2026

HEALTH AND PHYSICAL EDUCATION

(Theory)

Full Marks : 70

Pass Marks : 21

Time : Three hours

The figures in the right margin indicate full marks for the questions.

Answer all the questions.

For Question Nos. 1 to 7, choose the correct answer from the given alternatives and rewrite the answer.

1. Which of the following tournament eliminates a team after they lose a match? 1

   (A) League Tournament

   (B) Knock - out Tournament

   (C) Combination Tournament

   (D) Stair case Tournament

2. Which of the following yoga asana is primarily used to improve breathing in asthma patients?. 1

   (A) Tadasana

   (B) Bhujangasana

   (C) Pavanmuktasana

   (D) Katichakrasana

3. Which of the following organisation conducts international sports competitions for athletes with physical disabilities? 1

(A) Special Olympics

(B) Paralympics

(C) Deaflympics

(D) Olympics

4. Practice of Kapalabhati Pranayama _____. 1

(A) Improves lungs capacities

(B) Enhances the stretchability of back muscles

(C) Strengthens body muscles

(D) Improves flexibility

5. Given below are the two statements labelled Assertion (A) and Reason (R).

Assertion (A) : Regular exercise strengthens the cardio-respiratory system. 1

Reason (R) : Exercise improves heart and lung efficiency, enhancing oxygen delivery to muscles during activity.

In the context of the above statements, which one of the following is correct?

(A) Both (A) and (R) are true, and (R) is correct explanation of (A)

(B) Both (A) and (R) are true, but (R) is not correct explanation of (A)

(C) (A) is true, but (R) is false

(D) (A) is false, but (R) is true

6. Given below are the two statements labelled Assertion (A) and Reason (R).

Assertion (A) : The Harvard Step Test is an effective way to measure cardio-vascular fitness. 1

Reason (R) : It calculates fitness index dividing exercise duration by pulse count after exercise.

Which one of the following is correct?

(A) Both (A) and (R) are true, and (R)is correct explanation of (A)

(B) Both (A) and (R) are true, but (R) is not correct explanation of (A)

(C) (A) is true, (R) is false

(D) (A) is false, (R) is true

7. In Judo, why is learning ukemi (breakfall) important? 1

(A) It improves grip strength

(B) It prevents injuries during falling

(C) It increases speed of attacks

(D) To enhance flexibility

For Question Nos. 8 to 17 write answer in one word or one sentence each.

8. Write any one responsibility of various committees formed during sports events. 1

9. What is the meaning of knock knees? 1

10 Why should Halasana be avoided by people with neck injuries? 1

11. Suggest one yoga asana practice that can help to regulate blood sugar? 1

12. A person suffering from mild asthma wants to improve breathing capacity: Which yoga asana or pranayama would you recommend? 1

13. What is the main function of minerals in the body? 1

14 An athlete experiences dehydration during a match. Suggest one way to manage it. 1

15. Name one non-nutritive component of diet beneficial for athletes. 1

16. Mention one food source of calcium for athletes. 1

17. What is the difference between a sprain and a strain injuries? 1

For Question Nos. 18 to 27, write the answers in about 30-40 words each.

18. What are the special considerations that needs to be made during menarche and menstrual dysfunction in sports? 2

19. Explain how yoga asanas helps in preventing obesity. 2

20. Explain the concept of inclusion in sports and why it is important for children with special needs. 2

21. How does regular exercise affects the muscular system and contributes to improve athletic performance? 2

22. Describe the role of spin and release angle in achieving maximum distance in the Discus Throw. 2

23. Mention two safety measures for beginners in practicing Thang - Ta. 2

24. A badminton player needs a quick energy boost during a match. Suggest one suitable food or drink and explain why is it appropriate. 2

25. Suggest one appropriate test from the syllabus to measure the upper body flexibility and describe briefly how it is measured? 2

26. Explain how the principle of projectile motion helps to maximize the distance of the jump in Long Jump. 2

27. Suggest one specific training method to improve an athlete's balance and agility. Explain its one benefit. 2

For Question Nos. 28 to 33, write answer in about 40-60 words each.

28. (a) Why does WHO recommended certain exercise guidelines for children, adults and older adults? Explain with examples. 3

OR

(b) List three physical and psychological benefits of women's participation in sports. 3

29. (a) Explain the role of carbohydrates in an athlete's diet. 3

OR

(b) Describe the difference between nutritive and non-nutritive components of diet and give one example of each. 3

30. (a) A basketball player jumps to make a basket and lands safely on the court floor. 3

(i) Explain the role of friction during the jump and landing.

(ii) What type of equilibrium is maintained while standing still before the jump?

OR

(b) A cricket bowler throws a fast ball toward the batsman. The batsman hits it with great force and the ball changes direction. 3

(i) Identify which Newton's Laws of Motion are illustrated during the bowler's throw and the batsman's shot.

(ii) Explain how action and reaction forces are involved in this event.

31. (a) A physical Education Teacher wants to make a football game accessible for children with visual impairments. Suggest three strategies that can be implemented to ensure the game is safe and inclusive. 3

OR

(b) Explain how physical activity can support the physical and psychological development of persons with intellectual disability and physical weakness. 3

32. (a) Which Motor Fitness Tests should be selected if a Physical Education Teacher wanted to assess flexibility, endurance and speed? Name them. 3

OR

(b) Describe the procedure of Six - minute Walk Test for senior citizens. 3

33. (a) With the help of a neat labelled diagram, illustrate any three type of fracture from the following : 3

(i) Greenstick

(ii) Transverse

(iii) Comminuted

(iv) Oblique, Impacted

OR

(b) Elaborate the prevention of sports injuries. 3

For Question Nos. 34 to 36, write answer in about 40-60 words each.

34. (a) Explain the objectives of Intramurals. 5

OR

(b) What are the pre tournament responsibilities and post tournament responsibilities of the various committees in sports? Give five points to each. 5

35. (a) Explain the Sports Training Cycle and describe the purpose of Micro, Meso and Macro cycles in sports performance. 5

OR

(b) Discuss the methods to develop strength, with special reference to Isometric and Isotonic Exercises. 5

36. (a) Explain the history, rules and fundamental skills of Thang - Ta or Taekwondo. 5

OR

(b) Describe the fundamental skills, rules and techniques of 800 m run or 200 m run. 5
