

Exam.Code: 1101

Sub. Code: 8022

1126

B.Ed. (General) First Semester

Paper – C 6 & 7 [Opt. (xvii)]: Pedagogy of Health and Physical Education – I

(Same for USOL candidates of First Semester)

(In all mediums)

Time allowed: 2 Hours

Max. Marks: 40

**NOTE:** Attempt four questions in all selecting one question from each Unit.

x-x-x

**UNIT – I**

- I. Discuss in detail the aim and objectives of Health and Physical Education in school curriculum. (10)
- II. Health and Physical Education has a very close relationship with Sociology and Psychology. (10)

**UNIT – II**

- III. Discuss the general and professional qualifications of Health and Physical Education teachers. What responsibilities of Health and physical Education teacher has to perform? Explain. (4,6)
- IV. Explain the need and importance of Health and Physical Education infrastructure in detail. (10)

**UNIT – III**

- V. What are the components of Balanced Diet? Discuss the function of food. (5,5)
- VI. Discuss in detail about common postural defects their causes and suggest some remedial exercise for them. (10)

**UNIT – IV**

- VII. Highlight the significance of recreation programs in school. (10)
- VIII. What do you mean by First-Aid? Enlist down the principles of First-Aid in detail. (10)

x-x-x

(Hindi and Punjabi versions enclosed)

P.T.O.