

SARASWAT EDUCATION SOCIETY'S
SRIDORA CACULO COLLEGE OF COMMERCE & MANAGEMENT STUDIES
KHORLIM, MAPUSA – GOA
F.Y B.COM – FIRST SEMESTER END ASSESSMENT, NOVEMBER 2023

HEALTH & PHYSICAL EDUCATION
(UNDER NEP 2020 W.E.F. ACADEMIC YEAR 2023-2024)

Duration: 1 hour.

Marks: 40

Instructions: 1. All Questions are compulsory; however, there are internal choices for Q.1, Q. 2A, Q. 3A, Q.4A & Q. 5A.

2. Answer sub-questions in Q.1 in not more than 50 words each.

3. Answer sub-questions in Q.2 A, Q.3 A, Q.4 A and Q.5 A in not more than 75 words each.

4. Answer sub-questions in Q.2 B, Q.3 B, Q.4 B and Q.5 B in not more than 75 words each.

5. Answer sub-questions in Q.2 C, Q.3 C, Q.4 C and Q.5 C in not more than 50 words each.

6. Figures to the right indicate maximum marks to the question

Q.1) Answer **Any Four** from the Following questions: 4 x 2 Marks

1. Write in brief about “Motor Development”.
2. Explain the meaning of “Active Stretching”.
3. Write in brief about “Gross Motor Skills”.
4. Define meaning of “Health”.
5. Write components of “Health related Physical Fitness”.
6. What is “Balance Diet”.

Q.2 A) Explain the following 3 Marks
a. Muscular strength
b. Flexibility

OR

Q.2 A) Explain depression and anxiety disorders as mental health conditions. 3 Marks

Q.2 B) Explain impact of “Cognitive Domains on Physical Activity”. 3 Marks

Q.2 C) Distinguish between physical activity and physical fitness. (2 points) 2 Marks

Q.3 A) Explain **any 2** principles of “Motor Development and Learning”. 3 Marks

OR

- Q.3 A) Explain **any 2** points as to how physical activity interventions are helpful. 3 Marks
- Q.3 B) Write a short note on “Cognitive Dimensions of physical activity”. 3 Marks
- Q.3 C) Write a short note on prescription of physical activity on children and adolescents. 2 Marks
- Q. 4 A) Explain the following component. 3 Marks
- a. Agility
 - b. Power
- OR
- Q.4 A) Write a short note on prescription of physical activity on older adults. 3 Marks
- Q.4 B) Elaborate on role of Physical activity in promoting mental health. 3 Marks
(3 points)
- Q.4 C) Write a note on “Psychomotor dimensions” of Physical Activity. 2 Marks
- Q.5 A) Explain “Physiological benefits” of physical activity (Any 2). 3 Marks
- OR
- Q.5 A) Explain “Cardiovascular Endurance” as a component of physical fitness. 3 Marks
- Q.5 B) Write a note on “Affective Dimensions” of physical activity. 3 Marks
- Q.5 C) Suggest safety consideration in physical activity. 2 Marks

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