

**BACHELOR OF EDUCATION  
SECOND SEMESTER  
HEALTH & PHYSICAL EDUCATION  
BED – 206A**

**SET  
A**

**[USE OMR SHEET FOR OBJECTIVE PART]**

Duration: 1.30 hrs.

Full Marks: 35

Time: 15 mins.

**(Objective)**

Marks: 10

*Choose the correct answer from the following:*

*1 × 10 = 10*

1. Which of the following is an objective of Physical Education?  
a. Physical Development                      b. Mental Development  
c. Emotional Development                    d. All of the above
2. Which of the following is the Scope of Physical Education?  
a. Yoga    b. Dance  
c. Recreation                                    d. All of the above
3. The ability to overcome resistance or act against resistance is called.....  
a. Power    b. Strength  
c. Speed    d. Balance
4. The meaning of Health is.....  
a. Physical Fitness                              b. Hygiene  
c. Complete well being                        d. Yoga
5. To carry out our daily activities without fatigue is called.....  
a. Physical Fitness                              b. Health  
c. Physical Education                         d. Recreation
6. Range of movement in joints is called.....  
a. Agility    b. Balance  
c. Flexibility                                      d. Reaction Time
7. Which of the following is not a dimension of Health?  
a. Physical Dimension                         b. Spiritual Dimension  
c. Environmental Dimension                 d. Yoga
8. The meaning of "Dhayana" is.....  
a. Union    b. Meditation  
c. Concentration                                d. Relaxation
9. Which of the following is a component of "Skill Related Physical Fitness"?  
a. Body Composition                         b. Flexibility  
c. Balance                                         d. Strength

10. Bass Test is conducted to measure.....
- a. Leg Strength
  - b. Balance
  - c. Agility
  - d. Speed

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**(Descriptive)**

Time : 1 Hr. 15 Mins.

Marks : 25

[ Answer question no.1 & any two (2) from the rest ]

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|--|--------|
| 1. Discuss the benefits of Physical Fitness.   | 5      |
| 2. Define Health. Explain the Dimension of Health.   | 2+8=10 |
| 3. Define Physical Fitness. Explain the various factors that affecting physical fitness.             | 2+8=10 |
| 4. What is "Yoga"? Write down a note on eight stages of yoga.  | 2+8=10 |
| 5. Define Physical Education. Explain the need and importance of physical education in school level. | 2+8=10 |

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