

PC-2613/M

K-14/2058

HEALTH AND PHYSICAL EDUCATION-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. Discuss the functions and locations of the Endocrine Glands in the Human Body. 10
- II. Discuss the Common Childhood Illness along with their causes and preventions. 10

SECTION—B

- III. Discuss Yoga as musculoskeletal exercise. Explain the techniques and benefits of any two Yogic Asana along with their benefits. 4+3+3=10
- IV. What do you understand by Physical Fitness? Discuss the components of Physical Fitness in detail. 2+8=10

SECTION—C

(Compulsory)

V. Write brief answers :

1. The Human Nervous System.
2. The concept of Calorific Value.
3. First Aid for Burns.
4. What do you understand by Anaerobic exercises?
5. Benefits of Kapalbhathi exercise. 5×3=15