

Internal Assessment
Sem - I
Department of Physical Education

Paper DSC 1A
Foundation and History of Physical Education

Full marks – 15

Time – 45 min.

Date:

Write any one

Q1. Discuss about aim and objective of physical education.

5+10

Q2 What is chronological age? Write about role of sports in National Integration. What are the types of yoga?

3+9+3

**Internal Examination
Sem - II**

Department of Physical Education

**Paper DSC 1B
Management of physical education and sports**

Full marks – 15

Time – 45 min.

Date:

Write any one

Q1. What is sports management? Write about the importance of sports management. How to care your play field write in short ?

3+6+6

Q2. What do you mean by “Play Day”? Define the difference between intramural and extramural competition. What is challenge tournament ?

4+7+4

**Internal Examination
Sem - III**

Department of Physical Education

**Paper DSC 1C
Anatomy Physiology and Exercise Physiology**

Full marks – 15

Time – 45 min.

Date:

Write any one

Q1. Define the term Exercise Physiology. Discuss structure and functions of cell with proper diagram.

3+12

Q2. What is athletic heart? Discuss about the mechanism of blood circulation through heart with diagram.

3=12

**Internal Examination
Sem - IV**

Department of Physical Education

**Paper DSC 1D
Health Education, Physical Fitness and Wellness**

Full marks – 15

Time – 45 min.

Date:

Write any one

- 1. Define the term health. Write the principles of health education. How to maintain personal hygiene?**

2+7+6

- 2. Meaning of communicable diseases.**

What is obesity?

Write the Causes and corrective exercises of KYPHOSOS and KNOCK KNEE.

3+2+10

**Internal Examination
Sem - V**

Department of Physical Education

**Paper DSE 1A
Tests, Measurement and Evaluation in Physical Education**

Full marks – 15

Time – 45 min.

Date:

Write any one

1. Concept of test? Discuss about criteria of good tests. Write principles of evaluation.

3+7+5

2. Write any three.

a. Harvard step test.

b. Concept of BMI.

c. Brady volleyball test.

d. Johnson basketball test battery.

5+5+5

**Internal Examination
Sem - VI**

Department of Physical Education

**Paper DSE 1B
Spots Training**

Full marks – 15

Time – 45 min.

Date:

Write any one

1. Meaning of sports training. Write importance of sports training. What are the types of training methods?

3+8+4

2. What is over load? Causes and symptom of over load. Briefly discuss any one method of endurance development.

2+8+5