

Instructions:

Start each question on fresh page.

Figures to the right indicate maximum marks.

Answer any 5 from the following questions. (05 X 05= 25 Marks)

Q1. Calculate BMI of an individual whose Weight is 87 kg and Height is 5.4 feet & classify the BMI

Q2. Physical fitness is the first requisite of happiness. Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. In the view of above, explain briefly Components of Physical Fitness.

Q3. Define Health and Explain Dimensions of Health

Q4. Write down the muscles of Thigh, Shoulder and Chest and Explain exercises to develop the mentioned body parts.

Q5. Many factors combine together to affect the health of individuals and communities. Whether people are healthy or not, is determined by their circumstances and environment. To a large extent, factors such as where we live, the state of our environment, genetics, our income and education level, and our relationships with friends and family all have considerable impacts on health. In the view of above given situation, explain factors affecting Health.

Q6. Write down the importance of Games
