REV-01 BED/49/54

BACHELOR OF EDUCATION SECOND SEMESTER HEALTH & PHYSICAL EDUCATION BED – 206A

(Use Separate Answer Scripts for Objective & Descriptive)

Duration: 1:30hrs Full Marks : 35

[PART-A: Objective]

Time: 10 min. Marks: 10

Choose the correct answer from the following:

1×10=10

1. Which of the following is not a dimension of Health?

a. Physical Dimension

b Spiritual Dimension

c. Environmental Dimension

d Yoga

2. To carry out our daily activities without fatigue is called

a. Physical Fitness

b. Health

c. Physical Education

d. Endurance

3. Which of the following is not an allied area in Physical Education?

a. Dance

b. Yoga

c. Martial Arts

d. Recreation

4. The word 'Yoga' is derived from Sanskrit root

a. Yui

b. Yan

c. Yaj

d. Yama

5. The ability to overcome resistance or act against resistance is called

a. Power

b. Strength

c. Speed

d. Balance

6. The meaning of 'Yoga' is

a. Division

b. body Posture

c. Breathing

d. Unite

7. The ability to change of body position and direction as fast as possible is called

a. Speed

b. Agility

c. Coordination

d. Endurance

8. 'Asana' means

a. Breathing Exercise

b. Body Posture

c. Concentration

d. Ethics and Values

9. Standing Broad Jump test is conducted to measure
a. Power
b. Explosive Leg Strength
c. Stamina
d. Coordination

10 The main aim of 'Yoga' is

a. Physical Developmentc. Social Development

b. Mental Developmentd. Integration of personality



PART-B: Descriptive

Time: 1 hr. 20 min. Marks: 25

[Answer question no.1 & any two (2) from the rest]

| 1. | Discuss the importance of Balanced Diet. | 3 |
|----|---|--------|
| 2. | Define Health. Explain the dimensions of Health. | 2+8=10 |
| 3. | Define Physical Fitness. Write down the types and components of Physical Fitness. | 2+8=10 |
| 4. | Discuss the importance of Physical fitness. Explain any five factors that affect our Physical Fitness. | 5+5=10 |
| 5. | Discuss the Scope and Allied areas in Physical Education. | 5+5=10 |

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