

Goa Vidyaprasarak Mandal's
GOPAL GOVIND POY RAITURCAR COLLEGE OF COMMERCE AND ECONOMICS
FARMAGUDI, PONDA – GOA
B.COM. UGC-CCFUP (SEMESTER-I) REGULAR EXAMINATION, NOVEMBER 2023
VAC-118 – HEALTH AND PHYSICAL EDUCATION

Time: 1 Hour

Marks: 40

Q.1) Answer the following questions:

- a. Why do we need to consider individual differences while training for sports or any physical activities? **(2 Marks)**
- b. Is Obesity a problem and how can it be solved? **(2 Marks)**
- c. What have you to say about Practice makes a man perfect and is it true in sports? **(2 Marks)**
- d. What impact is caused by sports and games on type 2 diabetes? **(2 Marks)**

Q.2 A) i) What are the different dimensions of physical activity? **(3 Marks)**

OR

Q.2 A) i) What are the 5 affective dimensions involved in physical activity? Explain two in 2-3 sentences? **(3 Marks)**

Q.2 B) i) How is social interaction taking place due to involvement when you regularly go to the park or play cricket? **(3 Marks)**

Q.2 C) i) How can emotional balance take place by involving in sports and games? **(2 Marks)**

Q.3 A) i) Based on your understanding what are the different categories of people you will have to think of while prescribing any physical activity? **(3 Marks)**

OR

Q.3 A) i) What exercises would you suggest to your female family member who is pregnant and what precautions should that person take while doing those exercises? **(3 Marks)**

Q.3 B) i) For children between 6-16 years what are the different types of activities you will make them do if you are given an opportunity to work on their physical health? **(3 Marks)**

Q.3 C) i) What are the activities you will recommend to a physically challenged neighbour? **(2 Marks)**

Q.4 A) i) Name the physical fitness components you know and give two lines each on four physical components? **(3 Marks)**

OR

Q.4 A) i) Explain how did you do the bleep or multi stage test and how did it progress at each stage? What do you learn about yourself from this test? **(3 Marks)**

Q.4 B) i) What is your understanding about muscular endurance and what exercises help you to know how fit are you through this exercises? **(3 Marks)**

Q.4 C) i) What is your understanding regarding Speed and how important is it in sports? **(2 Marks)**

P.T.O.

