

Ex/CBCS/UG/GE/3.10/2023

Bachelor of Arts Examination, 2023

2nd year, 3rd Semester

Department of physical Education

Subject: Health and wellness

Paper: CBCS/GE/3.10

Time: Two Hours

Full Marks: 30

A. Answer any two questions of the following:

10x2=20

1. Write down the concept of wellness. Explain the dimensions of wellness.

3+7=10

2. What are the principles of First Aid? Write about the First Aid management of soft tissue injury.

4+6=10

3. What do you mean by hygiene? Explain how you will care about your skin and teeth.

2+ (4+4) =10

B. Write Short note (any two)

5x2=10

4. Write down the dimensions of health

5. Explain health service in detail.

6. RICE

7. Fitness program of different age group.