



'সমানো মন্ত্র: সমিতি: সমানী'

**UNIVERSITY OF NORTH BENGAL**

B.A Honours 2nd Semester Examination, 2023

**GE1-P2-PHYSICAL EDUCATION**

**HEALTH EDUCATION AND TEST AND MEASUREMENT IN PHYSICAL EDUCATION**

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.*

1. Answer any **five** questions from the following: 1×5 = 5
  - (a) Which substance of nutritions is needed by the body for growth, repair and maintenance?
  - (b) Which vitamin is called as tocopherol?
  - (c) Write the formula of B. M. I.
  - (d) What is Lean body mass?
  - (e) Write the four causes of postural deformities.
  - (f) Write the scientific name of vitamin A.
  - (g) What is your FIRST action when examining the condition of a patient?
  - (h) What do you mean by Somatotype?
  
2. Write short notes on any **three** from the following: 5×3 = 15
  - (a) Golden rules of First-Aid
  - (b) Kyphosis
  - (c) Determination of Body Fat Percentage
  - (d) Dislocation
  - (e) Dimension of Health.
  
3. Answer any **two** questions from the following: 10×2 = 20
  - (a) Describe in detail about three main spinal deformities. 10
  - (b) Write down the importance of Protein and Fat. 5+5
  - (c) Discuss about Barrow Motor Ability test. 10
  - (d) Discuss about the causes and remedies of Strain and Sprain. 5+5

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