

Exam. Code : 103204
Subject Code : 1128

B.A./B.Sc. Semester—IV
PHYSICAL EDUCATION

Time Allowed-3 Hours]

[Maximum Marks-60

SECTION—A

Note :— Attempt all **SIX** questions. Each question carries
2 marks.

1. What is Sutra Neti ? 2
2. List down different types of Pranayam. 2
3. Describe the effect of Yoga on Muscular System. 2
4. Describe about the epidermis part of the skin. 2
5. What do you know about capillaries ? 2
6. List down the main parts of brain. 2

SECTION—B

Note :— Attempt any **SEVEN** questions. Each question carries
4 marks.

1. Describe the different types of Yoga. 4
2. Describe the techniques and advantages of Hal and Chakar
Asana. 4
3. Explain the effects of pranayama on human body. 4
4. Discuss the technique and advantages of Nauli. 4
5. What are the effects of Yoga on Excretory system ? 4
6. Discuss the effects of physical exercise on circulatory
system. 4
7. Explain the mechanism of respiration. 4
8. Elaborate the endocrine system and its organs. 4

9. Describe kidneys. Draw a labelled diagram of the structure of kidney. 4
10. Write a note on the Spinal Cord. - 4
11. What is the mechanism of circulation ? 4
12. What kind of first aid you will give to an athlete with sprain injury ? 4

SECTION--C

Note :— Attempt any **TWO** questions. Each question carries **10** marks.

1. Write a detailed note on technique and advantages of different types of Pranayams. 10
2. Define sports injuries. Discuss the preventive measures for sports injuries. 10
3. Elaborate the different organs of respiratory system and their functions. 10
4. Write a detailed note on the structure and function of skin. 10