



ABV-Indian Institute of Information Technology and Management, Gwalior
Major Examination (Set-B)
Sports and Physical Education
BCS/BMS/BEE - First Semester(2023-24)

Max Marks -35

Duration- 170 minutes

Course Code: HS 102

Note:

- This is a closed book exam.
- Read and follow all the instructions printed on the answer sheet.
- Question paper has 4 Sections. Section-A contains 5 multiple choice questions, Section-B contains 10 Fill in the blanks and State true or false Section-C contains 7 descriptive question Section-D contains 3 descriptive question. (Q.6, Q.7) and (Q.8, Q.9) are either or questions.

(Section-C)

Descriptive Question

- | | |
|--|---|
| Q.1 Write down the guiding principles of warming up in brief. | 2 |
| Q.2 Name the place where the first Modern Olympics was organized? | 2 |
| Q.3 What are the Physiological reasons in support of warming up? | 2 |
| Q.4 Mention the importance of sports psychology. | 3 |
| Q.5 Discuss any four problems of adolescents. | 5 |
| Q.6 Discuss the Muscular System: Definitions and Properties of Muscles | |
| (or) | 5 |
| Q.7 Recreate (write): Any one of the assignments which you have submitted. | |

(Section-D)

Descriptive Question

- | | |
|---|----|
| Q.8 a) Briefly describe the process and scoring of the 50 m standing start and 600 m walk/Run | 3 |
| b) What is the role of speech language pathologist for special need children? | 5 |
| c) Describe the history and working of IOA? | 3 |
| (or) | |
| Q.9 Discuss any one topic which we have discussed during the Tutorials in a detailed manner. | 11 |
| Q.10 a) What do you mean by planning? Explain the objectives of planning. | 4 |
| b) Define Physical Education Explain the Aim and Objective of Physical Education? | 4 |

-----End of the question paper-----