

INTERNAL ASSESSMENT

PHYSICAL EDUCATION

1ST SEMESTER

PAPER- CC-PE-1A

Answer any one question

1. Define physical education? Describe the importance of physical education in modern society? Briefly describe the Astanga yoga. Write short notes on modern Olympic games?
10

2. What do you mean by growth and development? What is difference between growth and development? Briefly discuss the historical background of the Asian games. 10

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PHYSICAL EDUCATION

3RD SEMESTER

PAPER- CC-PE-IC

Answer any one question

1. Define the words 'anatomy and physiology'? Describe the cell division? Explain effect of exercise and training on respiratory system? 10
2. Describe main function of skeletal system? Describe the circulatory system in details? Describe effect of exercise on muscular system? 10

PAPER -SEC-1

Answer any one question

1. Briefly describe the crouch start technique? 400meters standard track, whereas straight line 84.39m calculate the CDR. 10
2. Briefly describe of any one shotput technique? Calculate the stagger distance of six number lane? Draw a diagram of discuss sector? 10

PHYSICAL EDUCATION
INTERNAL ASSESSMENT
5TH SEMESTER
PAPER – DSE-2

Answer any one question

1. Define strength. Discuss the process of development of it. What do you mean by interval training? Write about the type of periodization? 10

2. Write about the importance of sports training? What are the symptoms of overload? Discuss about the components of training load. 10

PAPER - SEC-3

Answer any one question

1. What is lona? Write down the role of long service and shot service badminton? Draw the badminton and kho-kho court with all measurement and mention the all zones of the court? 10

2. What is pole turn? What is chain play and write down the five rules and regulation in each of kabaddi and table tennis? 10