

S-2/PHEG/02/18

TDP (General) 2nd Semester Exam., 2018

**PHYSICAL EDUCATION**

(General)

[DSC/GE]

SECOND PAPER

Full Marks : 60

Time : 3 Hours

*The figures in the margin indicate full marks.  
Candidates are required to give their answers  
in their own words as far as practicable.*

1. Answer any six questions :  $2 \times 6 = 12$

- (a) Write down the names of fat soluble vitamins.
- (b) What do you mean by 'Nutrition' ?
- (c) Full form of AIDS and PRICE.
- (d) What is Sprain ?
- (e) Define the term 'Health'.
- (f) What is 'Micro-Nutrients' ?

[ Turn Over ]

B2/13-120

( 2 )

(g) Draw a diagram of 'S'-scoliosis.

(h) What is 'Sports Injury' ?

There are *four* questions from Question No. 2 to Question No. 5. Answer either (a) or (b).

12×4=48

2. (a) Write the concept of Health Education. Briefly explain its importance and scope in games and sports.

2+5+5=12

Or

(b) Briefly explain 'School Health Service'. 12

3. (a) What do you mean by 'Balance Diet' ? Write its role in the games and sports. 2+10=12

Or

(b) What is protein ? Write down its classification and functions. 2+2+8=12

4. (a) Define 'Postural Deformity'. Explain the causes and also mentioned the corrective exercises for Lordosis. 2+5+5=12

Or

(b) Define 'Posture'. Briefly explain the significance of good posture. 2+10=12

( 3 )

5. (a) Mentioned the types of sports injury, with examples. Explain the general principles of preventing sports injuries. 4+8=12

Or

(b) Write short note (any *three*) : 4×3=12

(i) Blister

(ii) Haematoma

(iii) Dislocation

(iv) Strain

(v) Abrasion

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