

2024

**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 7, choose the correct answer from the given alternatives and rewrite the answer.*

1. How many matches are there if seven teams participating in a single league tournament? 1
  - (A) 14
  - (B) 18
  - (C) 21
  - (D) 28
  
2. Which one of the given minerals plays an important role in the formation of haemoglobin? 1
  - (A) Iron
  - (B) Sulphur
  - (C) Phosphorous
  - (D) Sodium

P.T.O.

3. At a global level, the number of women participated in the field of sports was very limited before. 1
- (A) 1958
  - (B) 1966
  - (C) 1970
  - (D) 1974
4. How many types of spinal deformities are there? 1
- (A) Two
  - (B) Three
  - (C) Four
  - (D) Five
5. Which one of the following is average rating of male in the fitness index score? 1
- (A) 50.0 – 59.9
  - (B) 60.0 – 60.08
  - (C) 61.0 – 64.09
  - (D) 65.0 – 79.09
6. Which one of the following is the types of soft tissues treatment? 1
- (A) Four
  - (B) Five
  - (C) Six
  - (D) Seven

7. Which one of the following is the height of the net at the centre of the lawn tennis court? 1
- (A) 3 feet
- (B) 3.6 feet
- (C) 3.8 feet
- (D) 4 feet

*For Question Nos. 8 to 17, write answer in one word or one sentence each.*

8. Write the meaning of planning according to "ALLEN". 1
9. Give any one benefit of Yoga asanas for preventive of diseases. 1
10. What is the formula to know the BMI of an individual? 1
11. In which types of disorder, the brain has differently in receiving and responding to information that comes in through senses? 1
12. Name the first Indian Women who secured a bronze medal in Olympic Games in 2000? 1
13. Mention any one corrective measures of lordosis. 1
14. Elucidate any one precaution of bow legs. 1
15. What should be the minimum duration for continuous training methods? 1
16. What is static flexibility? 1
17. What do you mean by chaser? 1

*For Question Nos. 18 to 27 write the answer in about 30 to 40 words each.*

18. Explain any one of the food myths. 2
19. Write the procedure of padahasthasana. 2
20. Elucidate any five symptoms of ADHD in children. 2
21. Elaborate the causes of flatfoot. 2
22. State the disadvantages of Harvard Step Test. 2
23. Discuss any one the physiological factors determining flexibility as a component of physical fitness. 2
24. Elucidate complicated fracture in bone injuries. 2
25. "Proper cooling down is a prevention of sports injury". Explain. 2
26. What is meant by gliding movement? 2
27. Discuss any one types of endurance according to the duration of activity. 2

*For Question Nos. 28 to 33, write the answer in about 40 to 60 words each.*

28. Explain about any one of the macro-nutrients. 3

**OR**

Write any two micro minerals.

29. Write the benefits and contraindications of Shalabhasana. 2+1=3

**OR**

Explain the procedure and contra indications of Vajrasana.

30. How many causes of disability are there? Explain any one. 1+2=3

*OR*

Elucidate any two causes of Oppositional Defiant Disorder (ODD).

31. Explain the procedure of 50m dash. 3

*OR*

Write the procedure of standing broad jump.

32. Elaborate any two types of coordinative ability. 3

*OR*

Explain the disadvantages of circuit training.

33. Draw the playing field or court of any one that prescribed in your syllabus. 3

*OR*

Elaborate the techniques of finishing in the 200 metre run.

*For Question Nos. 34 to 36, write the answer in about 120 words each.*

34. Elaborate the objectives of extramural. 5

*OR*

Elaborate any five objectives of intramural.

35. Explain any two points of importance of biomechanics in the field of games and sports. 5

*OR*

Elucidate Newton's law of motion.

36. Elucidate the history of any one game and sports that prescribed in your syllabus. 5

*OR*

Elaborate the skills/technique of long jump.

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