

OPEN BOOK EXAMINATION SCHEME 2020
PHYSICAL EDUCATION
B.A. Programme Sem. V (CBCS) Nov/Dec 2020
(SEMESTER SCHEME ADMISSION OF 2015/2016/2017/2018/2019)

Set-I

UNIQUE PAPER CODE NO. : 62555501
NAME OF THE PAPER : Sports For All
NAME OF THE COURSE : B.A. Programme-Generic Elective

Instruction for students:

- a) Attempt any **FOUR QUESTIONS**. All questions carry equal marks. Maximum Marks will be 50.
- b) The duration of question paper is of **4 hours out of which** the student is provided with **3 hours for answering** the question paper and **1 hour is given for** downloading the question paper, scanning the answer sheet in PDF format and uploading the scanned PDF of the answer sheet on the portal.
- c) Answers may be written either in English or Hindi; but the same medium should be used throughout the paper.

1. Explain the concept and significance of Sports, Games, Happiness and Recreation.

2. How to Test, Measure and Evaluate the Personality of a sportsperson?

3. Explain the various health-related physical fitness components in detail.

4. Write about the organisation of an intra-mural competition and a games festival in detail.

5. How is Sports related to Health and Physiotherapy?

6. Write in detail about the importance of sports programmes for differently-abled population.