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B.A./5th Sem (G)/PHED/22(CBCS)

2022

5th Semester Examination
PHYSICAL EDUCATION (General)

Paper : GE 1-T

[CBCS]

*The figures in the margin indicate full marks.
Candidates are required to give their answers
in their own words as far as practicable.*

**[Modern Trends and Practices in
Physical Education and Exercise Sciences]**

Full Marks : 60

Time : Three Hours

Group - A

Answer any *ten* questions of the following : $2 \times 10 = 20$

1. Write down the Components of physical fitness. 2
2. What is Olympic Oath? 2
3. What is exercise? 2
4. What do you mean by development? 2
5. What is sociology? 2
6. Define exercise physiology. 2
7. Define tidal volume. 2

P.T.O.

8. What is actin and myosin? 2
9. What is the function of ATP? 2
10. Mention the importance of psychology in physical education. 2
11. Mention the prizes of ancient Olympic. 2
12. When and where the first Government Physical Education College was established in West Bengal? 2
13. What is Akrah? 2
14. What is Olympic torch? 2
15. Why you have chosen physical education subject at undergraduate level? 2

Group - B

Answer any **four** questions of the following : $5 \times 4 = 20$

16. Classify sports and write down their utility in physical education. 2+3
17. Explain about factors affecting growth and development. 5
18. Write the names and courses of teachers training colleges in physical education subject under Vidyasagar University. 5
19. Write the salient features of athletic heart. 5
20. What do you mean by 'social value of sports' and 'socialization through sports'? 3+2

(6)

OR

[Foundation and History of Physical Education]

Full Marks : 40

Time : Two Hours

Group - A

Answer any *five* questions : $2 \times 5 = 10$

1. What is Hatha Yoga? 2
2. What do you mean by Sports Sociology? 2
3. What do you mean by Yoga? 2
4. What do you mean by Sports Ethics? 2
5. What is Rajkumari Amrit Kaur Coaching Scheme? 2
6. Define chronological age. 2
7. Write classification of Asana. 2
8. What is Gladiatorial Combat? 2

Group - B

Write short notes on any *four* : $5 \times 4 = 20$

9. Explain the social objective of Physical Education. 5
10. Write a note on Olympic flag. 5
11. Explain the role of sports in International Integration. 5
12. Briefly discuss the needs of yoga in modern life. 5

13. Write short notes on Participation rules for Ancient Olympic Games. 5
14. Write short note on social values of sports. 5

Group - C

Answer any **one** of the following questions : $10 \times 1 = 10$

15. Differentiate between growth and development and explain the principles of growth and development. 4+6
16. What is Astanga Yoga? Discuss the various steps of Astanga Yoga. 2+8

বঙ্গানুবাদ

বিভাগ - ক

যেকোনো পাঁচটি প্রশ্নের উত্তর দাও। $2 \times 5 = 10$

- ১। হঠযোগ কি? ২
- ২। ক্রীড়া সমাজবিজ্ঞান বলতে কি বোঝ? ২
- ৩। যোগ বলতে কি বোঝ? ২
- ৪। ক্রীড়া নীতিশাস্ত্র বলতে কি বোঝ? ২
- ৫। রাজকুমারী অমৃত কৌর কোচিং স্কিম কি? ২
- ৬। কালানুক্রমিক বয়সের সংজ্ঞা দাও। ২

P.T.O.

OR

[Management of Physical Education and Sports]

Full Marks : 40

Time : Two Hours

Group - A

Answer any *five* questions : $2 \times 5 = 10$

1. Define Sports Management. 2
2. What is Bye? 2
3. What do you mean by Seeding? 2
4. Define Leadership. 2
5. What is Challenge Tournament? 2
6. Write the importance of Play Day. 2
7. Classify Leadership. 2
8. What is Inner Raised Border? 2

Group - B

Answer any *four* questions : $5 \times 4 = 20$

9. Explain the duties of a sports manager. 5
10. Write down the procedure of drawing fixture. 5
11. Write down the factors affecting school Physical Education Time Table. 5

P.T.O.

12. Write about the qualities of a good leader in Physical Education. 5
13. Explain the principle of Sports Management. 5
14. How do you take care of your college play ground? 5

Group - C

Answer any **one** question : 10×1=10

15. Classify tournament. Write down the method of organizing a intramural competition. 3+7
16. Explain the principle of leadership activities. Draw a fixture of single elimination tournament with nine football teams. 6+4

বঙ্গানুবাদ

বিভাগ - ক

যেকোনো পাঁচটি প্রশ্নের উত্তর দাও। ২×৫=১০

- ১। ক্রীড়া ব্যবস্থাপনার সংজ্ঞা দাও। ২
- ২। বাই কি? ২
- ৩। বাছাইকরণ বলতে কি বোঝ? ২
- ৪। নেতৃত্বের সংজ্ঞা দাও। ২
- ৫। চ্যালেঞ্জ প্রতিযোগিতা কি? ২
- ৬। ক্রীড়া দিবসের গুরুত্ব লেখ। ২