
DURATION: 2 ½ HOURS

C41810OPEIII

MARKS: 75

NOTE:

- All questions are compulsory.
- Figures to the right indicate full marks.
- All questions carry equal marks.

Q.1 Match	the	following	(ANY	8)
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(8M)

n -	1				A	
Co	I	u	m	n	A	

- 1). First aid
- 2). Lose water
- 3). Normal blood pressure
- 4). Hypertension
- 5). BMI
- 6). Ankle sprain
- 7). Objective of Sports Training First aid
- 8). Milk
- 9). Vegetables, fruits
- 10).Kidney

Column B.

- 1. On a daily basis
- 2. Immediate care given to an injured
- 3. Dangerous
- 4. Sports injury
- 5. Less than 120/80 mm hg
- 6. Body Mass Index
- 7. Personality Development
- 8. Vitamins, Minerals
- 9. Protein
- 10. Urine excretion
- 11. By breathing

Q.1 B. State whether the following statements are True or False. :- . (ANY7)

(7M)

- 1). Cardio is the important exercise for fat loss is the myths of personal fitness.
- 2). Sports Training is not important.
- 3). BMI stands for Body Mass Index.
- 4). A BMI below 18.5 is considered underweight.
- 5). Drug abuse can hurt all parts of your body and can cause health problems.
- 6). One of the main objective of sports training is the all round development of personality of all the sportsperson.
- 7). There are two different types of nutrients i.e micronutrients and macronutrients.
- 8). Fats are an essential part of a healthy diet.

A). Explain Dietary guidelines for good health

- 9). Processed foods are like poison for your body.
- 10). Sweating = Fat loss is a myths of personal fitness.

Q.2. Answer the following:-

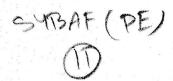
	_	()
B). Types of nutrients		(7M)
	or	
C). Principle of nutrients		(8M)

D). Write a short note on carbohydrates, proteins, minerals, vitamins.

(8M)

Q.3. Answer the following:-

A). Explain n	neaning and concept of holistic health	(8M)
B). Write a sh	nort note on blood pressure	(7M)
	or	
C). Important	ce of physical fitness	(8M)
D). Advantag	es and disadvantages of gym.	(7M)



2). Advantages of Exercise Sports training

3). Objectives of sports training
4). Regulation of water in body and factors influencing body temperature
5). Management of soft tissue injuries

Q.4. Answer the following:-	88
A). Write a note on management of bone injuries	(8M)
B). Explain the types of exercise injuries	(7M)
or	(/1/1/
C). Importance of first aid	(8M)
D). Explain the application of first aid in exercise injuries.	(7M)
	(/141)
Q.5. Answer the following:-	
A). Explain the principles of sports training	(8M)
B). Drug abuse and its effects	(7M)
	(/141)
or	
Q.5: Write short notes on :- (Any 3)	 (1504)
1). Role of nutrition in promotion of health	(15M)

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Q.1 (A) Choose correct word and rewrite the senten	ices. (Any Eight)	08
1 Health means adequate body weight, l	height as per age & sex.	l s s
a) Mental b) Physical		
2. Concept of empowerment used by first	ly.	
a) Paulo Friary b) Mahatma Gandhi	c) Tolstoy	
3. Inequality between male and female is called	•	
a) Caste b) Gender		
4 Level camp Related to One University of		
a) Stateb) National5. AVHAN camp in June 2017 was held at	c) University	
5. AVHAN camp in June 2017 was held at	university.	
a) Kolhapur b) Pune	c) Solapur	
6. The disease that can pass from generation to gene	eration is	
a) Dengue b) Cancer	c) Hepatitis	
7. Wind energy is very well develop inarea.	9	
a) Mountain b) Thick forest	c) Desert	
8. Coal is produce in district in Maharasht	ra.	
a) Beed b) Latur	c) Chandrapur	
9. HIV/AIDS day is observed in months.		
a) October b) November	c) December	
10. In year women Empowerment Policy	was declared by India.	
a) 2001 b) 2002	c) 2003	
B. True or False. (Any seven)		
1'Utkarsh' camp is related to energy conservation.		
2. World women conference was held in 1975 at Na	irobi.	
3. Domestic violence act made in 2005.		
4. Bhuj earthquake is natural Disaster.		
5. Headquarter of WHO is located at New York.		
6. Vanraj NGO is started by Mohan Dharia.		
7. Shirpur pattern is related to forest conservation.		
8. National Rural Health Mission was started on 5 A	april 2003.	
9. Patriarchy means dominancy of male	•	
10. Sustainable development goals are eight		

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Q.2 Define values? Discuss the relation between norm and value	15
OR	
a) Features of Health & Hygiene	08
b) Features of Value.	07
Q.3 . Sources of Non – Conventional Energy	15
OR	
a) Give an account of concept of Disaster Management Cycle	08
b) Write a note on 'Sendai Convention'.	07
Q.4 Need of Sustainability.	15
OR	
a) Discuss causes and effects of Malaria disease.	08
b) Man Made Disaster.	07
Q.5 Explain Concept of Natural Disaster and its types.	15
OR	
a) Give an account of Non-conventional energy.	08
b) Write a note on 'Waste Management."	07