define rolling function. 1
11. Write the disadvantages of interval training method. 1
12. Explain vitamin K. 1
13. Point out the contradiction of Shalabhasana. 1
14. What is meant by the fundamental skills of pivoting in basketball? 1

For Question No. 15 to 24, write the answer in about 40 to 50 words each.

15. State any one physiological factor which determine strength. 2
16. What are flexion and extension movements? 2
17. Differentiate between gross motor development and fine motor development. 2
18. What are causes of round shoulders ? 2
19. Explain zig-zag run for measuring agility and speed in detail. 2
20. Briefly explain the significance of extramural competition. 2
21. A boy's height is 178 cm and weight is 82 kg. Find out the BMI. 2
22. Discuss the benefits of ardhamatseyendrasana. 2
23. Mention the symptoms of ADHD in children. 2
24. Discuss any two objectives of first aid in detail. 2

For Question Nos. 25 to 31, write the answer in about 50 to 70 words each.

25. Write any one macro nutrient and their role in our diet. 3
26. Elaborate the law of inertia with suitable example from sports. 3
27. State any two advantages of physical activities for children with special needs. 3
28. Indicate the advantages and disadvantages of harvard step test. 3
29. What is incision ? Discuss its treatment in brief. 3
30. Describe any two benefits of asanas for prevention of diseases of bones and joints. 3
31. Draw a playing field or court with measurement of any one of the following : 3
 - (A) Basketball
 - (B) Hockey
 - (C) Volleyball
 - (D) Kho-kho
 - (E) Judo
 - (F) Lawn Tennis

For Question Nos. 32 to 34, write the answer in about 120 words each.

32. Describe the types of endurance according to the nature of activity. 5
33. Write the history of any one of the following games and sports. 5
- (A) Basketball (B) Hockey (C) Kho-kho
(D) Volleyball (E) Lawn Tennis (F) Judo
(G) Thang-Ta (H) Taekwondo
34. Draw a fixture of 13 teams on league basis according to the cyclic method. 5