



'समानो मन्त्रः समितिः समानी'

**UNIVERSITY OF NORTH BENGAL**

B.A Honours 3rd Semester Examination, 2022

**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) Define Development. 1
  - (b) What is Athletic Heart? 1
  - (c) In which year and in which Country hosted the first Modern Olympic games? 1
  - (d) Define Fitness. 1
  - (e) Write four quality of a good leader in the field of Physical Education. 1
  - (f) Define Socialization. 1
  - (g) Write the components of Health related Fitness. 1
  - (h) Define Sports Psychology. 1

**GROUP-B**

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

- 2. Explain the components of motor fitness. 5
- 3. Describe the importance of Psychology in the field of Physical Education. 5
- 4. Explain long term effect of exercise on Respiratory System. 5
- 5. Elucidate the role of games and sports in National integration. 5
- 6. Describe the scope of Physical Education. 5

**GROUP-C**

**Answer any *two* questions from the following**

10×2 = 20

7. Define Physical Education. Discuss the Historical development of Physical Education and Sports in Pre-Independence period of India. 2+8
8. What is Vital Capacity? Briefly explain effect of long term exercise on Circulatory system. 2+8
9. Define growth. Briefly explain the factors that affecting growth and development. 2+8
10. In which country hosted the first Asian Games? Briefly discuss about the Modern Olympic Games. 1+9

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