TDP (General) 4th Semester Exam., 2022

PHYSICAL EDUCATION

(General)

FOURTH PAPER

Full Marks : 40

Time : 2 hours

The figures in the margin indicate full marks for the questions

Answer **four** questions, taking **two** from each Group

GROUP—A

1. What is sports training? Explain the basic principles of sports training.   2+8=10

2. What is endurance and its types? Explain the factors affecting endurance.   2+2+6=10

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

   (a) Flexibility

   (b) Benefits of warming-up

   (c) Load

(Turn Over)

GROUP—B

4. Define fitness and its types. Explain the importance of fitness in daily life.   2+2+6=10

5. What is obesity? What are the types of obesity? Elaborate the causes and prevention of obesity.   2+2+6=10

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

   (a) Wellness

   (b) Hypo-kinetic diseases

   (c) BMI

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TDP (General) 4th Semester Exam., 2017

PHYSICAL EDUCATION

(General)

FOURTH PAPER

Full Marks : 40

Time : 2 hours

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

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

GROUP—A

Answer *any* **two** questions

1. Define speed and its form. Write down the various factors affecting speed. (2+2)+6=10

2. What is endurance and mention its types? Briefly explain the various methods of improving endurance. (2+2)+6=10

(*Turn Over*)

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

   (a) Supercompensation

   (b) Interval method

   (c) Fartlek method

GROUP—B

Answer *any* **two** questions

4. "Physical activity and sports are essential for health." Explain.   10

5. What is fitness? What are the points to be kept in mind while preparing a fitness schedule for athletes?   2+8=10

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

   (a) Wellness

   (b) Hypokinetic diseases

   (c) Obesity

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