



'समानो मन्त्रः समितिः समानी'

**UNIVERSITY OF NORTH BENGAL**  
B.A. Honours 1st Semester Examination, 2022

**GE1-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 is the aim of Physical Education? 1
  - (b) Enlist the components of Health related physical fitness. 1
  - (c) Define growth. 1
  - (d) In which year and in which country hosted the first Asian Games? 1
  - (e) In which year Indian Olympic Association was formed? 1
  - (f) What is Bradycardia? 1
  - (g) Define Vital Capacity. 1
  - (h) Who is regarded as the 'father' of psychology? 1

**GROUP-B**

**Answer any three questions from the following** 5×3 = 15

- 2. Describe the importance of Physical fitness. 5
- 3. Explain about Asian Games. 5
- 4. Elucidate the importance of Physical Education in the modern society. 5
- 5. Explain the long term effect of exercise on Muscular system. 5
- 6. Explain the quality of a good leader in the field of Physical Education. 5

**GROUP-C**

**Answer any two questions from the following** 10×2 = 20

- 7. What is the true meaning of Physical Education? Discuss the development of Physical Education and Sports in Post Independence period of India. 2+8
- 8. What is Athletic Heart? Briefly explain the principles of growth and development. 2+8
- 9. Write the 'Oath' of Modern Olympic games. Discuss in detail about Physical Education and Sports as a means of Socialization. 2+8
- 10. What is Olympic 'Motto'? Briefly discuss about Ancient Olympic Games. 2+8

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