

Roll No.

(12/19-II)

5591

B. A. (General) EXAMINATION

(For Batch 2016 & Onwards)

(Third 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. Q. No. 9 is compulsory. All questions carry equal marks.

Unit I

1. What is the Safty Education ? Explain the need and importance of Safty Education.
2. What do you mean by Sports Injuries ? Explain the types of sports injuries in detail.

(3-15/5) B-5591(TR)

P.T.O.

Unit II

3. What is the Sinusities ? Discuss its types, causes, symptoms and prevention and treatment in detail.
4. Clarify the difference between Communicable and Non-communicable Diseases and explain the modes of transmission of Communication diseases.

Unit III

5. What do you mean by Balance Diet ? Explain the components of Balance Diet.
6. What is the Balance Diet ? Explain the need and importance of Balance Diet in our life.

Unit IV

7. Describe the functions of heart and types of Blood circulation.

8. What is Blood Circulatory System ? Explain the effects of exercise on blood circulatory system.

Unit V

9. (i) What is the Sprain ?
(ii) What do you mean by contusion ?
(iii) What do you mean by AIDS ?
(iv) What is the Asthma ?
(v) Explain in brief the modes of transmission of AIDS.
(vi) What do you mean by communicable diseases ?
(vii) Define Balanced Diet.
(viii) What do you mean by Vitamins ?
(ix) What is Junk Food ?
(x) Explain about any *one* mineral.