

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

- (ix) The name of this single – elimination tournament where the loser of each match is eliminated until one winner remains.
 (a) Knockout tournament (b) League tournament
 (c) Round Robin tournament (d) Combination tournament
- (ix) Anti-Doping Agency (USADA) is the national anti-doping organization for the Olympic movement in the
 (a) India (b) Canada
 (c) United States (d) United Kingdom

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/IOCQ)]*
(b) Interpret the relaxation techniques for improving concentration. *[[CO4)(Apply/IOCQ)]*
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/IOCQ)]*
(b) Demonstrate an understanding of sound nutritional practices as related to health and physical performance. *[[CO5)(Apply/IOCQ)]*
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/IOCQ)]*
6 + 6 = 12
-

Cognition Level	LOCQ	IOCQ	HOCQ
Percentage distribution	56.25	43.75	0

