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

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

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Question Booklet for TDP (General) 1st Semester Exam., 2019

PHYSICAL EDUCATION

Full Marks : 40]   **FIRST PAPER**   **[Time : 1 Hour**

Question Booklet **SET No. : A**

> ## DO NOT OPEN THIS BOOKLET UNTIL YOU ARE TOLD TO DO SO

Read the following INSTRUCTIONS carefully :

1. **Use black/blue dot pen only.**
2. Fill in the particulars given below in this page.
3. Fill in the particulars (on the **Side 1**) of the OMR Answer Sheet as per Instructions contained in the OMR Answer Sheet.
4. The **SET No.** of this Question Booklet is **A**. Write the SET No. at the specific space provided in the OMR Answer Sheet.
5. There are 40 (forty) questions in this Question Booklet, each carrying 1 (one) mark.
6. Each question or incomplete statement is followed by 4 (four) suggestive answers—[A], [B], [C] and [D] of which only **one** is correct. Mark the correct answer by darkening the appropriate circle.
7. Marking of **more than one** answer against any question will be treated as incorrect response and no mark shall be awarded.
8. **Any change in answer made or erased by using solid or liquid eraser will damage the OMR Answer Sheet resulting in rejection of the whole Answer Sheet by the computer. Therefore, do not change or erase once the answer is marked.**
9. No part of the Question Booklet shall be detached or defaced under any circumstances.
10. *Use of mobile phone, calculator, log table, compass, scale and any electronic gadget is strictly prohibited in the Examination Hall.*
11. **Question Booklet and the OMR Answer Sheet must be returned to the Invigilator within 1 (one) Hour of the commencement of the examination.**
12. Adoption of unfair means in any form or violation of instruction as mentioned in Point No. 10 shall result into expulsion from the entire examination.
13. The candidate must ensure that the Question Booklet and the OMR Answer Sheet are signed by the Invigilator.
14. **After opening the Question Booklet, check the total number of printed pages and report to the Invigilator in case of any discrepancy.**

SEAL

Roll Number : ⬚⬚⬚⬚⬚⬚⬚⬚⬚⬚

OMR Answer
Sheet No.   : ⬚⬚⬚⬚⬚⬚⬚
(As printed in the OMR Answer Sheet)

	Verified and found correct
Full Signature of the Candidate	Signature of the Invigilator with date

/93-A

1. Blood pressure is measured by

   [A] sphygmomanometer

   [B] manometer

   [C] dynamometer

   [D] stadiometer

2. The aim of Physical Education is

   [A] to produce leaders

   [B] to produce players

   [C] to produce teachers

   [D] wholesome development of personality

3. Rajkumari Amrit Kaur Coaching Scheme was launched in the year

   [A] 1954

   [B] 1953

   [C] 1952

   [D] 1950

4. The Sports Authority of India was established in the year

   [A] 1984

   [B] 1974

   [C] 1954

   [D] 1964

5. The aim of SAI is to produce

   [A] players for the country

   [B] teachers for the country

   [C] coaches for the country

   [D] None of the above

6. Who is the father of Physical Education in India?

   [A] Harry Crowe Buck

   [B] P. M. Joseph

   [C] Rajkumari Amrit Kaur

   [D] Milkha Singh

7. The founder of YMCA college of Physical Education in Madras is

   [A] Harry Crowe Buck

   [B] P. M. Joseph

   [C] M. L. Kamlesh

   [D] None of them

8. LNIPE, Gwalior was established in the year

   [A] 1947

   [B] 1957

   [C] 1937

   [D] 1967

9. The full form of PRICE is

[A] prevention, rest, ice, compression, elevation

[B] pressure, rest, ice, compression, elevation

[C] push, rest, ice, compression, elevation

[D] protection, rest, ice, compression, elevation

10. The name of the mosquito which spreads malaria is

[A] *Aedes aegypti*

[B] *Culex*

[C] *Anopheles*

[D] *Aedes albopictus*

11. The First Asian Games was held in the year

[A] 1984

[B] 1951

[C] 1954

[D] 1981

12. The full form of TB is

[A] transmitted virus

[B] transfer virus

[C] tuberculosis

[D] All of the above

13. The study of muscles is known as

[A] myology

[B] anthropometry

[C] osteology

[D] arthrology

14. The headquarters of WHO is in

[A] America

[B] Russia

[C] Japan

[D] Geneva

15. The disease which is transmitted from one person to another is called

[A] communicable disease

[B] non-communicable disease

[C] Both [A] and [B]

[D] None of the above

16. The full form of AIDS is

[A] accurate immune deficiency syndrome

[B] actual immune deficiency syndrome

[C] acquired immunodeficiency syndrome

[D] None of the above

17. How many types of joint are there in human body?

[A] 7

[B] 8

[C] 5

[D] 6

18. The fast-twitch fibres are also known as

[A] red muscle fibres

[B] white muscle fibres

[C] red-white muscle fibres

[D] All of the above

19. Powerhouse of the cell is

[A] Golgi apparatus

[B] nucleus

[C] cell membrane

[D] mitochondria

20. The joint which falls under ball-and-socket joint is

[A] knee joint

[B] elbow joint

[C] shoulder joint

[D] ankle joint

21. In human body, the cardiac muscle is found in

[A] liver

[B] kidney

[C] heart

[D] All of the above

22. Voluntary muscle movements are controlled by

[A] somatic nervous system

[B] autonomic nervous system

[C] sensory nervous system

[D] All of the above

23. How many chambers the heart has?

[A] 2

[B] 4

[C] 8

[D] 3

24. In which part of the body organs, the blood is mixed up with oxygen?

[A] Kidney

[B] Heart

[C] Liver

[D] All of the above

25. Slow-twitch fibres are suitable for

[A] aerobic activity

[B] anaerobic activity

[C] Both [A] and [B]

[D] None of the above

26. _____ is the main source of energy to do the activity.

[A] Protein

[B] Fat

[C] Both [A] and [B]

[D] Carbohydrate

27. The full form of ATP according to organic chemical is

[A] acquired triphosphate

[B] adenosine triphosphate

[C] advanced triphosphate

[D] None of the above

28. How much percentage of carbohydrate is required in a daily basis for normal adult person?

[A] 70–90

[B] 30–50

[C] 45–65

[D] 80–100

29. In a competition, 11 teams were participated. Find out how many matches will be played in single-league system.

[A] 45

[B] 50

[C] 22

[D] 55

30. In a competition, 23 teams were participated. Find out how many byes will be given.

[A] 9

[B] 23

[C] 12

[D] 13

31. How many matches will be played in a single knockout tournament, where number of participating teams is 23?

[A] 12

[B] 22

[C] 13

[D] 20

32. To find out the total numbers of matches in single-league system, which of the following formulae is used?

[A] $\dfrac{n}{2}$

[B] $\dfrac{n-1}{2}$

[C] $\dfrac{n(n-1)}{2}$

[D] $\dfrac{n(n+1)}{2}$

33. Extramural competition means

[A] competition within the campus

[B] competition outside the campus

[C] Both [A] and [B]

[D] All of the above

34. The height of the football goalpost from the ground to inner edges is

[A] 2·44 m

[B] 2·54 m

[C] 2·64 m

[D] 2·34 m

35. According to FIFA, the air pressure of a football is

[A] 8·5 psi–15·6 psi

[B] 2·5 psi–7·6 psi

[C] 16·5 psi–20·6 psi

[D] 20·5 psi–25·6 psi

36. The full form of psi, air pressure unit, is

[A] pound-force per square inch

[B] pressure-force per square inch

[C] pick-force per square inch

[D] perfect-force per square inch

37. The weight of a volleyball is

[A] 220 gm–250 gm

[B] 260 gm–280 gm

[C] 200 gm–220 gm

[D] 300 gm–350 gm

38. The concept of 'Libero' is associated with which game?

[A] Football

[B] Hockey

[C] Volleyball

[D] Kabaddi

39. Shot put is a ____ event.

[A] track

[B] field

[C] throw

[D] None of the above

40. Hitch-kick technique is related with

[A] pole vault

[B] long jump

[C] high jump

[D] soccer

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

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

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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

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)*