



**Course Code: HS 102**

**Note:**

- This is a closed book exam.
- Read and follow all the instructions printed on the answer sheet.
- Question paper has 4 Sections. Section-A contains 5 multiple choice questions, Section-B contains 10 Fill in the blanks and State true or false Section-C contains 7 descriptive question Section-D contains 3 descriptive question. (Q.6, Q.7) and (Q.8, Q.9) are either or questions.

**(Section-C)**

**Descriptive Question**

<del>Q.1</del> Write down the guiding principles of warming up in brief.	2
<del>Q.2</del> Name the place where the first Modern Olympics was organized?	2
<del>Q.3</del> What are the Physiological reasons in support of warming up?	2
<del>Q.4</del> Mention the importance of sports psychology.	2
<del>Q.5</del> Discuss any four problems of adolescents.	3
<del>Q.6</del> Discuss the Muscular System: Definitions and Properties of Muscles	5
(or)	
<del>Q.7</del> Recreate (write): Any one of the assignments which you have submitted.	5

**(Section-D)**

**Descriptive Question**

<del>Q.8 a)</del> Briefly describe the process and scoring of the 50 m standing start and 600 m walk/Run	3
<del>b)</del> What is the role of speech language pathologist for special need children?	5
<del>c)</del> Describe the history and working of IOA?	3
(or)	
<del>Q.9</del> Discuss any one topic which we have discussed during the Tutorials in a detailed manner.	11
<del>Q.10 a)</del> What do you mean by planning? Explain the objectives of planning.	
<del>b)</del> Define Physical Education Explain the Aim and Objective of Physical Education?	

-----End of the question paper-----