

B. Ed.
4TH SEMESTER
HEALTH EDUCATION
BED – 404A

Duration: 1.30 Hrs.

Marks: 35

{ Part : A (Objective) = 10 }
{ Part : B (Descriptive) = 25 }

[PART-B : Descriptive]

Duration: 1.20 Hrs.

Marks: 25

[Answer question no. One (1) & any four (4) from the rest]

1. Write briefly Importance of Physical Education. 5
2. What is the meaning of physical education? Write Objectives of physical education. 3+7=10
3. Define Physical fitness. Write factors of physical fitness and explain its types. 2+4+4=10
4. What are the dimensions of health? Explain briefly. 2+8=10
5. Importance of physical activities at school level write your opinion. 10

==***==

B. Ed.
4TH SEMESTER
HEALTH EDUCATION
BED-404A

[PART-A : OBJECTIVE]

Choose the correct answer from the following:

1X10=10

1. The English word "health" comes from the Old English word.....

- a. Hele
- b. Hell
- c. Hale
- d. Hala

2. How many types of dimension of health ?

- a. Six
- b. Seven
- c. Eight
- d. None of the above

3. Genetics - inheritance plays a part in determining lifespan, healthiness and the likelihood of developing certain.....

- a. Illnesses
- b. Ill
- c. Health problem
- d. None of the above

4.helps the children to maintain their fitness, develop their muscular strength and increase their stamina.

- a. Health education
- b. Physical education
- c. Both
- d. None of the above

5. Self confidence is the example of

- a. Physical development
- b. Emotional development
- c. Mental development
- d. Intellectual development

6. Physical Education is a course that helps to develop physical fitness in the.....

- a. Children
- b. Youth
- c. Both
- d. None of the above

7. What is the full form of 3S?

- a. Stamina, strength and suppleness
- b. Strength, stamina and suppleness
- c. Suppleness, strength and stamina
- d. None of the above

8. A fitness assessment is a series of measurements that help determine physical fitness.....

- a. Mental fitness
- b. Physical fitness
- c. Emotional fitness
- d. All the above

9. The benefit of the physical fitness is

- a. Endless
- b. Endness
- c. End
- d. None of the above

10. A sound body is the home of a sound.....

- a. Heart
- b. Health
- c. Mind
- d. Mental

==***==