



'समानो मन्त्रः समितिः समानी'

UNIVERSITY OF NORTH BENGAL
B.A Honours 3rd Semester Examination, 2023

GE2-P1-PHYSICAL EDUCATION

Time Allotted: 2 Hours

Full Marks: 40

The figures in the margin indicate full marks.

GROUP-A

1. Answer any **five** questions from the following: 1×5 = 5
- (a) What does the colour of Olympic Flag indicate?
 - (b) In which year the National Anthem of India was played for first time in Olympics?
 - (c) Write the formula to measure vital capacity of Human body.
 - (d) What do you mean by physical fitness?
 - (e) By which process the growth of an individual takes place?
 - (f) In which year the Ancient Olympic Games were introduced?
 - (g) What is the full form of 'HVPM'?
 - (h) In which year SAI was established?

GROUP-B

2. Answer any **three** questions from the following: 5×3 = 15
- (a) Discuss the differences of growth and development. 5
 - (b) Discuss socialization through sports. 5
 - (c) Explain the causes of introducing Ancient Olympic Games. 5
 - (d) Describe various components of Physical Fitness. 5
 - (e) Discuss about the contribution of H. C. Buck in the field of Physical Education. 5

GROUP-C

3. Answer any **two** questions from the following: 10×2 = 20
- (a) Discuss about Modern Olympic Games. 10
 - (b) Discuss effect of short and long time exercise on Circulatory System. 10
 - (c) What do you mean by psychology? Discuss qualities of good leader in Physical Education. 2+8
 - (d) Define Physical Education. Discuss the Aim and Objectives of Physical Education. 2+3+5

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