Karimpur Pannadevi College, Karimpur, Nadia.

B. A. 3 years Degree General Course.

Physical education (old syllabus).

Part-II, paper-III, Practical exam2021.

Time-3 Hours

Full Marks-100

(Answer the entire question in details according to the direction of your onward) Group-A(Athletics)

- 1. Answer any four from the following questions: $5 \times 4 = 20$
- a) Short distance run (100m or 200m).
- b) Long distance runs (5000m or 10,000m).
- c) O'Brien Technique (In short put).
- d) Holding and Initial stance of discus.
- e) Sail Method in long jump.
- f) Landing in high jump.

Group-B(Gymnastics)

- 2. Answer any four from the following questions: 5 x 4 = 20
- a) Forward roll.
- b) Arching.
- c) Hand stand.
- d) Cartwheel.
- e) Dive roll.
- f) Neck spring.

Group-C(Yogasanas)

- 3. Answer any four from the following questions: 5 x 4 = 20
- a) Sarbangasana.
- b) Paschimattasana.
- c) Mayurasana.
- d) Sirsasana.
- e) Padahastasana.
- f) Dhyanasana.

Group-D(Indian game)

- 4. Answer any four from the following questions: 5 x 4 = 20
- a) Pole Dive.
- b) Judgement kho.
- c) Late kho.
- d) Ankle catch.
- e) Thigh catch.
- f) Bear catch.

Group-E(Ball game)

- 5. Answer any four from the following questions: 5 x 4 = 20
- a) Tennis service.
- b) Round arm service.
- c) Blocking.
- d) Push pass.
- e) Heading the ball.
- f) Instep kick.

NB: Answer sheet will be submit to the below mention email Idphysicaleducation@karimpurpannadevicollege.ac.in