

Ex/Phy.Edn/UG/E.C.-201/2019

**BACHELOR OF PHYSICAL EDUCATION EXAMINATION 2019**

( 1stYear, 2nd Semester )

**CONTEMPORARY ISSUE IN PHYSICAL EDUCATION**

**COURSE CODE : EC-201**

Time : Three hours

Full Marks : 70

**GROUP - A**

(Answer *any three* questions from the following)

15×3=45

1. Write the definition and meaning of physical fitness. Elaborate in detail the components of physical fitness.  
১। শারীরিক দক্ষতা কী, ও তার সংজ্ঞা দাও? শারীরিক দক্ষতা তার উপাদানগুলি বিস্তারিত বর্ণনা দাও। 1+2+12=15
2. Define wellness. Mention the different dimensions of wellness. Explain any two dimensions in complete detail.  
২। সুস্থতার সংজ্ঞা দাও। সুস্থতার বিভিন্ন মাত্রাগুলি উল্লেখ করো এবং যে কোনো দুটি মাত্রা ব্যাখ্যা কর। 1+2+12=15
3. Enlist the various diseases caused due to modern life style. Explain any two elaborately including their treatment and management.  
৩। আধুনিক জীবনযাপনের ব্যাধিগুলির একটি তালিকা প্রস্তুত কর। যেকোনো দুটি ব্যাধির চিকিৎসা এবং নির্বাহ পদ্ধতি আলোচনা কর। 3+12=15

3+12=15

[ Turn over



[ 4 ]

v) Give the correct matching codes :

- |                        |                |
|------------------------|----------------|
| I. Stretching -        | a) agility     |
| II. Shuttle run -      | b) flexibility |
| III. I REP Max -       | c) endurance   |
| IV) Aerobic exercise - | d) endurance   |
- a) I-b II-C III-c IV-a      c) I-b II-d III-a IV-C  
b) I-b II-a III-d IV-C      d) I-b II-a III-c IV-d

vi) Which of the following is an anaerobic exercise :

- a) Sprinting and swimming
- b) Weight lifting and sprinting
- c) Walking and Weight Lifting
- d) Swimming and Walking

vii) Obesity has which of the following health risks :

- |             |                     |
|-------------|---------------------|
| a) Cancer   | c) Hypertension     |
| b) Diabetes | d) All of the above |

viii) How are Health and Wellness related ?

- a) Wellness makes us aware of health
- b) Health makes us aware of wellness
- c) They are both the same thing
- d) They are no related

[ 5 ]

9. Angina is :

- |                   |                   |
|-------------------|-------------------|
| a) Chest disorder | b) heart diorder  |
| c) Chest pain     | d) Heart Disorder |

10. Active listening and involvement help develop ..... dimension of wellness

- a) Emotional and Social Wellness
- b) Mantal and Intellectual Welness
- c) Social and Intellectual Wellness
- d) Physical and Intellectual Wellness

xi) BMI helps to measure :

- |                   |                |
|-------------------|----------------|
| a) Heart Rate     | b) Obesity     |
| c) Blood Pressure | d) Bosy weight |

xii) Which of the following are soft tissue injuries :

- |             |                |
|-------------|----------------|
| a) Fracture | b) Dislocation |
| c) Sprain   | d) Blister     |