

School of Liberal Arts

Applied Psychology
ETE - Jun 2024

Time : 3 Hours

Marks : 100

Sem IV - L1UB420T - Physical Education and Yoga

Your answer should be specific to the question asked

Draw neat labeled diagrams wherever necessary

1. What is the importance of Physical Education? K2 CO1 (5)
2. Explain Traditional Games in Physical Education. K2 CO1 (5)
3. What is the misconception about Physical Education? K2 CO1 (5)

4. Choose any 2 Asanas and explain in brief: K2 CO2 (10)
Bhujang Asana
Vajrasan
Tad Asana
5. Explain the term Yoga. Write down the scope of Yoga. K3 CO3 (10)
6. Explain the meaning of Obesity. Describe the causes of Obesity. K3 CO3 (10)
- 7) Explain the term, Tad Asana. Evaluate the benefits of Asanas. K3 CO3 (10)

OR

- How Yoga affects the mental health and Value Education? K3 CO3 (10)
8. Explain the need of Physical education. What is the scope of Physical Education in the modern society? K4 CO2 (15)
9. Analyze the definition of Traditional Games. Write down the importance of Traditional Games. K4 CO4 (15)
- 10) Analyze the term Kanche. Explain the various benefits of playing Kanche. K5 CO4 (15)

OR

- Explain the term, Physical Education. Write down the objective of Physical Education. K5 CO4 (15)