

Duration: 2.30 Hrs

B 61803 MPE

Maximum Marks:-75

Note: 1) All Questions are compulsory.
2) Figures to the right indicate full marks.

Q. 1 Multiple Choice Questions

(8 m)

- _____ is Physical action performed to make or keep your body healthy.
a) Eating b) Exercise c) Sleeping d) Worrying
- The workout term aerobic exercise is interchangeable with which term?
a) Ballistic b) Anabolic c) Cardio d) Metabolism
- The richest source of protein is—
a) Pulses b) Groundnut c) Soya bean d) Egg
- The science of yoga has its origin _____ of years ago.
a) Hundred b) Thousands c) Few d) Fifty
- The _____ is, quite simply, that the exercise you do should be specific to your goals.
a) Specificity principle b) Exercise c) Effort d) Hard work
- BMI stands for _____
a) Body measurement index b) Body mass index c) Balanced management interest
d) Balanced management index
- Surya Namaskar or Sun Salutation is a sequence of _____ powerful yoga poses.
a) 10 b) 11 c) 12 d) 13
- Yoga is an art and science of _____ living.
a) Happy b) Healthy c) Luxurious d) Simple
- Melbourne Cricket Club at _____ Country
a) Singapore b) India c) Australia d) U.S
- Weight gained during _____ may be difficult to lose and might eventually lead to obesity
a) Exercise b) Pregnancy c) Smoking d) Drinking

2. State the following as True or False

(7 m)

- Normal weight BMI is between 18.5 to 24.9
- Stretching is not important before and after completion of workout.
- The richest source of calcium is in milk.
- Physical activity can increase your risk for developing type 2 diabetes.
- Muscle weighs more than fat.
- It is not important for all ages to stay physically active.
- 30 minutes of daily exercise is important every day.
- Warming and cooling both are important for exercise.
- There is an effect of the musculoskeletal system after exercise.
- Exercise can relieve body aches.

- Q 2. a) Define Health. Explain Dimension of Health. (8m)
b) List the importance of Physical Education. (7m)
(or)
c) Explain Skill Related Physical fitness(SRPF). (8m)
d) Write about the scope of Physical Education. (7m)
- Q 3. a) Explain the components of physical fitness. (8m)
b) List the types of physical fitness. (7m)
(or)
c) Explain Health Related Physical fitness(HRPF). (8m)
d) Write about Cardio muscular endurance. (7m)
- Q 4. a) Write the tests for Muscular Strength. (8m)
b) Write the steps to calculate BMI. (7m)
(or)
c) Write the tests for measuring flexibility. (8m)
d) Write about the Goniometer. (7m)
- Q 5. a) Write about benefits of regular exercises. (8m)
b) List the BMI number four categories. (7m)
(or)
c) Write short notes (any 3 out of 5): (15m)
1) Muscular Strength.
2) Components of SRPF.
3) Dynamometry.
4) Sit and reach the test.
5) Healthy food.

Duration: 2 ½ HOURS

B618Q3MNSS

Maximum Marks 75

Note:

1. All the questions are compulsory.
2. Figures to the right indicate full marks
3. Each question carries equal marks.

Q. 1 Multiple Choice Questions (Any-8)

(8M)

1. The _____ is a Central Sector Scheme of Government of India, Ministry of Youth Affairs & Sports.
a) National Service Scheme B. National society scheme c. Organization d. Business
2. The motto of National Service Scheme is _____.
a. Me and you b. Not me but you c. We d. All citizens
3. The first Republic Day Camp of NSS Volunteers was held in _____.
a. 1987 b. 1990 c. 1988 d. 2000
4. A Contingent of selected NSS volunteers participates in the _____ at Raj path, New Delhi on 26th of January every year in accordance with the guidelines and requisition of the Ministry of Defense.
a) Republic Day Parade b. Program c. Singing d Play
5. National Service Scheme was launched on _____ by the then Education Minister Dr. V.K. R.V. Rao in 37 universities with 40,000 NSS Volunteers covering all States.
a. 25th September, 1970 b. 23rd September, 1980 c. 24th September, 1969 d. 28th September, 1770
6. What is the overall objective of NSS?
a. Development of Student's personality through community service. b. Only Education
c. To achieve goal d. Participation
7. The _____ colour indicates the cosmos of which the NSS is a tiny part, ready to contribute its share for the welfare of the mankind.
a. Red b. Yellow c. Navy blue d White
8. The _____ colour in the badge indicates that the NSS volunteers are full of blood i.e. lively, active, energetic and full of high spirit.
a, Red b. Yellow c. Navy blue d. White
9. The NSS Headquarter located in _____.
a. Jaipur b. Rajasthan c. New Delhi d. Udaipur
10. The NSS symbol is based on the _____ situated in Odisha.
a. Rath wheel of the Konark Sun Temple b. Theme c. Region d. Temple

Q.1. A. State whether True or False (any 7)

(07 Marks)

- 1) Observation is primary source of data
- 2) Avan camp relates to disaster management
- 3) Positive attitude is a mechanism of conflict resolution
- 4) Gender means inequality between male and female.
- 5) Account book is not a part of NSS documents
- 6) Process of Ice c breaking create new frends
- 7) Evaluation is last stage of planning..
- 8) BetiBachaoBetiPadhao is a government programme
- 9) A NSS Volunteer has to dedicate total 240 hours of social service in two years duration.

P.T.O.....

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(2)

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10) The duration of NSS Regular Activities is 120 hrs

Q.2 - Answer the Following - (Any two out of Three) (15M)

- 1. National Service Scheme (NSS) - its objectives
- 2. Socio-economic survey- its meaning and need
- 3. Process of Socio-economic survey

Q.3 - Answer the Following - (Any two out of Three) (15 M)

- 1. Explain Leadership training
- 2. Explain Communication skills
- 3. Justify Activity Report Writing

Q.4 - Answer the Following - (Any two out of Three) (15 M)

- 1. Explain ice breaking
- 2. Program planning- the concept and its features
- 3. Implementation of program- program flow charting- feedback

Q.5 - Answer the Following - (Any two out of Three) (15M)

- 1. Government organizations (GO)- its meaning and functioning.
- 2. Non-Government organizations (NGO)- its meaning and functioning.
- 3. Government schemes for community development

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