

B.P.Ed. Examination, 2019
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 all questions as per the direction given in each unit.

UNIT - I

1. Define Physical Education. Discuss major objectives of Physical Education. 2+13=15

Or

Write notes on

7.5×2=15

- a) Importance of Fitness b) Modern concept of Physical fitness

UNIT – II

2. What are the different types of fitness? Describe the health-related fitness components. 5+10=15

Or

Discuss general principles of prevention and management of lifestyle diseases. 15

UNIT – III

3. What do you mean by aerobic and anaerobic exercises? How would you develop anaerobic fitness of school children? 7+8=15

Or

Write notes on

- a) Free weight and Free hand exercises

- b) Components of fitness training programmes of older people. 7.5×2=15

UNIT – IV

4. What are the common sports injuries? How can such injuries be prevented? 8+7=15

Or

Write notes on

- a) Fitness for safe life b) Principles of First-Aid. 7.5×2=10

UNIT - V

5. Write the correct answer from the following (**any ten**) : 10×1=10

- i) Physical Education is education

- a) of the physique b) for the physique c) through the physique d) by the physique

- ii) To reach the aim of physical Education we need to achieve certain definite steps known as

- a) goals b) targets c) objectives d) purposes

P.T.O.

(2)

- iii) Physical fitness and wellness are
 - a) Synonym b) Antonym c) Related d) Unrelated
 - iv) Which of the fitness components is genetically related?
 - a) Strength b) Speed c) Flexibility d) Body composition
 - v) Which of the following activities is not of aerobic type?
 - a) Cycling b) Dancing c) Rhythmic exercises d) Yogasana
 - vi) Which of the following does not belong to free weight category?
 - a) Dumb-bell b) Treadmill c) Barbell d) Medicine ball
 - vii) Source and field hockey players are advised to wear shin guards to avoid
 - a) Contusions b) sprains c) Stress fracture d) cuts
 - viii) To a sprained ankle do not apply ice pack for more than
 - a) 5-10 minutes b) 10-15 minutes c) 15-20 minutes d) 20-30 minutes
 - ix) How many steps of brisk walk per day is considered as minimum requirement for health?
 - a) 1000 steps b) 5000 steps c) 10000 steps d) 20000 steps
 - x) Which intensity of work out is the best for human health?
 - a) Low b) Moderate c) High d) Very high
 - xi) VO_2 max is a predictor of
 - a) Speed b) Cardio-respiratory endurance c) Agility d) Strength
 - xii) The most alarming area of fat distribution of human body is
 - a) Abdomen b) Upper body c) Lower body d) Hip
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