

VVM's
Shree Damodar College of Commerce & Economics, Margao- Goa
FY B.Com, Semester-I (Regular), Semester End Assessment(OA-38) November 2023
Health and Physical Education (VAC 118) NEP-2020

Duration- 1 Hour

Total Marks- 40

Instructions

- 1) All questions are compulsory, internal choice may be available.
- 2) Figures to the right indicates marks.
- 3) Start each question on fresh page

Q.1 A) Define Physical Education 4 X 2 Marks

B) Write any 2 principles of Motor Development.

C) State what is physical fitness and list down HRPF components.

D) State the Physiological benefits of Physical Activity.

Q 2 A) i) State How Does Physical Activity helps in dealing with chronic diseases. 3 Marks

OR

A) i) State How Does Physical Activity helps in dealing with mental health conditions.

3 Marks

Q 2 B) i) List down guidelines for prescribing Physical Activity to Adults aged 18-64 years.

3 Marks

Q 2 C) i) Define Health.

2 Marks

Q 3 A) i) Describe the psychological benefits of Physical Activity.

3 Marks

OR

Q.3 A) i) Discuss the role of Physical Activity in promoting Mental Health.

3 Marks

Q.3 B) i) Explain any 3 SRPF components.

3 Marks

Q.3 C) i) Discuss the safety measures should be taken into consideration while doing Physical Activity.

2 Marks

Q.4 A i) Explain cognitive dimension of Physical Activity 3 Marks

OR

Q.4 A i) Explain affective dimension of Physical Activity 3 Marks

Q.4 B Explain the following terms briefly 3 Marks

A) Physical Activity

B) Chronic Disease

Q 4 C Describe Gross Motor Development 2 Marks

Q.5.A i) Implement your knowledge on the concept of Gross Motor Skills & Fine Motor Skills in understanding the development of Child 3 Marks

OR

Q.5.A i) You are a psychologist working in a Educational institute how will you implement physical Activity programme to boost students Mental Health 3 Marks

Q.5.B i) You are a Gym Instructor working in a gym how will you train a client who is a beginner in exercise 3 Marks

Q.5.C i) Interpret how Physical Education contributes to Physical Fitness 2 Marks