

**Goa Vidyaprasarak Mandal's**  
**GOPAL GOVIND POY RAITURCAR COLLEGE OF COMMERCE AND ECONOMICS**  
**FARMAGUDI, PONDA – GOA**  
**B.COM. UGC-CCFUP (SEMESTER-I) REGULAR EXAMINATION, OCTOBER/NOVEMBER 2024**  
**VAC-119 – HEALTH AND PHYSICAL EDUCATION**

**Time: 1 Hour**

**Marks: 40**

**Q.1) (4 x 2 Marks)**

- a. Do you agree that as a cricketer practicing batting, bowling and fielding repeatedly makes a player improve? Explain. **(2 marks) ( CO2 BL2 )**
- b. What are the ways to control blood sugar levels through physical exercise and what are their effects on type 2 diabetes? **(2 marks) ( CO1 BL2 )**
- c. How can proper weight maintenance help in the prevention of being obese in today's context? **(2 marks) ( CO2 BL2 )**
- d. Why is it important to consider individual differences while training for kabaddi or any other sports? **(2 marks) ( CO3 BL2 )**

**Q.2) (2 x 3 Marks + 1 x 2 Marks)**

- A) i) Explain what you mean by emotional well-being and stress reduction as an effective dimension in physical activity. **(3 marks) ( CO2 BL2 )**

**OR**

- A) ii) What are the dimensions of physical activity that you know and can list down? Explain. **(3 marks) ( CO1 BL1 )**

- B) Do you think you become more socially responsible in life when you go for aerobics training or any game that you like to play ? **(3 marks) ( CO3 BL2 )**

- C) Emotional balance cannot be ignored in life. How does it take a significant place while involving in sports and games? **(2 marks) ( CO2 BL2 )**

**Q.3) (2 x 3 Marks + 1 x 2 Marks)**

- A) i) What exercises would you suggest to your sister who is married and is pregnant for the first time and what suggestions you would give her to take care while doing those exercises? **(3 marks) ( CO3 BL3 )**

**OR**

- A) ii) In your village or community what are the various categories of people you need to consider while involving them in sports or activities? **(3 marks) ( CO3 BL3 )**

- B) College students need to choose different types of activities to stay healthy and fit. What will you suggest to them to avoid getting bored doing the same activities regularly? **(3 marks) ( CO3 BL3 )**

- C) What are the activities would you suggest to improve mobility for a neighbour who is physically handicapped? **(2 marks) ( CO3 BL3 )**

**P.T.O.**

Q.4) (2 x 3 Marks + 1 x 2 Marks)

- A) i) What is warming up and cooling down, and how does it help to know your physical fitness condition before and after a sports event? **(3 marks) ( CO2 BL1 )**
- OR**
- A) ii) Out of the many Physical fitness components name five and explain two of them in detail. **(3 marks) ( CO1 BL1 )**
- B) What is muscular endurance, and what exercises help you assess your fitness through it? **(3 marks) ( CO2 BL1 )**
- C) Define endurance in the context of sports and games, and how can you develop it through sports? **(2 marks) ( CO1 BL1 )**

Q.5) (2 x 3 Marks + 1 x 2 Marks)

- A) i) Do you think that your overall health can be taken care of by walking or running regularly?  
How will you be able to achieve it when you come to college? **(3 marks) ( CO3 BL2 )**
- OR**
- A) ii) Prevention of disease is better than cure and is considered as one of the parameters in the development of physical activity guidelines. How do they impact daily life? **(3 marks) ( CO2 BL2 )**
- B) suggest methods to reduce medical bills in your family? Is it possible through regular activities at home? **(3 marks) ( CO2 BL3 )**
- C) Mental strength helps people to be capable of achieving great things in life. Do you agree? Suggest ways it can be done by involving in physical activities. **(2 marks) ( CO2 BL3 )**

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