



ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Q.2. SHORT QUESTIONS (2x10)

1. Define periodization in sports?
2. Define Physical Education?
3. Define skill and technique?
4. How social and emotional development can be done through Physical Education?
5. Briefly describe the role of Physical Education in developing awareness of exercise in life of a common person?
6. Name different career opportunities after studying Physical Education?
7. Briefly describe major concerns about sports according to current era?
8. Define Physical fitness according to WHO?
9. Define principle of reversibility in sports training?
0. Define game specific active warm up?

Q.3. BRIEF QUESTIONS (10x3)

1. What is the role of Physical activity in the lives of girls and women? Also describe different teaching styles in movement education for sports? (5+5)
2. Describe different stages and factors influencing learning of a motor skill? Describe delegatory leadership? (6+4)
3. What are general guidelines for principle of training threshold and principle of season? (5+5)