

MIDNAPORE CITY COLLEGE
Bhadutala, Paschim Medinipur, West Bengal
BFSC Honours

Internal Examination 2023

Course: BFSC-209: Physical Education, First Aid and Yoga Practices
(Compulsory Non –Credit Course)



FM-50

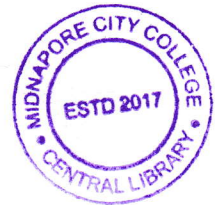
1X10=10

1. Multiple choice questions .
- Who is the father of Yoga?
a) Maharshi Patanjali b) Gherendamuni c) Swami Svatmarama d) None of these.
 - The purpose of Yoga as taught by the ancients is to attain:
a) Perfect Health b) Peace of mind c) Stress Relief d) Enlightenment or Self realization
 - What is the main therapeutic benefit of Kapalabhati practice?
a) To remove kapha disorders b) To remove pitta disorders c) To remove vata disorders d) To remove vata-pitta disorders
 - Which of the following are the techniques used in First Aid?
a) Dressing b) Bandage c) Transport technique d) All of the above
 - What is included in the CPR procedure?
a) Rescue breathings only b) Compression of the chest only c) Rescue breathing and chest compressions
 - Which is the Sanskrit root for the etymological derivation of the word "Yoga"?
a) Yug b) Yuge c) Yuj d) Yuje
 - How many players played in Kabadi?
a) 5 b) 7 c) 10 d) 8
 - Which event is under sports?
a) Football b) Kabaddi c) Handball d) Long Jump
 - Which physical posture is effect of heavy weight carry on one side of shoulder of human body?
a) Lordosis b) Scoliosis c) Kyphosis d) Knock Knees.
 - What is the aim of Physical Education?
a) Physical Development b) A wholesome development of an individual c) Growth and Development d) All of the above

2. One word answer (ANY TEN)

2x10=20

- What is FIRST AID?
- Write the four Physical Fitness components.
- Which day is celebrated as International Yoga Day?
- Which muscle is involved in the elevation of arm?
- Dumb bells, Bar bells and Pulley machines are used in which training?
- Shoulder line, Chaser , Pole drive these are the terms of which Game?
- Write the two benefits of 'Bhramri Pranayama'?
- Which day is celebrated as Sports Day?
- How long is each innings of kho-kho play?
- What types of injuries are most common in basketball game?
- What is Physical Fitness?
- What is Warm up?



3. Write short notes (ANY FOUR)

5x4=20

- How to practice of "Paschimottanasana" describe briefly?
- Write the benefits of "Bhramri Pranayama".
- What is Kyphosis ? Explain its causes and remedial measures.
- Define the term "First Aid". Discuss its need and importance in Physical Education and Sports.
- Need and importance of Physical Education in modern society.