

D-1

FC-PE

DURATION: - 2½ hrs

23621024E

MARKS:- 75

Note: - (1) All questions are compulsory.

(2) Figures to the right indicate full marks

(3) Answer to each question must be on a new page

Q.1A) Explain the Concepts :- (Any 5) CO1,2 (U) 15M

- 1) Protein 2) Fats 3) Holistic Health 4) Blood Pressure
- 5) Exercise Injuries 6) First Aid importance and its application in exercise injuries 7) Personality Development 8) Drug Abuse

OR

Q.1B) Explain in Brief the project topic that you have taken in Foundation Course Physical Education. CO1-2,U 15M

Q.2A) Explain in brief Nutrition with its principles. CO1-U 15M

OR

Q.2B) Explain the Role of Nutrition in promotion of Health. CO1-U 15M

Q.3A) Write a short note on Blood Pressure and explain the categories of Blood Pressure. CO1-U 15M

OR

Q.3B) What are the myths and misconceptions of Personal fitness? CO1-U 15M

Q.4A) Explain in brief the management of bone injuries. CO2-U 15M

OR

Q.4B) What are the types of Exercise Injuries? CO2-U 15M

Q.5A) Explain Drug Addiction and its effects on health. CO2-U 15M

OR

Q.5B) Explain in brief the importance of Sports Training. CO2-U 15M

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236211024C

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Q.1) Attempt the following Concept (Any 5)

CO1,2-U 15M

A:

- 1) NIC Camp
- 2) Types of Fire
- 3) President of India
- 4) Indian Air Force
- 5) Border Dispute
- 6) Benefits of NCC
- 7) Leadership
- 8) Terrorism

OR

B: Write a comprehensive note on the FC NCC Sem III Project submitted by you.

CO1,2-R 15

Q.2) Attempt the following Group.

15M

- a) Explain the role of Drill Instructor in NCC.
- b) Define term Drill and Explain its Various Types.

CO1-U 8

CO1-R 7

OR

- a) Explain the different social service activities of NCC.
- b) How Does NCC Contribute to Swachh Bharat Abhiyan.

CO2-A 8

CO2-R 7

Q.3) Attempt the following Group.

15M

- a) Explain the role of first Respondent during fire.
- b) Explain the role of NCC Cadet in Disaster operations.

CO1-R 8

CO1-R 7

OR

- a) Explain the Concept of Global warming.
- b) Explain the Lyrics of NCC Song.

CO2-U 8

CO1-A 7

Q.4) Attempt the following Group.

15M

- a) Explain the importance of National Unity.
- b) Explain the role of CSD & NDA.

CO2-E 8

CO1-R 7

OR

- a) Explain the importance of health and hygiene.
- b) Explain the Various Ranks in NCC Unit.

CO2-R 8

CO1-U 7

Q.5) Write a short Note (Any 3)

CO1-2-R 15M

- 1) INS Vikrant
- 2) India China War
- 3) Rifle Drill
- 4) NCC Ranks
- 5) Indian Navy

D-1

FC - NSS

DURATION: - 2½ hrs

236211024S

MARKS:- 75

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- Q.1a) Explain the following concepts. (Any 5) 15M
- | | |
|------------------------|-------|
| 1) Hygiene | CO1-U |
| 2) Ethics | CO2-U |
| 3) Natural Disaster | CO2-R |
| 4) Environment | CO2-U |
| 5) Avhan model | CO1-U |
| 6) Gender issue | CO2-R |
| 7) Typhoid | CO1-U |
| 8) Energy conservation | CO1-R |

OR

- Q.1b) Write a comprehensive note on the foundation course (Semester III) project submitted. CO1,2-U/R 15M

- Q.2A) Explain value system of India. How Indian values are essential for development of society. CO1,U 15M

OR

- Q.2B) Discuss habits for healthy lifestyle. CO1-U 8M

- C) What are the measures for maintaining hygiene. CO1-R 7M

- Q.3A) Give an account of concept of Disaster Management Cycle CO1-R 15M

OR

- Q3.B) Discuss the importance of good health. CO1-R 15M

- Q4.A) Discuss the causes and measures of prevention from diabetes. CO2-U 15M

OR

- Q4.B) Explain Avhan model. CO2-R 8M

- C) Explain preventive measures of AIDS. CO2-U 7M

- Q.5A) Explain the needs of environmental sustainability. CO2-R 15M

OR

- Q.5B) Discuss non-conventional source of energy CO2-U 8M

- C) Discuss causes of gender issue. CO2-R 7M
