

S-5/PHEG/05/21

TDP (General) 5th Semester Exam., 2021  
( Held in 2022 )

PHYSICAL EDUCATION  
( General )

FIFTH PAPER

Full Marks : 40

Time : 2 hours

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

Answer **two** questions from each Unit

UNIT—I

1. Define therapeutic exercise. Explain in detail about cryotherapy. 2+8=10
2. What are sprain and strain injury? Explain their prevention and management. 1+1+4+4=10
3. Write short notes on the following : 10
  - (a) Steam bath
  - (b) Sauna bath

22M/202

( Turn Over )



UNIT—II

4. Give a brief explanation of test, measurement and evaluation. 10
5. Explain the various criteria of good test. 10
6. Explain in detail the test parameters of Indiana Motor Fitness Test. 10

\*\*\*



S-5/PHEG/05/19

TDP (General) 5th Semester Exam., 2019

PHYSICAL EDUCATION  
( General )

FIFTH PAPER

Full Marks : 40

Time : 2 hours

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

Answer **any two** questions from each Part

PART—I

1. Write short notes on the following : 5+5=10
  - (a) Strain
  - (b) Fracture
2. Define massage and its classification. Write down the benefit of massage. 10
3. Write down the scope of therapeutic exercise. Explain the thermotherapy 4+6=10

20M/145a

( Turn Over )



PART—II

4. Discuss about the criteria of good test. 10
5. Explain the need and importance of evaluation in the field of physical education. 5+5=10
6. Write down the procedure of test items of AAMPERD youth fitness battery. 5+5=10

\*\*\*

DP (General) 5th Semester Exam., 2018

## PHYSICAL EDUCATION

( General )

## FIFTH PAPER

Full Marks : 40

Time : 2 hours

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

Answer any **two** questions from each Part

## PART—I

1. Write notes on the following : 5+5=10
  - (a) Contusion
  - (b) Dislocation
  
2. Why is the knowledge of sports injury essential in the field of physical education and sports? Write down the principles of therapeutic exercises. 5+5=10
  
3. What do you understand by cryotherapy? Explain the use and benefits of cryotherapy. 4+6=10

M9/145a

( Turn Over )



PART—II

- 4. What is physical fitness? Write down the process of sports skill assessment with example. 4+6=10
- 5. Explain the procedure of 'Indiana Motor Fitness Test'. 10
- 6. Write down the procedure of 'Brady Volleyball test'. 10

\*\*\*



UNIT—III

3. (a) Draw a structure of cell and write down the function of human body cell. 5+5=10

Or

- (b) What do you understand by essential food elements? Write the metabolic process of carbohydrate. 3+7=10

UNIT—IV

4. (a) Define management. Discuss the principles of management. 2+8=10

Or

- (b) Draw the diagram of the court for the following with all the measurements (any one) : 10

(i) Basketball

(ii) Kho-Kho

\*\*\*

8M—900/100a

S-1/PHEG/01/17

TDP (General) 5th Semester Exam., 2017

PHYSICAL EDUCATION

( General )

FIFTH PAPER

Full Marks : 40

Time : 2 hours

The figures in the margin indicate full marks for the questions

Answer any two questions from each Part

PART—I

1. Define therapeutic exercises and its type. Write down the principles and advantages of therapeutic exercises. 3+4+3=10
2. Write short notes on the following : 5+5=10
  - (a) Cryotherapy
  - (b) Saunabath
3. What is massage manipulation? Write down the importance of massage therapy. Explain the procedure of any one massage technique. 2+3+5=10

8M/154a

( Turn Over )



S-5/PHEG/05/16

TDP (General) 5th Semester Exam., 2016

PHYSICAL EDUCATION

( General )

FIFTH PAPER

Full Marks : 40

Time : 2 hours

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

Answer **any two** parts from each question

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

1. (a) What are the types of injury and its need and importance in Physical Education? 2+8=10
- (b) What are the common sports injuries and the prevention and care of the following (any two)? 2+(4×2)=10
- (i) Fracture
  - (ii) Sprain
  - (iii) Laceration

M7/211a

( Turn Over )





- (c) Define therapeutic exercise and briefly explain the following (any two) :  $5 \times 2 = 10$
- (i) Thermotherapy
  - (ii) Contrast bath
  - (iii) Massage
2. (a) What are the basic concepts of test, measurement and evaluation and its need and importance in Physical Education? 10
- (b) Explain the criteria of good test. 10
- (c) Explain the following (any one) : 10
- (i) AAHPERD youth fitness test
  - (ii) JCR test

\*\*\*

briefly  
5×2=10

DP (General) 3rd Semester Exam., 2016

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 sports psychology. Briefly discuss the different branches of psychology. 2+8=10
2. Justify the statement—"Heredity and environment are the products of growth and development of individual personality." Write down the differences between growth and development. 5+5=10
3. Define learning and its types. Discuss the factors affecting transfer of learning. 4+6=10

UNIT—II

4. What is muscle hypertrophy? Explain the classification of muscular contraction with suitable examples. 2+8=10
5. Define stroke volume. Write down the effect of exercise on circulatory system. 2+8=10
6. Write short notes on any *two* of the following : 5×2=10
- (a) Cardiac output
  - (b) Oxygen debt
  - (c) Second wind
  - (d) Recovery

\*\*\*