

( S ) S-1/PHEG/01/21

**TDP (General) 1st Semester Exam., 2021  
( Held in 2022 )**

**PHYSICAL EDUCATION**

**( General )**

**FIRST PAPER**

*Full Marks : 80*

*Time : 3 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*

**PART—A**

**( Marks : 40 )**

**Answer the following questions : 2×20=40**

- 1. Write down any one misconception about 'Physical Education'.**
- 2. When and where was the first Asian Games held?**
- 3. Define 'health' according to WHO.**

**22M/150**

**( Turn Over )**



( 2 )

4. Write down the differences between communicable disease and non-communicable disease.
5. Write down the full form of NSNIS. In which year it was established?
6. What is first aid?
7. What is protoplasm?
8. What are the types of bone?
9. Give two examples of hinge joint in human body.
10. What is myology?
11. What are the types of muscle contractions?
12. Write down the names of various chambers of human heart.
13. If the number of teams entering in a knockout tournament is 15, find out the number of byes.
14. What are the formulas for deciding upper half and lower half in a knockout tournament?

22M/150

( Continued )



15. In a single league tournament, number of teams registered is 7. Find out the number of matches.
16. What is joint?
17. What is budget?
18. What are the heights of nets from the ground for men and women?
19. Draw a diagram of football ground with all necessary measurements.
20. Write down the various strokes of swimming.

PART—B

( Marks : 40 )

UNIT—I

21. Define 'Physical Education' and write down its aim and objectives. Briefly explain the objectives of Physical Education. 2+2+6=10

Or

Briefly explain the development of Physical Education in India after Independence. 10

( 4 )

UNIT—II

22. Write down the sources, symptoms and prevention of malaria.  $2+2+6=10$

Or

Write down the sources, symptoms and prevention of cholera.  $2+2+6=10$

UNIT—III

23. What is cell? Explain the functions and structure of cell.  $2+4+4=10$

Or

Write down any five movements around the joints.  $2 \times 5 = 10$

UNIT—IV

24. What is management? Explain the phases of management.  $2+8=10$

Or

What is round-Robin tournament? Make a fixture of single league tournament for 10 teams.  $2+8=10$

\*\*\*

S-1/PHEG/01/19

**TDP (General) 1st Semester Exam., 2019**

**PHYSICAL EDUCATION**

**( General )**

**FIRST 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*

**UNIT—I**

- 1. What is Physical Education? Explain the scope of Physical Education. 2+8=10**

**OR**

- 2. Write any one misconception about Physical Education. Explain the nature of Physical Education. 2+8=10**

**20M/93a**

*( Turn Over )*



( 2 )

UNIT—II

3. Discuss in detail about tuberculosis. 10

OR

4. Define Health Education. Write down its importance in modern society. 2+8=10

UNIT—III

5. What is muscle? Write down the various types of muscle. Explain the function of skeletal muscle. 2+3+5=10

OR

6. Write short notes on the following : 10  
(a) Joints  
(b) Fast-twitch fibre

UNIT—IV

7. What is single knockout tournament? Draw a fixture of 13 teams on the basis of single knockout system. 2+8=10

OR

8. Draw a fixture of 11 teams on the basis of single-league system. 10

★★★

**S-1/PHEG/01/18**

**TDP (General) 1st Semester Exam., 2018**

**PHYSICAL EDUCATION**

( General )

**FIRST PAPER**

*Full Marks : 40*

*Time : 2 hours*

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

Answer **one** question from each Unit

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

**UNIT—I**

1. Write the aims and objectives of Physical Education. 4+6=10
2. Explain any *two* of the following : 5×2=10
  - (a) Development of Physical Education from 20th Century
  - (b) NSNIS
  - (c) SAI

**M9/91a**

( Turn Over )



( 2 )

UNIT—II

3. Define health. Explain the principles of Health Education.  $2+8=10$
4. Write short notes on any *two* of the following :  $5+5=10$
- (a) Malaria
  - (b) HIV/AIDS
  - (c) Golden Rules of First Aid

UNIT—III

5. What is cell? Describe the structure and function of cell with diagram.  $2+8=10$
6. Write down the concept of balanced diet. Describe the structure of skeletal muscle.  $3+7=10$

UNIT—IV

7. Write short notes on any *two* of the following :  $5 \times 2 = 10$
- (a) Types of tournaments
  - (b) Concept of budgeting
  - (c) Intramural and extramural

M9/91a

( Continued )





( 3 )

8. Draw a layout of any *one* of the following courts/fields with all the markings : 10

(a) Volleyball

(b) Badminton

(c) Football

\*\*\*

( S ) S-1/PHEG/01/17

DP (General) 1st Semester Exam., 2017

PHYSICAL EDUCATION

( General )

FIRST 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*

UNIT—I

1. (a) Write down the aim and objectives of Physical Education. 4+6=10

Or

- (b) Discuss the development of sports in India after Independence with different sports schemes. 10

UNIT—II

2. (a) What is Health Education? Write down the principles of health education. 2+8=10

Or

- (b) Write the purpose of first aid. What is 'Golden Rule of First Aid'? 4+6=10

8M/100a

( Turn Over )



UNIT—III

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

Or

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

UNIT—IV

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

Or

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

(i) Basketball

(ii) Kho-Kho

\*\*\*

S-1/PHEG/01/16

FDP (General) 1st Semester Exam., 2016

PHYSICAL EDUCATION

( General )

FIRST 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*

UNIT—I

1. (a) What is Physical Education? Explain the nature and scope of physical education. 2+4+4=10

Or

- (b) Write a brief description on development of physical education in India. 10

UNIT—II

2. (a) Explain communicable disease. Write down the causes, prevention and control of tuberculosis. 1+3+3+3=10

M7/157a

( Turn Over )



( 2 )

Or

- (b) Discuss the concept of 'health and well-being'.

UNIT—III

3. (a) Write down the types of muscle with example. Explain the functions of skeleton muscle.  $4+6=10$

Or

- (b) Write short notes on the following (any two) :  $5 \times 2 = 10$
- (i) Slow twitch fiber
  - (ii) Freely movable joints
  - (iii) Mechanism of blood circulation

UNIT—IV

4. (a) What is budget? Explain in your own words the various 'phases of management'.  $2+8=10$

Or

- (b) What is tournament? Draw a fixture of single knockout soccer tournament of 17 teams with mentioning all necessary procedures.  $2+8=10$

\*\*\*

M7—1080/157a

S-1/PHEG/01/16



S-1/PEDG/01/15

TDP (General) 1st Semester Exam., 2015

PHYSICAL EDUCATION

( General )

FIRST PAPER

Full Marks : 40

Time : 2 hours

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

UNIT—1

1. (a) "Physical Education is an integral part of education." Discuss. 10

Or

- (b) Write short notes on (any two) : 5×2=10

(i) NSNIS

(ii) LNIPE

(iii) Rajkumari Amrit Kaur

(iv) SAI

M16/502a

( Turn Over )



( 2 )

UNIT—2

2. (a) What do you mean by the term 'health'? Describe various dimensions of health. Discuss the importance of Health Education.  $2+2+6=10$

Or

- (b) Write short notes on (any two) :  $5 \times 2 = 10$
- (i) HIV/AIDS
  - (ii) Malaria
  - (iii) Types of bandage
  - (iv) Communicable disease

UNIT—3

3. (a) What is cell? Describe the structure and function of cell.  $2+8=10$

Or

- (b) Write short notes on (any two) :  $5 \times 2 = 10$
- (i) Balanced diet
  - (ii) Types of joints
  - (iii) Types of muscles
  - (iv) Metabolism of carbohydrate

( 3 )

UNIT—4

- (a) What do you mean by the terms 'Intramural' and 'Extramural'? Highlight the importance of intramural and extramural competitions.  $4+6=10$

Or

- (b) Draw diagrams with all measurements (any two) :  $5 \times 2 = 10$

- (i) Badminton
- (ii) Football
- (iii) Cricket
- (iv) Kho-Kho

\*\*\*