

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

School of Nursing
Bachelor of Science in Nursing
CAT2 - Nov 2023

Duration : 90 Minutes
Max Marks : 30

Sem I - ZOZO40401 - Physical Education and Yoga

General Instructions

Answer to the specific question asked

Draw neat, labelled diagrams wherever necessary

Approved data hand books are allowed subject to verification by the Invigilator

- 1) Which of the following is not a component of physical fitness? K1 (1)
1)Cardiorespiratory endurance 2)Muscular strength 3)Flexibility
4)Body composition
- 2) In fitness program which exercise component focus on the number of times a specific exercise is repeated? K1 (1)
- 3) What is the other name for synchronization? K1 (1)
- 4) Complete stability of the mind is known as K1 (1)
- 5) Define and elaborate two sports characteristics of Physical Education during the Nalanda Period. K1 (2)
- 6) Explain, Compare and contrast the Rajput and Muslim perspectives on Physical Education in India. K2 (2)
- 7) Identify the ADHOC Inquiry Comitte Suggestion. K2 (2)
- 8) Analyze the management of Healthy Lifestyle K5 (5)
- 9) Explain Speed and Strength in terms of Physical Fitness K5 (5)
- 10) Describe the relationship between yoga and reduction of symptoms in various mental health disorders. K5 (10)