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School of Liberal Education
Bachelor of Arts Honours in Applied Psychology
Mid Term Examination - Nov 2023

Duration : 90 Minutes
Max Marks : 50

Sem III - L1UB320T - 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

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| 1) | Explain the importance of Physical Fitness | K2 (2) |
| 2) | Define the need for Physical Education in modern society. | K1 (3) |
| 3) | Explain Rajkumari Coaching Scheme | K2 (4) |
| 4) | Explain and contrast the objective of Physical Education | K2 (6) |
| 5) | Identify the importance of Physical Education in the holistic development of an individual. | K3 (6) |
| 6) | Identify & Evaluate the effectiveness of various fitness components in improving overall health. | K3 (9) |
| 7) | Compare SAI & NSIS | K4 (8) |
| 8) | Examine the ethical considerations in promoting Fitness and Wellness in educational institutions. | K4 (12) |

OR

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| | Examine the role of community engagement in promoting Physical Education. | K4 (12) |
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