

NOTICE

INTERNAL ASSESMENT

DEPARTMENT OF PHYSICAL EDUCATION

SEMESTER-1

Write down any one of the following questions.

1. What do you mean by growth and development . Write down about principles of Growth and Development.
2. Write down about aim, objectives and types of yoga. Briefly discuss about need and importance of yoga in physical Education and sports.

SEMESTER 3

Write down the following questions.

1. Write down the effect of exercise and training on the circulatory system.
2. Briefly describe about respiratory muscles and describe the mechanism of breathing.

SEMESTER 5

Course code -DSE

Write down any one of the following questions.

1. write down Aims and characteristics of sports training and explain the importance of sports training.

2.write down about Heath-Carter Somatotyping method.

Course code-GE

1.Write down about development of physical fitness components(strength, speed, endurance, agility, flexibility).