# BACHELOR OF PHYSICAL EDUCATION EXAMINATION 2019

(1stYear, 2nd Semester)

## CONTEMPORARY ISSUE IN PHYSICAL EDUCATION

COURCE CODE: EC-201

Time: Three hours Full Marks: 70

#### **GROUP-A**

(Answer *any three* questions from the following)

 $15 \times 3 = 45$ 

- 1. Write the diefinition 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 complente 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 inclusing thrir treatment and management.
- ৩। আধুনিক জীবনযাপনের ব্যাধিগুলির একটি তালিকা প্রস্তুত কর। যেকোনো দুটি ব্যাধির চিকিৎসা এবং নির্বাহ পদ্ধতি আলোচনা কর।

3+12=15

[ Turn over

- 4. Classify the common sports injuries and give their management in detail.
- ৪। ক্রীড়ামূলক আঘাতের শ্রেণীবিভাগ কর। এদের বিস্তারিত আলোচনা
  কর।
- 5. What are the principles of obesity control? Write in detail about the changing concept of physical fitness in today's life style and mention the different types of fitnes.

#### GROUP - B

- 6. Write short notes on **any two** : (যেকোনো *দুটি* প্রশ্নের উত্তর দাও) 2×7.5
  - i) Weight management ( ওজন নিয়ন্ত্রণ)
  - ii) Aerobic and Anaerobic Exercise (সবাত ও অবাত ব্যায়াম)
  - iii) Safety Education (নিরাপত্তামূলক শিক্ষা)
  - iv) Wellness profine (সুস্থতার পরিলেখ

### GROUP - C

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	GROUI - C				
An	swer any ten of the following	:	1×10		
i)	Which of the following f	itness	component can be		
measured using the stork test:					
	a) Flexibility	b)	Strength		
	c) Coordination	d)	Balance		
ii)	Injuries which causes externa	ıl injur	y to the skin:		
	a) Atrusion	b)	Abrasion		
	c) Constusion	d)	None of the above		
iii)	Discuss caused due to de	positio	on of plaque in the		
arteries:					
	a) Cardiovascular disease				
	b) Cancer				
	c) Ceebropinal disease				
	d) Tyoe II Diabetes				
iv) Electrolytes in the body help in maintenance of:					
	a) Water balance				
b) Cooling through evaporation					
	c) Thermo regulation				
	i) ii)	i) Which of the following from easured using the stork test a) Flexibility c) Coordination ii) Injuries which causes externate a) Atrusion c) Constusion iii) Discuss caused due to degrateries: a) Cardiovascular disease b) Cancer c) Ceebropinal disease d) Tyoe II Diabetes iv) Electrolytes in the body help a) Water balance b) Cooling through evaporate	measured using the stork test:  a) Flexibility b) c) Coordination d) ii) Injuries which causes external injury a) Atrusion b) c) Constusion d) iii) Discuss caused due to deposition arteries: a) Cardiovascular disease b) Cancer c) Ceebropinal disease d) Tyoe II Diabetes iv) Electrolytes in the body help in main a) Water balance b) Cooling through evaporation		

d) All of the bove

v)	Giv	Give the correct mathcing 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 of following is an anaerobic exercise:						
	a)	Sprinting and swimming					
	b)	Weight lifting and sprinting					
	c)	Walking and Weight Lifting					
	d)	Swimming and Walking					
vii)	i) Obesity has which of the following health risks:						
	a)	Cancer	c)	Hypertension			
	b)	Diabetes	d)	All of the above			
viii)	iii) How are Health and Wellness related ?						
	a)	) Wellness makes us aware of health					
	b)	Health makes us aware of wellness  They are both the same thing					
	c)						
	d)	They are no related					

9.	An	igina is :				
	a)	Chest disorder	b)	heart diorder		
	c)	Chest pain	d)	Heart Disorder		
10. Active listening and ivvolvement 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		