

L-13/2052

HEALTH AND PHYSICAL EDUCATION

Paper-XXIV

(B.Ed. (Two Year) Semester-IV Common for
B.A. B.Ed. & B.Sc. (Four Year) Semester-VIII)

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 the term Endocrine glands ?
Give a detailed explanation of any two. 2,4,4

2. Balanced diet is the need of hours these days as people have frequently start taking junk food. Define Balanced diet. Write its various components and their sources. 2,4,4

SECTION—B

3. Physical fitness is the necessary requirement in day today's life. Why and how is it important in a Student's life ? 10
4. Any Body can be saved in the First few moments of a mishap. What is First Aid ? Enlist the qualities of a person providing First Aid. 3,7

SECTION—C

5. Write brief answer the following : 5×3=15
- (i) Functions of Nervous system.
 - (ii) Calorific values of a Food.
 - (iii) Causes and prevention of Malaria.
 - (iv) Indigenous Games.
 - (v) Benefits of Pranayama.