

2367/M**L-9/2055****HEALTH AND PHYSICAL EDUCATION****Paper-2407T****Semester-IV/VIII**

(Common for B.Ed. (Two Year) and
B.A. B.Ed. & B.Sc. B.Ed. (Four Year)

Time Allowed : 1½ Hours] [Maximum Marks : 35

Note : The candidates are required to attempt **one** question each from Sections A and B carrying 12 marks each and the entire Section C consisting of 5 short answer type questions carrying 2 marks each and **one** objective type question of one mark.

SECTION—A

What do you mean by Endocrine Glands ?
Discuss about the functions and location in
Human Body. 12

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2. Discuss the components and sources of Balanced Diet. 12

SECTION—B

3. What is the concept of Physical Fitness ? Discuss its components in detail. 12
4. What is the importance of Yoga in Modern Era ? Describe the technique of Gomukhasana and its benefits. 12

SECTION—C

5. Write short notes on the following :
- (i) Name different parts of Nervous System. 2
 - (ii) Causes of Obesity. 2
 - (iii) Chart of Balanced diet. 2
 - (iv) What type of First Aid should be required or given in fracture ? 2
 - (v) Give the benefits of Padmasana. 2
 - (vi) Select the correct Option : 1
The Longest Muscle in the body is :
 - (a) Deltoid
 - (b) Iliopsoas
 - (c) Pectoralis Major
 - (d) Sartorius.