

SPORTS AND YOGA
(MEC1216)

Time Allotted: 2½ hrs

Full Marks: 60

Figures out of the right margin indicate full marks.

Candidates are required to answer Group A and any4 (four) from Group B to E, taking one from each group.

Candidates are required to give answer in their own words as far as practicable.

Group - A

1. Answer any twelve: **12 × 1 = 12**

Choose the correct alternative for the following

(i) Regular physical activity helps to _____ chronic diseases such as obesity, diabetes and heart disease.
(a) Prevent (b) Increase
(c) Accelerate (d) None of these

(ii) The _____ blood flow raises the oxygen levels in human body.
(a) Decreased (b) Increased
(c) Uniform (d) Fluctuating

(iii) How many components of physical fitness?
(a) 2 (b) 4 (c) 6 (d) 8

(iv) _____ is the analysis / study of forces and the application of the principles of physics and their effect on the human body.
(a) Kinesiology (b) Biomechanics
(c) Physiology (d) Postures

(v) Yoga is a practice that connects the body, _____, and mind.
(a) Wealth (b) Health
(c) Breath (d) All of these

(vi) Hypertension is another name of _____ blood pressure.
(a) Low (b) Medium
(c) High (d) Very low

(vii) In this asana the shape of the body remains like a snake that is why it is called _____.
(a) Bhujangasana (b) Ardha Chakrasana
(c) Pawanmuktasana (d) Vajrasana

(viii) How many numbers of limbs of yoga?
(a) 4 (b) 8 (c) 12 (d) 16

Fill in the blanks with the correct word

- (xi) There are two types of postural deformities: functional and _____.
- (xii) A postural defect called _____ occurs when the lumbar spine bends forward more than it should.
- (xiii) Researches reveal that _____ is a highly recommended approach for achieving optimal physical health.
- (xiv) To sit in a comfortable position for everlasting period of time is called _____.
- (xv) A skill is the ability to perform a whole _____.

Group - B

2. (a) State the importance of the different components of physical fitness. *[(CO1)(Remember/LOCQ)]*
(b) What are the preventing health threats through lifestyle change? *[(CO1)(Remember/LOCQ)]*

6 + 6 = 12

3. (a) Describe the significance of Olympic Symbols. *[(CO2)(Understand/LOCQ)]*
(b) Write short notes on Dronacharya and Dhayanchand Award. *[(CO2)(Understand/LOCQ)]*

6 + 6 = 12

Group - C

4. (a) Explain anatomy, physiology and its importance. $[(CO2)(Understand/LOCQ)]$
(b) Interpret the innumerable benefits of good posture? $[(CO3)(Apply/IOCQ)]$
 $6 + 6 = 12$

5. (a) Write the good and bad effects of friction in different sports activities. $[(CO3)(Understand/LOCQ)]$
(b) Demonstrate the major postural deformities (any two) of the followings:
(i) Knock knee, (ii) Flat Foot and (iii) Bow Legs. $[(CO3)(Apply/IOCQ)]$
 $6 + 6 = 12$

Group - D

6. (a) What are the several benefits of yoga for college students. *[(CO4)(Apply/LOCQ)]*
(b) Interpret the relaxation techniques for improving concentration. *[(CO4)(Apply/LOCQ)]*
6 + 6 = 12

7. (a) Explain the benefits of asana for prevention of diseases. *[(CO4)(Understand/LOCQ)]*
(b) Demonstrate the processes and benefits of asanas on Tadasana and Vajrasana. *[(CO4)(Apply/LOCQ)]*
6 + 6 = 12

Group - E

8. (a) Examine the common psychological benefits gained through exercise. *[(CO5)(Analyse/LOCQ)]*
(b) Demonstrate an understanding of sound nutritional practices as related to health and physical performance. *[(CO5)(Apply/LOCQ)]*
6 + 6 = 12

9. (a) What are the common problems faced by the students during adolescence? *[(CO6)(Understand/LOCQ)]*
(b) Compare the different types of techniques of motivation. *[(CO6)(Analyse/LOCQ)]*
6 + 6 = 12

Cognition Level	LOCQ	IOCQ	HOCQ
Percentage distribution	56.25	43.75	0

