

Roll No. ....

(12/19-II)

**5657**

**B. A. (General) EXAMINATION**

(For Batch 2016 & Onwards)

(Fifth Semester)

**PHYSICAL EDUCATION**

**Health and Physical Education**

*Time : Three Hours*

*Maximum Marks : 60*

**Note :** Attempt *Five* questions in all, selecting *one* question from each Unit I-IV. Q. No. 9 (Unit V) is compulsory. All questions carry equal marks.

**Unit I**

1. Explain in detail the principles of growth and development. 10
2. Discuss the age and sex differences in relation to physical activities and sports. 10



## **Unit II**

3. Discuss the principles of sports organisation and administration in detail. 10
4. What do you mean by knock-out tournament ? Prepare the fixtures of 15 teams on Knock-out basis. 10

## **Unit III**

5. Explain the meaning of good posture. Elaborate the causes of poor posture in detail. 10
6. Write down the causes, precautions and remedies of postural deformities written below :
  - (i) Flat Foot
  - (ii) Knock Knees. 10

## **Unit IV**

7. Describe the effects of exercises on muscular system. 10



8. Elaborate the composition of blood in Human Body. 10

### Unit V

9. (i) Define growth and development. 2
- (ii) What do you mean by infancy ? 2
- (iii) What do you mean by Sports Organization ? 2
- (iv) What is the meaning of Intramurals ? 2
- (v) Clarify the meaning of Fixtures. 2
- (vi) What do you mean by postural deformities ? 2
- (vii) What is Kyphosis ? 2
- (viii) What should be the good posture of standing ? 2
- (ix) Write the types of muscles in Human Body. 2
- (x) Write the main functions of blood in Human Body. 2