

**BIRLA INSTITUTE OF TECHNOLOGY, MESRA, RANCHI
(END SEMESTER EXAMINATION)**

**CLASS: BBA & BCA
BRANCH: BBA & BCA**

**SEMESTER : 1st
SESSION : MO/2024**

SUBJECT: MN104 PHYSICAL EDUCATION

TIME: 3 Hours

FULL MARKS: 50

INSTRUCTIONS:

1. The question paper contains 5 questions each of 10 marks and total 50 marks.
2. Attempt all questions.
3. The missing data, if any, may be assumed suitably.
4. Before attempting the question paper, be sure that you have got the correct question paper.
5. Tables/Data hand book/Graph paper etc. to be supplied to the candidates in the examination hall.

		CO	BL
Q.1(a)	What do you understand by the term Physical Education ? Explain.	[5]	1 2
Q.1(b)	Highlight the Aims & Objectives of Physical Education.	[5]	1 4
Q.2(a)	Define Health and discuss the preventing health threats through life style changes.	[5]	2 4
Q.2(b)	Enlist the factors affecting Physical fitness & Wellness.	[5]	2 1
Q.3(a)	Mention the importance of Tests & Measurements in Physical Education & Sports.	[5]	3 3
Q.3(b)	Design a training Program for the improvement of components of motor fitness.	[5]	3 6
Q.4(a)	What is a Knock out tournaments ? Draw a fixture of 11 teams on knockout basis.	[5]	4 5
Q.4(b)	Explain the advantages & disadvantages of Knockout Tournaments.	[5]	4 2
Q.5(a)	In Sports such as boxing and Wrestling the players tend to lose weight sharply. Explain the Pitfalls of Dieting.	[5]	5 2
Q.5(b)	What do you understand by a Balanced Diet ?	[5]	5 2

::::::10/12/2024::::::M