

2020

**PHYSICAL, HEALTH EDUCATION AND SPORTS
(Theory)**

Full Marks : 70

Pass Marks : 21

Time : Three hours

All the questions are compulsory.

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

For Question Nos. 1 to 4, choose the correct answer from the given alternatives and rewrite the sentences with the corresponding alphabet A, B, C or D.

1. How many numbers of byes are there in a knock-out sports tournament of 20 teams ? 1
 - (A) Eight byes
 - (B) Ten byes
 - (C) Twelve byes
 - (D) Fourteen byes

2. A sports tournament has 1
 - (A) two types
 - (B) three types
 - (C) four types
 - (D) five types

P.T.O.

3. Middle childhood starts from 1
- (A) 3 to 4 years of age
 - (B) 5 to 6 years of age
 - (C) 7 to 10 years of age
 - (D) 11 to 12 years of age
4. Dynamic strength can be divided into 1
- (A) two parts
 - (B) three parts
 - (C) four parts
 - (D) five parts

For Question Nos. 5 to 14, write the answer in one word or one sentence.

5. Define food intolerance. 1
6. Write a comment on asthma. 1
7. What is menstrual dysfunction ? 1
8. What do you mean by oxygen uptake ? 1
9. Define horizontal plane. 1
10. Explain the hamstring muscle that involved in running. 1
11. Enlist the various techniques of high altitude training. 1
12. What is pace race in sports training ? 1
13. Why is medium start preferred in 200 m. race ? 1
14. What is the skill of turning in discuss throw? 1

For Question Nos. 15 to 24, write the answer in about 40 to 50 words.

15. Describe back pain. 2
16. Elaborate any two causes of oppositional defiant disorder (ODD). 2
17. Elucidate any two advantages of weight training. 2
18. Explain the corrective measure of bow leg. 2
19. Differentiate between Anorexia Nervosa and Bulimia Nervosa. 2
20. "Exercise can help in maintaining the bone density". Justify. 2
21. Write any two preventive measures of bruises. 2
22. Write one advantage and one disadvantage of friction in games and sports. 2
23. What do you mean by circumduction movement? 2
24. Suggest any two sociological factors of sports participation. 2

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

25. Discuss the significance of intramural competition. 3
26. What is obesity? Discuss the contraindications of ardhmatsyendrasana. 1 + 2 = 3
27. Write any three causes of disability. 3
28. Write any two immediate effects of exercise on cardiovascular system. 3
29. Draw a figure of compound fracture of bone. 3
30. Discuss about adaptation ability and differentiate ability. 3

31. Elaborate the techniques of any one of the following games and sports events :

3

(i) Basketball

(ii) Hockey

(iii) Kho-kho

(iv) Volleyball

(v) Lawn Tennis

(vi) Judo

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

32. Describe the importance of nutrition for during and after the sports competition.

5

33. Elucidate the Rockport One Mile Test for the measurement of cardiovascular fitness.

5

34. Write the history of any one of the following :

5

(i) Thang-Ta

(ii) Yubi-Lakpi

(iii) Sharit-Sharak

(iv) Tae-kwondo

(v) Judo