

**OPEN BOOK EXAMINATION SCHEME 2020**

**PHYSICAL EDUCATION**

**B.A. (H) /B.Com.(H) Programme Sem. III (CBCS)Nov/Dec 2020**

(SEMESTER SCHEME ADMISSION OF 2015/2016/2017/2018/2019)

**Set-I**

**UNIQUE PAPER CODE NO. :12555321**

**NAME OF THE PAPER :Health Education, Anatomy and Physiology**

**NAME OF THE COURSE :B.A. (H)/ B.Com.(H)-Generic Elective**

**Instruction for students:**

- Attempt any **FOUR QUESTIONS**. All questions carry equal marks. Maximum Marks will be 50.
- The duration of question paper is of **4 hours out of which** the student is provided with **3 hours for answering** the question paper and **1 hour is given for** downloading the question paper, scanning the answer sheet in PDF format and uploading the scanned PDF of the answer sheet on the portal.
- Answers may be written either in English or Hindi; but the same medium should be used throughout the paper.

1. What do you understand by Health? Explain various health promoting behaviours.  
स्वास्थ्यसेआपक्यासमझतेहैं? विभिन्नस्वास्थ्य-वर्धकव्यवहारोंकीव्याख्याकीजिये।
2. Write a detailed note on Personal Hygiene, Sleep Hygiene and Occupational Hygiene.  
व्यक्तिगतस्वच्छता, नींदकीस्वच्छताऔरव्यावसायिकस्वच्छतापरएकविस्तृतटिप्पणीलिखिए।
3. Explain various physiological factors affecting development of physical fitness components.  
शारीरिकफिटनेसकेघटकोंकेविकासकोप्रभावितकरनेवालेविभिन्नशरीरक्रियाविज्ञानसंबंधीकारकोंकीव्याख्याकीजिये।
4. Give a brief description of Endocrine System and Respiratory System.  
अंतःस्रावीतंत्रतथाश्वसनतंत्रकासंक्षिप्तविवरणदीजिये।
5. Describe the effect of exercise on Circulatory System and Muscular System.  
परिसंचरणतंत्रतथामांसपेशीयतंत्रपरव्यायामकेप्रभावोंकावर्णनकीजिये।
6. Explain the concept of Fatigue, Stitch and Cramp.  
थकान, स्टिचऔरक्रेम्पकीअवधारणाकोसमझाइए।