

PC-10147/M

N-10/2053

HEALTH & PHYSICAL EDUCATION-XXIV

(Semester-IV & VIII)

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

Time : 1½ Hours]

[Maximum Marks : 35

Note : Attempt one question each from Sections A & B carrying 10 marks each and the entire Section C consisting of 5 short answer type questions carrying 3 marks each.

SECTION—A

- I. What do you mean by Human Nervous system? Write its parts and their functions. (3,7)
- II. Define malnutrition. Write down its causes and preventions. (3,7)

SECTION—B

- III. Explain the techniques and benefits of any two musculoskeletal yoga asanas. (5,5)
- IV. 'Fractures can happen at any stage of life.' Which are various kinds of Fractures? Explain. (10)

SECTION—C
(Compulsory Question)

V. Write brief answers :

1. Endocrine Glands.
2. Importance of Water.
3. Difference between aerobic and anaerobic exercises.
4. AIDS.
5. Body Composition. (5×3=15)