

KARIMPUR PANNADEVI COLLEGE
KARIMPUR, NADIA
PHYSICAL EDUCATION (PROGRAME COURSE)
1st SEMESTER EXAM2021
Sub-PEDG-CC-1C (practical)
Time-1 hour

FULL MARKS-20

1. Answer any ten questions from the following: 10 x 2 = 20

- a) What do you mean gladitorial combat?
- b) How many steps of suryanamaskara?
- c) Write down the four types of Aerobic activity.
- d) Write down the four types of callisthenic activity.
- e) Mention the importance of suryanamaskara.
- f) Define Astanga yoga.
- g) Mention the types of yoga.
- h) How many philosophies in yoga (according to Sankhya philosophy).
- i) Who wrote the Sankhya philosophy?
- j) When provide the Dronacharya Award?
- k) What is Mental Age?
- l) What is the modern concept of physical education?
- m) What is physical fitness?

NB: Answer sheet will be submitted to the mention e-mail id-
physicaleducation@karimpurpannadevicollege.ac.in