

B.A./B.Sc. (Honours) Examination, 2018
Semester-II (CBCS)
Physical Education
Course: CC-3
(Health Education)

Time – 3 Hours

Full Marks – 60

Questions are of value as indicated in the margin

UNIT-I

1. Define Health and Health Education. Explain in details about the Dimension of Health. 3+3+6=12

Or

Explain any two Health Agencies in details: WHO, UNESCO and Red Cross 6+6=12

UNIT-II

2. What is the meaning of Communicable and Non-communicable Diseases? Explain general method to control communicable diseases. 3+3+6=12

Or

What do you mean by correct posture? Discuss the correct postural habits. 3+9=12

UNIT-III

3. What do you understand by Food and Nutrition? Explain six constituents of food. 3+9=12

Or

Write short notes on- 6+6=12

(a) Malnutrition

(b) Balance diet

UNIT-IV

4. Define First Aid. Discuss the Golden rules of First Aid. 3+9=12

Or

Discuss the types and causes of common sports injuries. 12

UNIT-V

5. Explain the meaning of otherly-abled and discuss the types of otherly-abled persons. 12

Or

Sports for otherly-abled persons – Discuss. 12
