SARASWAT EDUCATION SOCIETY'S
SRIDORA CACULO COLLEGE OF COMMERCE & MANAGEMENT STUDIES
KHORLIM, MAPUSA, GOA

B.Com – Honors / B.Com - General (NEP 20, w. e. f. 2023-24)

F.Y. B.COM. SEMESTER END ASSESSMENT, OCT/NOV, 2026

THEORY - REGULAR ODD SEMESTER I EXAMINATION

Subject:- VAC 118- HEALTH & PHYSICAL EDUCATION M.Marks:- 40.
Credits : - 02 Duration:- 1 hrs.

Instructions:

1. Number of printed pages is 2
2. 1. All Questions are compulsory; however, there are internal choices for Q.1, Q. 2A, Q. 3A, Q.4A & Q. 5A.
3. Answer sub-questions in Q.1 in not more than 50 words each.
4. Answer sub-questions in Q.2 A, Q.3 A, Q.4 A and Q.5 A in not more than 75 words each.
5. Answer sub-questions in Q.2 B, Q.3 B, Q.4 B and Q.5 B in not more than 75 words each.
6. Answer sub-questions in Q.2 C, Q.3 C, Q.4 C and Q.5 C in not more than 50 words each.
7. 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. Cardiovascular Endurance

b. Coordination

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)	Design a Fitness training program for college students based on the FITT principles.	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. a) Body Balance b) Power	3 Marks
	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)	What is First Aid? What safety measures will you take if a person faints?	3 Marks
Q.5 C)	Write a note on "Affective Dimensions" of physical activity.	2 Marks

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