



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. 2
- Q.5 Discuss any four problems of adolescents. 3
- Q.6 Discuss the Muscular System: Definitions and Properties of Muscles. 5
- (or)
- Q.7 Recreate (write): Any one of the assignments which you have submitted. 5

**(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-----