



'समानो मन्त्रः समितिः समानी'

UNIVERSITY OF NORTH BENGAL

B.A. Honours 4th Semester Examination, 2023

GE2-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) Define Health.
 - (b) Shuttle-Run test item is used to measure which component of fitness?
 - (c) Which is measured by Harvard Step Test?
 - (d) What is Postural deformities?
 - (e) World Health Day is celebrated on which day?
 - (f) What are the types of Bandage?
 - (g) What is Test?
 - (h) Which Vitamins are normally made in kidneys?

2. Write short notes on: (any **three**) 5×3 =15
 - (a) B.M.I and your own B.M.I
 - (b) World Health Organization (WHO)
 - (c) Golden Rules of First Aid
 - (d) Fracture
 - (e) Flexibility.

3. Answer any **two** questions from the following: 10×2 = 20
 - (a) What is Lean Body Mass? Write the importance of Lean Body Mass. 3+7
 - (b) What are the goals of obesity management? Give a brief idea on the dietary management of obesity management. 4+6
 - (c) Describe in detail about three main deformities of lower portion of human body. 10
 - (d) Write in brief about Kraus Weber Strength test. 10

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