

S-3/PHEG/03/21

**TDP (General) 3rd Semester Exam., 2021
(Held in 2022)**

**PHYSICAL EDUCATION
(General)**

THIRD PAPER

Full Marks : 40

Time : 2 hours

*The figures in the margin indicate full marks
for the questions*

**Answer four questions, selecting two
from each Unit**

*Candidates are required to give their answers in their
own words as far as practicable*

UNIT—I

1. Define psychology. Write down the role of psychology in the field of physical education and sports. 2+8=10
2. What is motivation? List down its types. Briefly explain the techniques of motivation. 2+2+6=10

22M/176

(Turn Over)



3. Explain the term 'personality' and its role in sports. $2+8=10$

TDP (Gene

UNIT—II

4. Define muscle. Discuss its types according to their structure, function and contraction with proper diagram. $2+6+2=10$
5. What is cardiac output? Briefly explain the effects of exercise on cardiovascular system. $2+8=10$
6. Write short notes on the following : $5+5=10$
- (a) Fatigue
 - (b) Recovery

22M—860/176

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S-3/PHEG/03/19

TDP (General) 3rd Semester Exam., 2019

PHYSICAL EDUCATION

(General)

THIRD PAPER

Full Marks : 40

Time : 2 hours

*The figures in the margin indicate full marks
for the questions*

Answer **four** questions, selecting **two** from each Unit

*Candidates are required to give their answers in their
own words as far as practicable*

UNIT—I

1. What is sports psychology? Write down the role of psychology in the field of games and sports. 2+8=10

2. Define motivation. Discuss its types. Briefly explain the techniques of motivation. 2+2+6=10

20M/119a

(Turn Over)



3. Write short notes on the following : 5+5=10
- (a) Learning curve
 - (b) Principle of transfer of learning

UNIT—II

4. Define 'muscle' and write its types with diagram. Discuss briefly the effects of exercise on muscular system. 2+3+5=10
5. What is cardiac output? Discuss the effects of training on cardiovascular system. 2+8=10
6. Write short notes on the following : 5+5=10
- (a) Fatigue
 - (b) Fast and slow twitch fiber

5+5=10

TDP (General) 3rd Semester Exam., 2018

PHYSICAL EDUCATION

(General)

THIRD PAPER

Full Marks : 40

Time : 2 hours

*The figures in the margin indicate full marks
for the questions*

Answer **four** questions, selecting **two** from each Unit

*Candidates are required to give their answers in their
own words as far as practicable*

UNIT—I

1. Define Psychology. Discuss the need and importance of Psychology in Physical Education and Sports. ★ 2+8=10
2. What is transfer of learning? Write down the laws of learning with examples related to Physical Education and Sports. 4+6=10

M9/118a

(Turn Over)

3. Write short notes on any *two* of the following : $5 \times 2 = 10$

- (a) Attention and interest
- (b) Learning curve
- (c) Personality

UNIT—II

4. What is respiration? Discuss the effects of exercise on respiratory system. $2+8=10$

5. What do you understand by fatigue? Write down the techniques of recovery in detail. $4+6=10$

6. Write short notes on any *two* of the following : $5 \times 2 = 10$

- (a) Vital capacity
- (b) Muscle hypertrophy
- (c) Blood pressure

★★★

(2) .

UNIT—II

4. What is muscular construction? Discuss the effect of exercise on muscular system. 2+8=10
5. Briefly explain the effect of exercise on cardiovascular system. 10
6. Write short notes on the following: 5×2=10
 - (a) Principle of recovery
 - (b) Fatigue

M—760/128a

S-3/PHEG/03/17

S 3/PHEG/03/17

TDP (General) 3rd Semester Exam., 2017

PHYSICAL EDUCATION

(General)

THIRD PAPER

Full Marks : 40

Time : 2 hours

The figures in the margin indicate full marks for the questions

Answer **four** questions, selecting **two** from each Unit

Candidates are required to give their answers in their own words as far as practicable

UNIT—I

1. Define Psychology and Sports Psychology. Briefly discuss the need and importance of Psychology in Physical Education. 2+2+6=10
2. What is motivation? Write the types of it. Briefly explain the types with example. 2+2+6=10
3. Define learning. What are the types of learning? Discuss the factors affecting learning. 2+2+6=10

8M/128a

(Turn Over)



2017
01/17

S-3/PEDG/03/15

TDP (General) 3rd Semester Exam., 2015

PHYSICAL EDUCATION

(General)

THIRD PAPER

Full Marks : 40

Time : 2 hours

*The figures in the margin indicate full marks
for the questions*

Answer **four** questions selecting **two** from
each Group

*Candidates are required to give their answers in their
own words as far as practicable*

GROUP—A

1. Define sports psychology and its implementation in the field of physical education and sports. 3+7=10

2. What is learning? Write down different types of learning. Describe the transfer of learning with sports-related examples. 2+3+5=10

M16/528

(Turn Over)



(2)

3. Write short notes on any *two* of the following : $5 \times 2 = 10$
- (a) Heredity and environment
 - (b) Motivation
 - (c) Emotion
 - (d) Personality

GROUP—B

4. What is exercise physiology? Write the effects of exercise over muscular system. $2 + 8 = 10$
5. Describe various factors that influence the blood pressure. Explain the effects of exercise over circulatory system. $5 + 5 = 10$
6. Write short notes on any *two* of the following : $5 \times 2 = 10$
- (a) Vital capacity
 - (b) Fatigue
 - (c) Types of muscle
 - (d) Tidal volume
