

SUBS? (III)

Paper / Subject Code: 79706 / Foundation Course in Physical Education- III

109

Q. P. Code: 30292

(Time: 2 ½ Hours)

(Total Marks: 75)

N.B. : (1) All the questions are compulsory.

(2) Each question carries 15 Marks

Q.1. (A) Fill in the blanks (Any Five). (05 Marks)

- 1) The National sports of Japan is _____.
a) Wrestling b) Boxing c) Judo
- 2) 2004 Olympic Games was held at _____
a) London b) Athens c) Rio de Janeiro
- 3) A Shuttle Cock has _____ feathers.
a) Ten b) Sixteen c) Twelve
- 4) Dimension of Kabaddi ground for men is _____.
a) 08 mts X 10mts b) 12 mts X 08mts c) 13 mts X 10mts
- 5) _____ won a bronze medal at Atlanta Olympic Games.
a) Leander Paes b) Sushil Kumar c) Khashaba Jadhav
- 6) The height of the cricket stumps is _____.
a) 73.1 cms b) 71.1cms. c) 70.1cms
- 7) Ronaldinho is associated with _____ sports.
a) Boxing b) football c) Volleyball

(B) Match the following (Any Five). (05 Marks)

‘A’	‘B’
1. Sunil Chettri	Kabaddi
2. Mike Powell	Cricket
3. Ricky Ponting	Athletics
4. Yogeshwar Dutta	Gymnastics
5. Super Tackle	Wrestling
6. Yoga	Foot ball
7. Aashish Kumar	Asans

(C) Write true or false. (Any Five). (05 Marks)

1. Ice Hockey is considered as the fastest game.
2. The term ‘Free Kick’ is used in Volleyball.

3. Olympic flag was hoisted at the Antwerp Games in 1920.
4. The term 'Deuce' is used in Chess.
5. 2000 Olympic Games was held at Sydney.
6. The length of Badminton Racket is 26 inches.
7. LBW stands for Leg before Wicket.

Q.2. Write the definition of sports training? Explain in detail aims of sports training.(15 Marks)

OR

What do you mean by nutrients? Explain different types of nutrients?

Q.3. Write down the factors influencing body temperature? (15 Marks)

OR

What is the meaning of holistic health? Explain in detail.

Q.4. What are the various principles of Sports training? (15 Marks)

OR

How will you take care of soft tissue injuries?

Q.5. What Is Drug Addiction? Explain. (15 Marks)

OR

Short Notes (Any three)

1. Heart rate.
2. Personal health basic parameters
3. Types of fractures.
4. Objectives of Sports training.
5. Define nutrition?
