

SARASWAT EDUCATION SOCIETY'S
SRIDORA CACULO COLLEGE OF COMMERCE & MANAGEMENT STUDIES
KHORLIM, MAPUSA – GOA
F.Y B.COM – SECOND SEMESTER END ASSESSMENT, APRIL 2024

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 "Physical Fitness".
2. Explain the meaning of "Physical Education".
3. Write in brief about "Strength Training".
4. Define meaning of "Health".
5. Write in brief about "Warm Up".
6. What is "Circuit Training Method"?

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 dimension on Physical Activity". 3 Marks
Q.2 C) Distinguish between Weight training and Own body weight exercises. (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 treating Mental Health conditions. 3 Marks
- Q.3 B) Write a short note on “Macro Nutrients”. 3 Marks
- Q.3 C) Write a short note on prescription of physical activity for 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 Nutrition and Hydration. 3 Marks
- Q.4 B) Elaborate on role of Physical activity in promoting mental health. (3 points) 3 Marks
- Q.4 C) Explain relationship between Physical Activity, Physical Fitness and Health. 2 Marks
- Q.5 A) Explain “Psychological benefits” of physical activity (Any 2). 3 Marks
- OR
- Q.5 A) Suggest safety consideration in physical activity to prevent injuries. 3 Marks
- Q.5 B) Elaborate “Dimensions of Health”. (3 points) 3 Marks
- Q.5 C) Write a note on “Affective Dimensions” of physical activity. 2 Marks

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