

Roll No.

Total Pages : 4

31437/M

L-12/2054

HEALTH AND PHYSICAL EDUCATION

Paper-2407T

Semester-IV/VIII

(Common for B.A., B.Ed., B.Sc., B.Ed.)

Time Allowed : 1½ Hours] [Maximum Marks : 35

Note : The candidates are required to attempt **one** question each from Sections A and B carrying 10 marks each and the entire Section C consisting of 5 short answer type questions carrying 3 marks each.

SECTION—A

1. What do you mean by Endocrine Glands ? Discuss about the functions and location in Human Body. 2,8

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[P. T. O.]

2. Discuss the causes and prevention of Childhood illness. Write down the role of Immunization. 8,2

SECTION—B

3. What is the concept of Physical Fitness ? Discuss its components in details. 3,7
4. What do you mean by First Aid ? How you will handle :
- (a) A Sunstroke
 - (b) A Fracture. 2,4,4

SECTION—C

5. Answer the following : 5×3=15
- ~~(i)~~ Causes of Childhood Obesity.
 - ~~(ii)~~ Parts of Nervous system.
 - (iii) Chart of a Balanced Diet.
 - (iv) Benefits of yogic breathing exercises.
 - ~~(v)~~ Indigenous Games and Sports.