

B.P.Ed. Examination, 2017

Semester-II

Physical Education

Course: EC-201

(Contemporary issues in Physical Education, Fitness and Wellness)

Time: 3 Hours

Full Marks: 70

Questions are of value as indicated in the margin.

Answer one question from each unit.

Unit I

1. Distinguish between Fitness and Wellness. Discuss the modern concept of physical fitness and its components. 2+13=15

Or

What is the aim of Physical Education? Name four disciplines allied to Physical Education. Describe the physical development objective of Physical Education.

3+2+10=15

Unit II

2. Distinguish between Exercise and Physical Activity. How does physical activity contribute to human health? 4+11= 15

Or

What do you mean by Hypokinetic disease? How it is related to modern lifestyle? Discuss the common preventive measures of hypokinetic disease. 2+3+10=15

Unit III

3. What do you understand by 'Heart Rate Zone'? Define an exemplify- (a). Maximal heart rate (b). Resting heart rate (c). Heart rate reserve (d). Target heart rate 3+12=15

Or

What is FITT principle? Discuss various modes of strength training. 7+8= 15

Unit IV

4. Write short notes on **any two** of the following:- 7.5×2 = 15
- a. Healthy life style
 - b. Principles of first aid
 - c. Self care for safety from hygienic point of view
 - d. Common sports injuries

Unit V

5. Choose the correct answer and record (**any ten**)- 1×10 = 10
- i. Physical education is the need of the modern society because of its-
 - a. Physiologic benefits b. Sports performance development c. Psychological benefits d. Holistic approach to develop a child

P.T.O.

- ii. Physical education and sports are the-
 - a. Same b. Unrelated c. Closely related d. Different and unrelated
 - iii. Wellness is related to-
 - a. Clinical treatment b. Positive lifestyle and attitude c. Unbalanced lifestyle d. Self medication
 - iv. Health-related physical fitness is the concept of scientific research in-
 - a. 1970 b. 1980 c. 1990 d. 2000
 - v. Which of the following is a skill-related component of physical fitness?
 - a. Strength b. Speed c. Flexibility d. Endurance
 - vi. Which of the following is a non-physical parameters of wellness?
 - a. Exercise b. Diet c. Emotional stability d. Rest and sleep
 - vii. Muscle turns into fat when someone stops working out is a-
 - a. Fact b. Partially true c. Belief d. Debunked myth
 - viii. Which one of the following activity is an aerobic capacity-
 - a. 400 meter run b. 5000 meter run c. Running broad jump d. Shot put
 - ix. Conditioning exercises refer to the activities which improves-
 - a. Sports skills b. Speed c. Flexibility d. Cardio-respiratory and Muscular fitness
 - x. Which of the following is a hypokinetic disease?
 - a. Hepatitis b. Osteoarthritis c. AIDS d. Sinusitis
 - xi. What is the most effective method to control bleeding?
 - a. Pressure point technique b. Tourniquet c. Direct pressure over the wound d. Running cold water over the bleeding area
 - xii. Restoration of normal breathing and pulse, by rhythmical compression on the chest is called-
 - a. Cardiopulmonary index b. Cardiopulmonary Resuscitation c. Cardio-respiratory endurance d. Cardiac rehabilitation.
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