

B A, B SC, B COM DEGREE END SEMESTER EXAMINATION - NOVEMBER 2024
UGP (HONS.) SEMESTER - 1: MULTI DISCIPLINARY COURSE (PHY. EDUCATION)

COURSE: 24UPHEMDC101 –: PHYSICAL FITNESS AND ACTIVE LIVING

(For Regular 2024 Admission)

Time: 1.5 Hours

Max. Marks - 50

PART A

(One word answers)

Answer all questions. Each question carries 1 mark

1. The ability to produce maximum force in shortest time is called.....
2. Name of test for strength endurance.
3. The ability to change direction quickly is called
4. Injury to a muscle tendon.....
5. The absence of the inner curvature of feet is called.....
6. Expansion of RICE
7. Formula to find out no of matches in league tournament
8. Normal heart rate of human.....
9. The ability of muscle to overcome a resistance is called.....
10. Name of test for maximum strength

(10 x 1 = 10)

PART B

(Short notes)

Answer any five questions

11. Explain the qualities of a first aider
12. Describe the effect of exercise on circulatory system
13. Explain Kyphosis and its preventive measures
14. Write any three principles of training
15. Difference between Strain and Sprain and its immediate management
16. Explain test for cardio vascular endurance

(5 x 5 = 25)

PART C (Essay)

Answer any one question

17. Draw a Knock out Fixture of 12 teams
18. Draw a league fixture of 7 teams in cyclic method

(15 x 1 = 15)
