

**BACHELOR OF ARTS EXAMINATION, 2024****(2nd Year, 3rd Semester)****PHYSICAL EDUCATION****PAPER : CBCS/GE/1.37****( Health and Wellness )***Time : Two Hours**Full Marks : 30***A.** Answer *any two* questions of the following : 10×2=20

1. Define health. Explain the dimensions of health.  
3+7=10
2. What do you mean by personal hygiene? How will you care about your teeth and hair? 2+(4+4)=10
3. Mention the components of physical fitness and explain any two of them. Prescribe a fitness program for adolescent people. 4+6=10

**B.** Write short notes on (*any two*) : 5×2=10

4. Health Service “providers”
5. Factors influencing physical fitness
6. Duties of a first aider

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PHE-376

XX23(071)—130

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