

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 Development
 - b. Mental Development
 - c. Social Development
 - d. Integration of personality

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(PART-B : Descriptive)

Time : 1 hr. 20 min.

Marks : 25

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

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| 1. Discuss the importance of Balanced Diet. | 5 |
| 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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