

2018

PHYSICAL EDUCATION

(Theory)

Full Marks : 70

Time : 3 hours

The figures in the margin indicate full marks for the questions

General Instructions:

- (i) Write all the answers in the Answer Script.
- (ii) Attempt Objective Questions serially.
- (iii) Attempt all parts of a question together at one place.

(OBJECTIVE – TYPE QUESTIONS)

(Marks : 20)

A. Write whether the following Statements are *True* or *False*.
Answer any 10 (Ten): 1 x 10 = 10

- 1. Bones which are mainly found in the Upper and Lower limbs are Known as Short bones. 1
- 2. Sleep is vital for learning and lack of sleep impacts our health. 1
- 3. The five rings in the Olympic logo represent the five Continents. 1

- 4. Alcohol, tobacco and drugs have a negative effect on an athlete. 1
- 5. Arjuna Award is the highest National recognition given to distinguished person for their contribution in the field of Arts. 1
- 6. Immovable Joints are also known as Synarthrosis Joints. 1
- 7. The first Modern Olympic Games was held in Athens in 1896. 1
- 8. Contusion is a skeletal injury. 1
- 9. The three laws of motion are; Inertia, Acceleration and Reaction. 1
- 10. Every action has an equal and opposite reaction. 1

B. Choose and write the correct answers: 1 x 10 = 10

- 1. Cardiac Muscles are 1
 - (i) Voluntary muscles
 - (ii) Involuntary muscles
 - (iii) None of the above.

(3)

2. The Fibula is located in the 1
(i) legs
(ii) arms
(iii) ribs
3. The immediate care of common sports injuries consists of a four step program called R.I.C.E which stands for. 1
(i) R-Rest, I-Injection, C-Compression E-Elevation.
(ii) R-Rest, I-Ice, C-Compression, E-Elevation.
(iii) R-Rest, I-Ice, C-Care, E-Elevation
4. AAPHERD youth fitness test has 1
(i) 5 items
(ii) 6 items
(iii) 7 items
5. Sport training is the :- 1
(i) Physical, technical, intellectual preparation
(ii) Psychological and Moral preparation
(iii) Both (i) and (ii).
6. "Measurement refers to the process of administrating a test to obtain quantitative data" 1
(i) Barry L Johnson
(ii) H. M. Barrow
(iii) Jack Nelson

(4)

7. In Yoga, the union of an individuals soul with the supreme soul is called 1
(i) Dhyana
(ii) Dharana
(iii) Samadhi
8. W. A. D. A. stands for 1
(i) World Anti Doping Athletes
(ii) World Anti Doping Agency
(iii) World Anti Doping Aid
9. The Respiratory System includes. 1
(i) nose, pharynx, trachea, bronchi, lungs
(ii) mouth, right ventricle, left ventricle, lungs
(iii) nose, right ventricle, left ventricle, bronchi, lungs.
10. M. S. O. A. stands for:- 1
(i) Meghalaya State Olympic Agency.
(ii) Meghalaya State Olympic Association
(iii) Meghalaya State Olympic Alliance.

(5)

(SHORT – TYPE QUESTIONS) 1
(Marks : 20)

- C.** Short answer type Questions. Answer *any ten (10)* :
2 x 10 = 20
1. What do you mean by Body Mass Index? Write down the formula of calculating BMI. 2
 2. Write down the components of health related fitness. 2
 3. What is Transfer of learning? Give one example. 2
 4. Define Test and Measurement. 2
 5. Define Growth and Development. 2
 6. Why is Warming up essential before play? 2
 7. How many bones does a adult human body have? 2
 8. Define doping 2
 9. What is Dynamic Equilibrium? 2
 10. What do you mean by Stress? 2
 11. Briefly explain the role of Sports in Socialization. 2
 12. Explain any two functions of the heart. 2

(6)

(DESCRIPTIVE – TYPE QUESTIONS)
(Marks : 30)

- D.** Essay type Questions. Answer any five (5). 5 x 6 = 30
1. What is load and adaptation? Mention and explain the principles of Sports training. 3 + 3 = 6
 2. Define learning. Explain the primary laws of learning in detail. 2 + 4 = 6
 3. “Yoga is an Indian Heritage”. Explain and describe four advantages of practicing Yoga. 4 + 2 = 6
 4. What are Soft Tissue Injuries? What are the steps taken to avoid Sports Injuries. Explain. 2 + 4 = 6
 5. Describe the Respiratory System and the effects of exercise on it. 3 + 3 = 6
 6. Define Physical Education. Explain its aims and objectives. 2 + 4 = 6
 7. What are the laws of motion and how are they applied in the field of games and sports. 4 + 2 = 6

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