

Total Pages : 4

PC-2117/M

J-13/2059

HEALTH & PHYSICAL EDUCATION

(ਸਿਹਤ ਤੇ ਸਰੀਰਕ ਸਿੱਖਿਆ)

(Paper-XXIV)

(Semester-IV)

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 Diet and Nutrition? Discuss the Childhood Obesity along with its causes and prevention. 2,8
- II. Discuss the Functions and locations of the Endocrine Glands in the Human Body. 10

Total Pages : 4

SECTION—B

- III. How anaerobic, aerobic and yogic exercises develop physical fitness? Discuss. 10
- IV. Discuss yoga as musculoskeletal exercise. Explain the Techniques and benefits of any Two yogic Asana along with their benefits. 4,3,3

SECTION—C

(Compulsory)

V. Write brief answers :

1. What are the parts of Human Nervous System?
2. Importance of Immunization.
3. What are the Components of physical fitness?
4. First Aid for Chemical Poisoning.
5. What are the Components of a Balanced Diet?

(5×3=15)