

**SPORTS AND YOGA**  
**(MEC 1216)**

**Time Allotted: 2½ hrs**

**Full Marks: 60**

*Figures out of the right margin indicate full marks.*

*Candidates are required to answer Group A and  
any 4 (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) \_\_\_\_\_ is the science of understanding the structure and the parts of living organisms.  
(a) Anatomy (b) Physiology  
(c) Biology (d) Oncology
- (ii) The increased blood flow raises the \_\_\_\_\_ levels in human body.  
(a) Hydrogen (b) Oxygen  
(c) Nitrogen (d) Helium
- (iii) The science of movement or the study of movement is known as  
(a) Physiology (b) Oncology  
(c) Kinesiology (d) Statics & dynamics
- (iv) A position of the body, or the way in which someone holds the body when standing, sitting or walking is called  
(a) Flexibility (b) Back pain  
(c) Lordosis (d) Postures
- (v) Physical education aims to promote physical fitness and \_\_\_\_\_ by providing opportunities for regular physical activity.  
(a) Wealth (b) Health  
(c) Sports kit (d) All of these
- (vi) Physical education aims to enhance social skills and \_\_\_\_\_ by providing opportunities for students to work together in group settings.  
(a) Potential work (b) Negative Work  
(c) Teamwork (d) Social work
- (vii) The Olympic Games are normally held every \_\_\_\_\_ years.  
(a) One (b) Two (c) Three (d) Four

- (viii) Baron Pierre de Coubertin founded the International Olympic Committee (IOC) in \_\_\_\_\_, leading to the first modern Games in Athens in 1896.  
 (a) 1892 (b) 1893 (c) 1894 (d) 1895
- (ix) The Dronacharya Award in Sports and Games, is an award to honour the outstanding  
 (a) Coaching abilities (b) Physical training abilities  
 (c) Teaching abilities (d) Sports abilities
- (ix) Training has specific goals of improving one's capability, capacity, productivity and  
 (a) Performance (b) Adaptability  
 (c) Wiseness (d) Poorness

*Fill in the blanks with the correct word*

- (xi) The three values of Olympics are excellence, respect and \_\_\_\_\_.
- (xii) Yoga is a practice that connects the body, breath, and \_\_\_\_\_.
- (xiii) Yoga nidra is a guided meditation technique involving conscious, systematic relaxation and \_\_\_\_\_ awareness.
- (xiv) Planning can be defined as a process for developing a strategy to achieve desired objectives, solve \_\_\_\_\_, and facilitate action.
- (xv) Doping refers to the use of \_\_\_\_\_ substances in competitive sports.

### **Group - B**

2. (a) Explain the objectives of physical education. [[CO1](Analyse/IOCQ)]  
 (b) Discuss the Olympic symbols, ideals and objectives. [[CO1](Understand/LOCQ)]  
**6 + 6 = 12**
3. (a) "Changing lifestyles help to prevent health threats". Explain with valid points. [[CO2](Analyse/IOCQ)]  
 (b) Write short notes on Dronacharya award, Arjuna award and Dhayanchand Award. [[CO3](Remember/LOCQ)]  
**6 + 6 = 12**

### **Group - C**

4. (a) Write the difference between the anatomy and physiology. Name any four internal organs of the human body and discuss their functions. [[CO2](Analyse/IOCQ)]  
 (b) Describe the meaning and importance of kinesiology and biomechanics in physical education and sports. [[CO2](Analyse/IOCQ)]  
**6 + 6 = 12**
5. (a) What are the benefits of good postures for human communities? [[CO3](Understand/LOCQ)]

- (b) Write short notes of any two of the followings:  
(i) Knock knee, (ii) Lordosis and (iii) Kyphosis.

[[C03](Remember/LOCQ)]

**6 + 6 = 12**

### Group - D

6. (a) What is the meaning of yoga? Write the benefits of yoga for engineering students. [[C03](Understand/LOCQ)]  
(b) What are the benefits of meditation for senior citizens? [[C04](Remember/LOCQ)]
7. (a) Explain the benefits of asana for prevention of diseases. [[C04](Analyse/IOCQ)]  
(b) Write short notes on Bhujangasana and Savasana. [[C04](Remember/LOCQ)]

**6 + 6 = 12**

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### Group - E

8. (a) What is the meaning and objectives of 'planning' in case of sports? [[C05](Analyse/IOCQ)]  
(b) Compare knockout tournament, league tournament and round robin tournament. [[C05](Remember/LOCQ)]
9. (a) What are the common problems faced by the students during adolescence? [[C06](Remember/LOCQ)]  
(b) Describe the different types of emotions and what are the controlling techniques of emotions? [[C06](Analyse/IOCQ)]

**6 + 6 = 12**

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| Cognition Level         | LOCQ  | IOCQ  | HOCQ |
|-------------------------|-------|-------|------|
| Percentage distribution | 56.25 | 43.75 | 0    |

#### Course Outcome (CO):

After the completion of the course students will be able to

CO1: understand the importance of sound health and fitness principles as they relate to better health.

CO2: learn breathing exercises and healthy fitness activities

CO3: perform yoga movements in various combination and forms.

CO4: improve personal fitness through participation in sports and yogic activities.

CO5: identify and apply injury prevention principles related to yoga and physical fitness activities.

CO6: demonstrate an understanding of sound nutritional practices as related to health and physical performance.

\*LOCQ: Lower Order Cognitive Question; IOCQ: Intermediate Order Cognitive Question; HOCQ: Higher Order Cognitive Question.

