



UNIVERSITY OF THE PUNJAB

B.S. 4 Years Program / Fourth Semester – 2019

Paper: Physical Education

Course Code: PE-211 Part – I (Compulsory)

Time: 15 Min. Marks: 10

Roll No. in Fig.

Roll No. in Words.

Signature of Supdt.:

ATTEMPT THIS PAPER ON THIS QUESTION SHEET ONLY.

Division of marks is given in front of each question.

This Paper will be collected back after expiry of time limit mentioned above.

Q.1. Encircle the right answer cutting and overwriting is not allowed. (10x1=10)

1. Helps to stay healthy;
a) Health related fitness components b) Skill related fitness components
c) None of these d) Both a & b
2. The ability to exercise your entire body for long period of time is;
a) Muscular endurance b) Flexibility c) Body composition d) Cardiovascular fitness
3. The amount of force your muscles can produce;
a) Muscular endurance b) Strength c) Body composition d) Cardiovascular fitness
4. Factor affecting strength;
a) Age & gender b) Time c) Agility d) b & c
5. Speed is ability to perform _____ a distance in a short period of time;
a) Movement b) Distance c) Power d) None of these
6. People with good agility are most likely to be good at activities such as;
a) Diving b) Ice skating c) Table tennis d) All of these
7. Psychomotor abilities are;
a) Movement controlled by hands b) Movement controlled by brain
c) Movement controlled by spinal cord d) Movement controlled by eyes
8. Coaches must respect the basic human rights that are;
a) On the ground of color b) Language c) Equal right d) Political based
9. Warm up is designed to elevate;
a) Core body temperature b) Performance c) Agility d) Intensity
10. There are _____ major types of warm up.
a) Three b) two c) four d) five





ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Q#2

SHORT QUESTIONS

(2x10)

1. How many seasons and cycles are present in sports periodization?
2. Define Physical Fitness?
3. Name four different subdisciplines of Physical Education?
4. How psychological and Physical development can be done through sports?
5. Briefly describe the role of Physical Education in developing awareness of Nutrition in life of a common person?
6. Name different health related and skill related fitness components?
7. Write down four basic codes of ethics for a coach?
8. Define Physical fitness according to WHO?
9. Briefly describe movement concept for general health of a person?
10. Define Non-game specific active warm up?

BRIEF QUESTIONS

(10x3)

- Q#3** What is the role of Physical activity in the lives of children? Briefly describe the sequence of a typical lesson of sports? (5+5)
- Q#4** Briefly describe skill related physical fitness components? Also describe health benefits of physical activity? (6+4)
- Q#5** What are general guidelines for principle of diminishing return? Also describe Interval training in detail? (5+5)

