

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

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

**SEMESTER : 1ST SEM
SESSION : MO/2025**

SUBJECT: MN25104 PHYSICAL EDUCATION

TIME:02 Hours

FULL MARKS: 25

INSTRUCTIONS:

1. The question paper contains 5 questions each of 5 marks and total 25 marks.
 2. Attempt all questions.
 3. The missing data, if any, may be assumed suitably.
 4. Tables/Data handbook/Graph paper etc., if applicable, will be supplied to the candidates
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		CO	BL
Q.1(a)	Define Physical Education. How does it differ from general education?	[2]	2 2
Q.1(b)	Discuss the objective of Physical Education as the development of total personality. Explain with examples.	[3]	2 3
Q.2(a)	Discuss the impact of technology on the development of modern sports equipment.	[2]	2 3
Q.2(b)	Explain the scope of Physical Education as a career in the health, fitness and research sector.	[3]	2 3
Q.3(a)	Explain the importance of physical fitness in maintaining good health	[2]	2 2
Q.3(b)	Explain how traditional Indian games promote physical and social wellness.	[3]	2 3
Q.4(a)	Describe the different dimensions of wellness	[2]	2 2
Q.4(b)	Explain the role of teamwork in building leadership through games and sports	[3]	2 3
Q.5(a)	Define Body Mass Index (BMI) and give its formula.	[2]	2 3
Q.5(b)	Explain the importance of Test and measurement in Physical Education and Sports	[3]	2 2

:::24/09/2025:::E