



MIDNAPORE CITY COLLEGE
Department of Biological Sciences
Subject: Bachelor of Fishery Science
Paper – BFSC-209: Physical Education, First Aid and Yoga Practices
(Compulsory Non –Credit Course)

Full Marks: 50

Time: 3 hrs.

- I. Multiple choice questions . 1x10=10
- i. Which day is celebrated as 'International Day of Yoga'?
a) 20th June b) 21st June c) 22nd June d) 23rd June
 - ii. Who compiled 'Yoga Sutra'?
a) Patanjali b) Gherenda c) Svatmarama d) None of the these.
 - iii. The Yoga class usually begin with
a) A Prayer b) Suryanamaskar c) Yogic Sukshma Vyayama d) Yogasana
 - iv. Which is the Sanskrit root for the etymological derivation of the word "Yoga"?
a) Yug b) Yuge c) Yuj d) Yuje
 - v. How many players played in Kho-Kho
a) 5 b) 9 c) 10 d) 8
 - vi. Which event is under sports?
a) Football b) Kabaddi c) Handball d) 100mt. Run
 - vii. How many Chambers in human heart?
a) Two upper two lower b) Two upper one lower c) Three upper two lower d) Three upper three lower.
 - viii. Which is the highest award for sports in India?
a) Dronacharya Award b) Arjun Award c) Major Dhyan Chand Khel Ratna Award d) Bhim Award
 - ix. Which physical posture is effect of heavy weight carry on back of human body?
a) Lordosis b) Scoliosis c) Kyphosis d) Knock Knees.
 - x. National game of India is
a) Cricket b) Hockey c) Football d) Not decided
2. Write one word answer. (ANY TEN) 2x10=20
- i) What is the full form of BMI?
 - ii) 'Yoga' word is derived from which language?
 - iii) In which postural deformity is there an abnormal lateral curvature of the spine?
 - iv) What is Physical Education?
 - v) How many players played in Basketball Game?
 - vi) Write the two benefits of 'Kapalbhati' Kriya.
 - vii) Write the four Physical Fitness components.
 - viii) Chuck, Dead Ball these are the terms of which game?
 - ix) What types of injuries are most common in basketball game?
 - x) Pranayama is which part of the Astanga Yoga?
 - xi) Which day is celebrated as Sports Day?
 - xii) What are the main sources of protein?
3. Write short notes. (ANY FOUR) 5x4=20
- i) Briefly describe body related benefits of Asana and Pranayama.
 - ii) How to practice of Vrikshasana describe briefly?
 - iii) Write the benefits of Kapalbhathi.
 - iv) Discuss the importance and value of yoga.
 - v) Describe about some physical fitness components.
 - vi) Briefly describe the role of yoga in sports.

