

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

**CLASS: BBA/BCA/BSC
BRANCH: BBA/BCA/AIML**

**SEMESTER : 1st
SESSION : MO/2025**

SUBJECT: MN25104 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)	Define the development of Physical Education and Sports in India after Independence.	[5]	2 2
Q.1(b)	Explain the changing trends in sports in modern times.	[5]	2 2
Q.2(a)	Explain the role of leadership in physical activity and sports.	[5]	2 2
Q.2(b)	Explain the concepts of Physical Fitness, Health, and Wellness and describe their importance in daily life.	[5]	2 3
Q.3(a)	Explain the purpose and types of fitness tests and give an example of any one test.	[5]	2 3
Q.3(b)	Explain the importance of evaluation in sports.	[5]	2 2
Q.4(a)	Explain the functions of sports events management.	[5]	2 2
Q.4(b)	Define a tournament and prepare a staircase method fixture for eight teams.	[5]	2 3
Q.5(a)	Explain the concept of a balanced diet and the role of nutrition in health.	[5]	2 2
Q.5(b)	Explain the nutritive and non-nutritive components of a diet.	[5]	2 2

:26/11/2025:E