

B.P.Ed. Examination, 2018

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. Define Physical Education and discuss its relevance in inter-disciplinary context. 15

Or

Write notes on:

- (a) Objectives of Physical Education. 7.5x2=15
(b) Modern concept of Physical Fitness

Unit II

2. Categorize and discuss physical fitness components on the basis of the types of fitness 15

Or

Write notes on:

- a) Benefits of Physical activity 7.5x2=15
b) Hypokinetic diseases – causes and prevention in general

Unit-III

3. Discuss the principles of developing aerobic fitness. 15

Or

Write notes on:

- (a) Heart rate zones and aerobic exercise intensities 7.5x2=15
(b) Free weights and machines for resistance exercises

Unit-IV

4. Write notes on **any two** of the following: 7.5 x 2=15

- (a) Common sports injuries and their prevention (b) Management of open injuries in sports
(c) Exercise related safety for health (d) Life Style and Safety of Health

Unit-V

5. Choose the correct answer (**any ten**) 10x1=10

i) The aim of Physical Education is development of –

- (a) Physical personality (b) Physical fitness (c) Health (d) All round personality

ii) Wellness is almost synonym to –

- (a) Physical Education (b) Physical fitness (c) Health (d) Health Education

iii) Waist-to-hip ratio is a parameter of –

- (a) Health related fitness (b) Performance related fitness (c) Metabolic fitness
(d) Morphologic fitness

iv) Skill-related fitness component is – (a) Cardio respiratory endurance (b) Explosive strength
(c) Muscular endurance (d) Flexibility

v) Holger-Nelson Method is a method in First Aid for the – (a) Restoration of normal pulse
(b) Reduction of muscular fatigue (c) Restoration of normal breathing (d) Restoration of normal blood pressure.

vi) A machine for work out – (a) Indian Club (b) Dumb-bell (c) Barbell (d) Cybex

vii) Sprain is an injury of (a) Bone (b) Tendon (c) Ligament (d) Cartilage.

viii) VO₂ max is a predictor of - (a) Speed (b) C-r endurance (c) Maximum strength (d) Body composition

ix) The most alarming fat distribution area of human body is – (a) Upper extremity (b) Hip
(c) Abdomen (d) Lower extremity

(2)

- x) Which intensity of work out is the best for human health? – (a) Low (b) Moderate (c) High (d) Very high
 - xi) How many steps of brisk walk per day are recommended as minimum requirement for health? – (a) 1000 steps (b) 5000 steps (c) 10000 steps (d) 15000 steps
 - xii) The basic principle of Exercise training for health is – (a) SAID (b) FITT (c) RICE (d) PRICE
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