

## 11. HEALTH EDUCATION

(a) Foundation of Health Education (HP. Ed. 316) Elective 1

Exam 2068

Group 'A'

20

Attempt ALL the questions. Tick (✓) the vest answers.

- Which of the following is the contemporary concept of health?
  - Health as optimal personal fitness for the fruit full and creative life.
  - The world 'health' is generally accepted to mean a condition of the body free from physical disease.
  - A condition of soundness of any living organism
  - Health is the state or condition when one feels well
- Which of the following theories of disease is caused by dislocation of the spinal cord?
  - Germ theory
  - Humoral theory
  - Subluxation theory
  - Stress theory
- Among the following which one is the example of biological factors which determines health and disease?
  - Climate
  - Occupation
  - Personal behavior
  - Immunity
- Which of the following level of health difficult to achieve?
  - Better health
  - Well being
  - Optimal health
  - Basic health
- Which of the following comes under inclusion of cell?
  - Cell membrane
  - Vacuoles
  - Cytoplasm
  - Mitochondria
- Which of the following cartilage tissues forms the pinna or lobe of the ear and epiglottis?
  - Fibro, cartilage
  - Hyaline cartilage
  - Elastic cartilage
  - Compact cartilage
- Which of the following parts of ear is also called hammer?
  - The incus
  - The stapes
  - Cochlea
  - The malleus
- The palm of the hand is composed of
  - five metacarpal bones
  - five carpal bones
  - five metatarsal bones
  - five tarsal bones
- Which of the following muscles surrounds the eye, eyelids and orbital cavity?
  - Orbicularis acute
  - Orbicularis oris
  - Buccinator
  - Masseter
- The first part of the large intestine is called
  - Caecum
  - Appendix
  - Transverse colon
  - Ileum
- Which of the following is considered as the functional unit of the lungs?
  - Bronchiole
  - Alveolus
  - Bronchus
  - Smaller bronchiole
- Which of the following is the first stage of cohort study?
  - Obtaining date on exposure
  - Analysis
  - Selection of study subject
  - Selection of comparison group
- Which of the following disease is the example of epidemic?
  - Bird flue
  - Polio
  - Hookworm
  - Plague
- Which of the following diseases is transmitted by chronic carrier?
  - Mumps
  - Whooping cough
  - Dysentery
  - Syphilis
- Which of the following is the infectious agent of tetanus?
  - Salmonella
  - Gram-positive bacillus
  - Mycobacterium
  - Adenovirus

16. All the following diseases are caused by the bite of mosquito. EXCEPT

- a) Malaria
- b) Filarial
- c) Kala-azar
- d) Viral encephalitis

17. Which of the following diseases affects skin and peripheral nerves?

- a) Scabies
- b) Leprosy
- c) Dandruff
- d) Ring worm

18. Haemorrhage and vomiting of blood is the complication of

- a) SARS
- b) Dengue
- c) Gird flu
- d) Swine flu

19. Hydrocele is associated with

- a) Filariasis
- b) Mumps
- c) Goitre
- d) Gonorrhoea

20. Which of the following disease is considered as silent killer?

- a) Hypertension
- b) Rheumatic fever
- c) Diabetes
- d) Cancer

Attempt ALL the questions.

Group 'B'

8x7=56

1. Write the concept of illness, sickness and disease with appropriate example.

2. Examine the political factors that determine the health of rural and urban people.

3. Describe the structure and functions of spongy bone and cartilage.

OR

Explain the structure and functions of nucleus with a labeled diagram.

4. Explain the functions of pituitary gland.

5. Draw a labeled diagram of kidney and explain its structure.

6. What is the importance of study of epidemiology?

7. Write down the causes, symptoms and modes of transmissions of SARS

OR

Explain the symptoms and controlling measures of hookworm.

8. What is plague? Describe the symptoms and preventive measures of plague.

OR

Why is HIV & AIDS is considered as a social problem?

Group 'C'

2x2=24

9. When a person becomes ill with certain infectious disease he/she passes different stages. Describe these stages mentioning examples from tuberculosis.

10. What is nervous system? Describe the structure and functions of cerebrum, cerebellum and spinal cord.

OR

Describe the structure and functions of eye with labeled diagram.

Exam 2069

Group 'A'

[20]

Attempt ALL the questions. Tick the best answers.

1. Which of the following is the main weakness of the definition of health which is given by WHO?

- a) It has no dimensions
- b) It is static conditions
- c) It is not popular
- d) It is not accepted worldwide

2. According to miasmatic theory of diseases what are the factors that cause disease?

- a) Polluted air
- b) Imbalanced phlegm
- c) Unseen power
- d) Jet lag

3. Which of the following is associated with the traditional concept of health?

- a) Health fundamentally, is a function of adjustment
- b) Health is optimal personal fitness for a fruitful and creative life
- c) Health is more than absence of disease or defect
- d) Health is generally a condition of the body free from physical disease

4. Which of the following parts of cell is considered as the power house of a cell?

- a) Mitochondria
- b) Endoplasmic reticulum
- c) Ribosome
- d) Golgi body

5. Which of the following parts of eye is stimulated by the light?

- a) Retina
- b) Choroid

6. Which of the following is the example of flat bone?  
 a) Humerus  
 b) Scapula  
 c) Vertebra  
 d) Facial bone
7. The muscle that is extended from sternum to temporal bone is known as  
 a) Masseter  
 b) Buccinator  
 c) Sternocleidomastoid  
 d) Orbicularis oculi
8. The superior surface of the tongue has got small projections.  
 a) Papillae  
 b) Tonsils  
 c) Follicles  
 d) Granules
9. The left lung has  
 a) 2 lobes  
 b) 1 lobe  
 c) 3 lobes  
 d) 4 lobes
10. The valve between right atrium and right ventricle is called  
 a) tricuspid valve  
 b) mitral valve  
 c) pulmonary valve  
 d) aortic valve
11. All of the following are direct routes of disease transmission, EXCEPT  
 a) direct contact  
 b) droplet infection  
 c) vector  
 d) sexual contact
12. Which of the following is the example of physiological agent that may cause disease?  
 a) Obesity  
 b) Life expectancy of parent  
 c) Micro-organism  
 d) Temperature
13. In which of the following stage of disease; clear signs are occurred?  
 a) Incubation  
 b) Fastigium  
 c) Defecation  
 d) Prodromal
14. Which of the following is considered as the third line of defence?  
 a) Skin  
 b) Fever  
 c) Antibody  
 d) Resistance
15. Which of the following is the causative agent of birth flu?  
 a) RNA Paramyxovirus  
 b) Herpes virus  
 c) Avian Influenza virus  
 d) Arbovirus
16. Common bile duct and pancreatic duct from ampulla of the bile duct opens in  
 a) Jejunum  
 b) Wall of stomach  
 c) Duodenum  
 d) Ileum
17. Tape-worm infestation is common amongst those who eat uncooked  
 a) chicken  
 b) mutton  
 c) fish  
 d) pork
18. All of the following are the features of tetanus EXCEPT  
 a) difficulty of opening mouth  
 b) difficulty in swallowing  
 c) spasm of all muscles  
 d) severe diarrhoea
19. Which of the following diseases is called silent killer?  
 a) Diabetes  
 b) Hypertension  
 c) Rheumatic heart disease  
 d) Cancer
20. Hyperglycemia is the result of  
 a) Chronic gastritis  
 b) Arthritis  
 c) Diabetes  
 d) Cancer

Attempt ALL the questions.

Group 'B' [8×7=56]

1. Differentiate between traditional and contemporary concept of health with suitable examples.

OR

2. Explain the health and diseases spectrum with the help of figure.  
 3. Write the structure and functions of tongue.  
 4. List down the types of joints and explain the mechanism of movement hinge joint, ball and socket joint and pivot joint.  
 5. What is circulatory system? Explain the process of pulmonary circulation with the help of labelled figure.

OR



5. Explain the structure and functions of cerebellum and mid brain.
6. Explain the structure and functions of uterus with labelled diagram.
7. What is epidemiology? Delineate the importance of epidemiology.
8. Why is infant mortality and maternal mortality estimated? Explain their method of calculation.

OR

What are the signs of diabetes? Describe what kind of health behaviour should be adopted by a diabetic patient?

Group 'C'

[2x12=24]

9. Describe the determinants of health and diseases with appropriate example.
10. Explain the structure and functions of kidney with the help of a labelled diagram.

OR  
What is asthma? Explain its causes, signs and symptoms and controlling measures.

**Exam 2070**

Group "A"

[20]

Attempt ALL the questions. Tick (✓) the best answers.

1. Which of the following persons defined health as 'the quality, resulting from the total functioning of the individual, that empowers him to achieve a personally satisfying and socially useful goal'?
- a. C.L. Anderson  
b. Jones E.B.  
c. WHO  
d. J.F. William
2. Which of the following is a biological factor of health?
- a. climate  
b. behaviour  
c. heredity  
d. occupation
3. Which of the following is called the powerhouse of the cell?
- a. Chromatin  
b. Centrosome  
c. Vacuoles  
d. Mitochondria
4. Which of the following layers is called the choroid?
- a. outer layer  
b. middle layer  
c. inner layer  
d. internal layer
5. How many vertebrae are there in the vertebral column?
- a. 23  
b. 30  
c. 33  
d. 36
6. Which of the following hormones is found in the testis?
- a. testosterone  
b. progesterone  
c. estrogen  
d. adrenaline
7. Which of the following is not an endocrine gland?
- a. pituitary gland  
b. pineal gland  
c. adrenal gland  
d. parotid gland
8. Which of the following fluids is found in the subdural and subarachnoid spaces?
- a. brain fluid  
b. nerve fluid  
c. spinal fluid  
d. cerebrospinal fluid
9. Which of the following is not related to descriptive epidemiological methods?
- a. time distribution  
b. place distribution  
c. person distribution  
d. family distribution
10. Which of the following types of communicable disease has an unusual occurrence in a community?
- a. epidemic  
b. sporadic  
c. pandemic  
d. all of the above
11. Which of the following is a causative agent of mumps?
- a. polio  
b. BCG  
c. measles  
d. tetanus
12. Which of the following is a causative agent of mumps?
- a. arbovirus  
b. enterovirus  
c. myxovirus  
d. retrovirus
13. Which of the following communicable diseases is caused by *Treponema pallidum*?
- a. meningitis  
b. malaria  
c. gonorrhoea  
d. syphilis
14. Which of the following diseases has a symptom of enlargement of the spleen?

- a. typhus fever  
c. pinworm
15. Which of the following disease is related to hydrophobia?  
a. Mumps  
c. rabies
16. Which of the following disease is related to Helminths?  
a. Chicken pox  
c. Hookworm
17. In which of the following condition the hypertension is occurred?  
a. systolic and diastolic pressure more than 160 and 100  
b. systolic and diastolic pressure more than 140 and 90  
c. systolic and diastolic pressure more than 90 and 60  
d. systolic and diastolic pressure more than 120 and 80
18. Which of the following disease is related to insufficient insulin?  
a. Asthma  
c. Gastritis
19. Which of the following is not rule of first aid?  
a. to give artificial respiration  
c. to give support
20. Which of the following action is appropriate for frost bite?  
a. to give cold water bath to affected part  
b. to give warm water bath to affected part  
c. to give hot water bath to affected part  
d. to give direct heat and massage to affected part
- b. ringworm  
d. scabies
- b. polio  
d. AIDS
- b. Endemic typhus  
d. Warts
- b. Heart disease  
d. Diabetes
- b. to give treatment  
d. to find out nature of accident

Attempt ALL the questions.

Group "B"

[10 × 6 = 60]

Describe health and disease spectrum in detail.

Give the meaning of health and describe its economics implication.

State the Judaic Hygiene Code.

Describe about nervous tissues.

Illustrate the structure and function of eye with diagram.

Describe structure and function of ear with diagram.

Describe the structure and function of heart with neat and label diagram.

Give the meaning of epidemiology. Describe the components of epidemiology in brief.

List down the protozoan infectious disease. Explain cause, sign, mode of transmission, and preventive measures of amoebic dysentery.

What is acute respiratory infection? How can you prevent children from infection of pneumonia?

Describe the types of diabetes mellitus in detail.

What is coronary heart disease? Write down its cause, sign and preventive measures.

What is meant by first aids? How would you provide first aid treatment for drawing?

Group "C"

[2 × 10 = 20]

Give the meaning and process of communicable disease.

What is excretion? Illustrate the process of excretion with diagram.

Describe the structure and functions of central nervous system.

**Exam 2071**

Group "A"

Attempt ALL the questions. Tick (✓) the best answers.

20

What does the Anglo-Saxon word 'Hale' mean?

a. free from disease

c. safe and sound

Which of the following cannot be considered as the component of health according to the definition of WHO?

a. physical wellbeing

b. psychological wellbeing

b. sound body and mind

d. climatic adaptation

3. **c. social wellbeing**  
Most of the experts criticise WHO's definition of health on the ground that it does not...
- a. comprise dimension of health  
b. indicate any scientific support  
c. show the range and level of health  
d. provide technique of measuring health levels
4. Which of the following represents the actual meaning to Jet - lag?  
a. mental illness  
b. psycho-sickness  
c. nausea - vomiting  
d. biological rhythm
5. Which of the following is a liquid like substance found inside vacuole?  
a. Cytoplasm  
b. Cell-sap  
c. Nucleoplasm  
d. Enzyme
6. The process in which the number of chromosomes is halved during gametogenesis is known as  
a. Meiosis  
b. Mitosis  
c. Amitosis  
d. Mutation
7. Which part of an eye is known as 'window of eye'?  
a. Choroids  
b. Pupil  
c. Sclera  
d. Cornea
8. How many pieces of bones are located in vertebral column which are movable?  
a. 22 pieces  
b. 24 pieces  
c. 31 pieces  
d. 33 pieces
9. Which of the following types of muscles help to close the eye?  
a. Temporalis  
b. Buccinator  
c. Articularis oculi  
d. Occipito frontalis
10. Which of the following organs produces hydrochloric acid (HCL)?  
a. Liver  
b. Pancreas  
c. Intestine  
d. Stomach
11. Which of the following organs produces hydrochloric acid (HCL)?  
a. Liver  
b. Pancreas  
c. Intestine  
d. Stomach
12. Which of the following human organs consist of a large amount of lymphoid tissue?  
a. Lungs  
b. Spleen  
c. Kidneys  
d. Pancreas
12. Penetration of the ovum by sperm is called fertilization which occurs in  
a. uterus  
b. cervix  
c. fallopian tube  
d. vagina
13. An outbreak of disease that occurs only in bird's community is called  
a. epornithic  
b. zoonosis  
c. epizootic  
d. epizoozosis
14. Which of the following living organisms is popularly known as "obligatory parasite"?  
a. bacteria  
b. virus  
c. fungus  
d. protozoa
15. Which of the following cannot be considered as Triple dose vaccine?  
a. DPT - vaccine  
b. Polio - vaccine  
c. BCG - vaccine  
d. Hep - B vaccine
16. Which of the following is not categorized under viral disease?  
a. Measles  
b. Leprosy  
c. Mumps  
d. Rabies
17. Who of the following personalities is regarded as the first discoverer of HTV/AIDS in USA?  
a. Dr. Hansen  
b. Dr. Robert Koch  
c. Hippocrates  
d. Dr. Robert Galo
18. In recent years, a disease has been named as the "silent killer" that is  
a. HIV/AIDS  
b. Malaria  
c. Hepatitis - B  
d. Kala-Azar
19. Which of the following organisms is responsible for the transmission of Dengue fever in human population?  
a. Anopheles mosquito  
b. Aedes aegypti



- c. *Culex* mosquito  
 20. Which of the following is danger period in which conception may occur?  
 a. 8 to 12 days after first bleeding  
 b. 10 to 15 days after first bleeding  
 c. 14 to 19 days after first bleeding  
 d. 17 to 22 days after first bleeding

Attempt ALL the questions.

**Group 'B'**

8×7=56

1. Enlist the determinants of health and disease and discuss any one.
  2. What is the Germ theory? Describe its contribution in public health.
  3. Illustrate the structure and functions of human tongue.
- OR
4. Delineate the structure and functions of a nerve cell.
  5. What is menstruation? Explain its cycle.
  6. Elucidate the role of pancreas and liver in digestive process.
- OR
7. Explain the respiratory process in human body.
  8. Define epidemiology and mention its importance.
  9. What are the mode of transmission, symptoms and preventive measures of Swine Flu?
- OR
10. State the symptoms of gonorrhoea separately in male and female.
  11. Write short notes on any TWO:  
 a. Process of fertilization      b. Types of blood cells      c. High blood pressure

**Group 'C'**

2×12=24

12. Explain the structure and functions of external female reproductive organs with the help of a well labelled diagram.
13. Elucidate the causes, - symptoms and preventive measures of Tuberculosis.
14. Explain the communicable disease process with proper example.

**Exam 2072**

**Group 'A'**

20

Attempt ALL the questions.

Tick (✓) the best answer.

1. "Health is an optimal personal fitness for fruitful and creative living." This is a definition of health given by  
 a. Dubos      b. WHO      c. Hoyaman      d. Anderson
2. Which of the following is the example of biological factor that determines health and disease of an individual?  
 a. Economic status      b. environment  
 c. heredity      d. personal behaviour
3. Which of the following parts of cell is considered as the power house of a cell?  
 a. Golgi body      b. Ribosome      c. Nucleus      d. Mitochondria
4. Which of the following tissue is responsible for binding other tissue?  
 a. adipose tissue      b. connective tissue  
 c. fibrous tissue      d. lymphoid tissue
5. Which of the following are pairs of sex chromosomes of mother and father?  
 a. YY and XY      b. XX and YY  
 c. XY and XX      d. XX and XY
6. In which period of an infectious disease cycle and infected person doesn't show any sign and symptoms?  
 a. incubation period      b. prodromal period  
 c. defervescence period      d. convalescence period
7. Which of the following elements helps the clotting of blood?  
 a. RBC      b. Plateletes      c. Plasma      d. WBC
8. Which of the following layer is called choroid?  
 a. inner layer      b. middle layer  
 c. outer layer      d. anterior layer
9. Which of the following shock is related to spinal cord?  
 a. anaphylactic shock      b. septic shock  
 c. neurogenic shock      d. cardiogenic shock

10. Which of the following diseases are closely related to ARI?  
 a. pneumonia and bronchitis  
 b. pneumonia and tuberculosis  
 c. pneumonia and measles  
 d. pneumonia and diphtheria
11. What is the main function of Noradrenaline hormones?  
 a. decrease heart beat  
 b. control the body temperature  
 c. increasing heart beat  
 d. decrease the quantity of urine
12. Which of the following nerve controls the size of the blood vessels?  
 a. auditory nerves  
 b. vasomotor nerves  
 c. oculo-motor nerves  
 d. optic nerves
13. Which of the following is commonly referred to as the functional unit of the kidneys?  
 a. the glomerulus  
 b. the loop of henle  
 c. the nephron  
 d. the renal tube
14. Which type of disease occurs irregularly haphazardly from time to time, and generally infrequently?  
 a. endemic  
 b. epidemic  
 c. pandemic  
 d. sporadic
15. Which of the following is known as ankle bone?  
 a. Tarsal  
 b. Carpal  
 c. Patella  
 d. Tibia
16. Which of the following disease is viral-infectious disease?  
 a. Pneumonia  
 b. Poliomyelitis  
 c. Pertusis  
 d. Meningitis
17. Which of the following blood cells is primarily affected in AIDS?  
 a. B. lymphocytes  
 b. Monocytes  
 c. T. lymphocytes  
 d. RBC
18. Which of the following heart diseases causes sharp in the chest for short duration?  
 a. rheumatic disease  
 b. congestive heart  
 c. coronary thrombosis  
 d. angina pectoris
19. Which is an important source of epidemiological information  
 a. early diagnosis  
 b. isolation  
 c. quarantine  
 d. notification
20. Syphilis is caused by  
 a. Treponema pallidum  
 b. Mycobacterium  
 c. Neisseria syphion  
 d. Syphoplasmodium

Attempt ALL the questions.

Group "B"

8×7=56

1. Define health in your own words and list down the factors that determine health and disease in a person.
2. Explain the effects of ill health in economic cycle of a family.  
 OR  
 Explain structure and functions of the ear with a labeled diagram.
3. List the modern theories of disease and describe germ theory.
4. Differentiate between mitosis and meiosis cell division.  
 OR  
 Kidney's are master chemists of body. Justify this statement. Explain with example.
5. List the types of bone on the basis of size and shape with example.
6. What is reflex action? Describe with reflex arc.  
 OR  
 Describe the process of sex-determination and discuss the myths against sex-determination in our society.
7. What is epidemiological triad? How the agent, host and environment are responsible for causing infectious diseases?
8. What is cancer? What are its causes and preventive measures?  
 2×12=24
- Group "C"
9. Describe the structure and functions of male reproductive organ with a diagram.  
 OR  
 What is meant by peripheral nervous system? List the cranial nerves and their functions.
10. Discuss the causes, mode of transmission, symptoms and preventive measures of HIV/AIDS.



(b) Foundation of Physical Education (HP. Ed. 317) Elective Group B

Exam 2068

Group 'A'

[20]

Attempt ALL the questions. Tick (✓) the best answers.

- Who were the proponents of the human movement approach to physical education?  
a) Bette J. Longstone associates  
b) J.B. Nash and associates  
c) C.A. Bucher and associates  
d) Mc.Cloy and associates
- If a person has proper functioning of his body, system, which of the following qualities does he have?  
a) physical fitness development  
b) organic development  
c) mental development  
d) psychological development
- "Physical education and sports activities should be planned implemented according to the interest, need and ability of the students is the suggestions derived from  
a) biological foundations  
b) psychological foundations  
c) philosophical foundations  
d) physiological foundations
- Which of the following period of human development is called a transitional period?  
a) childhood  
b) infancy  
c) adolescence  
d) adulthood
- Who categorized athletes into ectomorph; mesomorph and endomorph?  
a) Krestschmer  
b) Jung  
c) Sheldon  
d) Eysenic
- Which of the following abilities is very hard to train?  
a) agility  
b) balance  
c) endurance  
d) speed
- Who followed a policy of isolation in primitive society?  
a) India  
b) China  
c) Egypt  
d) Rome
- The internal charter of physical education and sports presented?  
a) 1978  
b) 1980  
c) 1988  
d) 1994
- When was physical education introduced as a separate optional subject in secondary curriculum of Nepal?  
a) 2028 B.S.  
b) 2038 B.S.  
c) 2049 B.S.  
d) 2055 B.S.
- Which of the following is the diameter of short put ring?  
a) 1.07m  
b) 1.10 in  
c) 2.05 in  
d) 2.14m

Attempt ALL the questions.

- Group 'B' 4x7=24
- What is physical education? Describe in your words.
  - Draw a 400m track showing all the necessary calculations.
  - Why do we need to study sociological foundations of physical education?
  - Explain the concept of movement education.

- OR
- Which factors were responsible for the dark age of physical education?
- Group 'C' 1x12=12
- What are the theories of play? Explain.

- OR
- Sketch a brief history of physical education in Nepal.

Exam 2069

Group 'A'

10

Attempt all the questions. Tick (✓) the best answers

- Which of the following is not an objective of recreation?  
a. Democratic human relationship  
b. Personal fulfillment  
c. Profit making  
d. Use of leisure skills
- When was sport Development Act of Nepal made?

- a. 2021 BS  
c. 2038 BS
- b. 2028 BS  
d. 2048 BS
- Which of the following sciences finds the real relation of man and the universe?
    - Ethics
    - Metaphysics
    - Logic
    - Esthetics
  - Why is reward provided for children in physical education?
    - They want to improve themselves
    - They want to relief from the pain
    - They want joy and satisfaction
    - They are scared to participate in activities
  - Who developed the life activity theory in physical education?
    - Aristotle
    - John Dewey
    - McDougall
    - Free kick
  - Which of the following skills requires coordination?
    - Spiking a ball
    - 100m run
    - Weight lifting
    - Free kick
  - Which was Swedish system applied in elementary schools of Japan?
    - 1764
    - 1806
    - 1849
    - 1871
  - Which of the following periods was considered as the renaissance in physical education?
    - 700 BC to 456 BC
    - 500 AD to 700 AD
    - 1400 AD to 1600 AD
    - 1600 AD to 1800 AD
  - When was 'Nara Trophy Football Tournament' changed into ANFA Cup?
    - 2015 BS
    - 2017 BS
    - 2025 BS
    - 2028 BS
  - Which of the following staggers is given to runner of the second lane?
    - 3.52 m
    - 7.04 in
    - 7.35 in
    - 8.42 in

Attempt all the questions.

Group "B"

- Discuss the importance of physical education in brief.
- How is the laws of learning applied in physical education? What are the elements of human movement? Describe in brief the process of speed training.
- Sketch a brief history of world Football Championship.

OR

Prepare a knockout fixture for 10 teams which are participating in later collegiate volleyball tournament.

Group "C"

- What is the place of physical education in Naturalism? Explain. OR Describe the ancient history of physical education in Greece.

Exam 2070

Group "A"

[20]

Attempt ALL the questions. Tick (✓) the best answers.

- Which of the following may not be considered as an element of administration in physical education programme?
  - Communication
  - Office management
  - visiting historic places
  - administrative control
- Which of the following can be an essential quality of an administrator in physical education?
  - public relations
  - directing ability
  - a great idea and body
  - administrative skills
- If a principal of a secondary school always orders teachers and other staffs for work, it is a type of
  - equalitarian administration
  - authoritarian administration
  - traditional administration
  - democratic administration
- Which of the following methods will help headmaster to promote his administrative quality?
  - research, seminars and workshops
  - coaching, training and conditioning
  - continuous study in higher degrees

- d. honesty, law spending and public relation
5. Which of the following makes an effective use of existing resources in order to meet the planned objective of physical education?  
 a. administration  
 b. organization  
 c. management  
 d. supervision
6. Planning, organizing, coordinating and directing is the main functions of  
 a. supervisor  
 b. administrator  
 c. monitor  
 d. evaluator
7. Which of the following aspects may help to improve the professional capacity of a HPE - teacher?  
 a. good salary, rewards and other benefits  
 b. frequent training, seminar, workshop and research  
 c. proper feedback, guidance and rapid practice  
 d. fast promotion of teaching job and security
8. What kind of professional qualification do you prefer for a secondary level physical education teacher?  
 a. B.Ed. passed with HPE major subject  
 b. B.A. passed and NIS training in sports  
 c. Master degree passed in physical education  
 d. B.A. passed and a well trained coach
9. Who can be a most suitable person for giving feedback to HPE teacher to improve his / her teaching skills?  
 a. manager  
 b. administrator  
 c. supervisor  
 d. evaluator
10. Which of the following is most remarkable disadvantage of authoritarian theory of administration?  
 a. consulting behaviour  
 b. group leadership  
 c. sense of togetherness  
 d. directive approach
11. If a headmaster give a strict direction to all the staffs, this type of administration is known as:  
 a. corrective administration  
 b. participatory administration  
 c. coercive administration  
 d. democratic administration
12. Which of the following cannot be agreed as a proper technique of supervision in physical education?  
 a. general staff meeting  
 b. presentation and discussion  
 c. workshop cum seminar  
 d. direct interview
13. As a supervisor, you are going to organize a 5 day's seminar for new primary school teachers, what will be your first step?  
 a. find out financial resources for seminar  
 b. identify the actual needs of participants  
 c. plan and publish a schedule of seminar  
 d. decide place, data and all materials
- Who is the proper person to purchase the sports equipments and materials from the market?  
 a. HPE teacher  
 b. Headmaster  
 c. Store keeper  
 d. Accountant
- What is the major factor to be considered at the time of purchasing sports supplies and equipments?  
 a. profit and competitive rate  
 b. cheap and strong  
 c. quality and quantity  
 d. costly but durable
- What are the personal qualities of a supervisor in physical education?  
 a. knowledge and skills of games and sports  
 b. able to guide and lead concerned teachers  
 c. motivating, consulting and talking  
 d. administrator, facilitator and counsellor
- The major procedure and principle of developing teaching career of physical education teacher is known as  
 a. career development  
 b. job related training  
 c. preparation of PE teacher  
 d. professional preparation
- Which of the following supervision is designed to improve the classroom teaching and learning performance of student and teacher?  
 a. proper supervision  
 b. creative supervision  
 c. clinical supervision  
 d. promotive supervision



19. One of the major duty of physical education teacher in secondary school is
- to assist administrator in official works
  - purchase, care and maintenance of facilities
  - control all the students in the classroom
  - conduct day to day activities honestly
20. What will be the best criteria to evaluate the sports equipments and facilities in the school?
- check up the valid and expiry dates
  - properly examiner the strength of equipments
  - examine the quality, quantity and costs
  - inspect the branded name of all equipment
- Group "B" [10 x 6 = 60]

Attempt ALL the questions.

- What are the scopes of administration in physical education? Describe in brief.
- How do you improve the quality of administrator in physical education? Give your suggestions.

OR

- Planning and implementation is the main duty of an administrator in P.E. Justify.
- What are the qualifications and characteristics of a physical education teacher? List them.
- What is the present situation of preparation of physical education teacher in Nepal? Describe.

OR

- How do you purchase and care the equipments of P.E. as a physical education teacher?
- Discuss the meaning and importance of office management in P.E.
- What are the new trends in facility development? Discuss.

OR

- Explain facility planning principles with example.
- What is physical education budget? How do you manage it?
- What is the use of media for public relation? Discuss.
- What are the functions and qualities of a supervisor in physical education?

OR

- How do you supervise physical education programme as a physical education supervisor?
  - Write short note on any TWO
    - Class management
    - Office personnel
    - Administrative process
- Group "C" [2 x 10 = 20]

- What are the theories of administration in physical education? Discuss.
- Discuss the meaning, needs and importance of office management in physical education.

OR

- Discuss the budgetary principles in physical education.

**Exam 2071**

Group "A"

Attempt ALL the questions. Tick (✓) the best answers.

- Which of the following is an cognitive development?
  - the capacity of an individual to perform vigorous activity
  - a harmonious functions of nervous system
  - the ability to explore to make value judgment
  - a healthy response to the textual matters
- Which of the following phrases is related to physical education's meaning?
  - prevents many diseases
  - bodily movement
  - improves body image
  - reduces stress
- Which of the following stages of human development is called a transitional period?
  - infancy
  - childhood
  - adolescence
  - adulthood
- Which of the following philosophies claims, "education is for life?"
  - idealism
  - realism
  - pragmatism
  - naturalism
- The earlier person known to have invented the system of body classification was
  - Hippocrates
  - Hull
  - Kretschmer
  - Sheldon
- Which of the following is not an example of static balance?

- a. standing in place on a balance beam      b. maintaining a handstand position  
 c. skipping across a gymnasium  
 d. placing three body parts within a hula hoop for five seconds
7. Who believed in 'living a full life' in the ancient history of physical education?  
 a. Chinese      b. Indians  
 c. Greeks      d. Egyptians
8. When was the First World Cup Football organized?  
 a. 1896AD      b. 1930AD  
 c. 1934AD      d. 1951 AD
9. Where was the first SAG game organised?  
 a. Bangladesh      b. India  
 c. Nepal      d. Pakistan
10. Which of the following is a major defect of knock-out tournament?  
 a. it is difficult to find true winner      b. it is a time consuming process  
 c. it requires trained officials      d. it is difficult to get approval from the authority

Attempt ALL the questions.

Group "B"

4×7=28

1. Define physical education in your own words.
- OR
- "Physical education helps in developing physical fitness." Justify the statement.
2. What are the essences of realism in relation to physical education?  
 3. What roles are played by Faculty of Education to develop physical education in Nepal?  
 4. As it, you have to conduct athletic meet, comprising 100m 200m 500m 1000m runs, high jump, long jump, shot put and Javelin throw, in two days. How will you prepare time table for the meet?
- Group "C"      1×12=12
5. What is psychological foundation of physical education? What suggestions can we derived from it to run physical education programmes?
- OR
- Sketch a brief history of Olympic Games

(c) Sports Training and Evaluation in Physical Education (HP. Ed. 331)

Exam 2068

Group 'A'

20

Attempt ALL the questions. Tick (✓) the best answers.

1. Which of the following training methods requires a definite numbers of stations?  
 a) Fartlek training      b) circuit training  
 c) interval training      d) altitude training
2. As a physical education instructor, what method will you apply to develop endurance among athletes?  
 a) short distance training      b) six week's training  
 c) conditioning training      d) long distance training
3. In sport training, micro-cycle training is basically conducted for a period of  
 a) 3 to 6 weeks      b) 3 to 140 days  
 c) 5 to 14 days      d) 5 to 10 weeks
4. Which of the following cannot be accepted as an important objective of sports and training?  
 a) to develop physical fitness of players      b) to increase tactical skills of game  
 c) to conduct a competitive match      d) to develop basic skills of game
5. Suppose a coach is giving instruction to his team about offensive play at the time of rest, it refers to  
 a) on-game duty      b) off-game duty  
 c) pre-game duty      d) post-game duty
6. Which of the following is an essential and most important quality of coach?  
 a) educational quality      b) professional quality  
 c) moral quality      d) social quality
7. "Coach is a manager who plans, manages and conducts training or the preparations of heroes of sports competition," who said it?  
 a) Gerry Can      b) Johnson & Nelson  
 c) Charles A. Bucher      d) Bob Davis



8. What is the main objective of officiating in any sports competition?  
 a) to conduct game in a well manner      b) to organize match in a systematic way  
 c) to conduct fair and unbiased match      d) to run competition without any tension
9. Which of the following principle is most important for a referee or official in a competitive match?  
 a) use of proper uniform      b) offer immediate decision  
 c) proper use of signal      d) proper use of whistle
10. What is the number of officials who conduct final competition of volleyball at school level?  
 a) three officials      b) four officials  
 c) five officials      d) six officials
11. Which of the following tests measures all round development of students and their achievements in those aspects?  
 a) aptitude test      b) attitude test  
 c) achievement test      d) personality test
12. Which of the following is not an essential quality of test and measurement in physical education?  
 a) validity of test      b) reliability of test  
 c) need and interest      d) practicability of test
13. What is the most common limitation of objective questions?  
 a) easy to examine      b) difficult to examine  
 c) easy to application      d) difficult construct
14. When was Cozens athletic ability test developed by Fredrick Cozens?  
 a) in 1922 AD      b) in 1929 AD  
 c) in 1938 AD      d) in 1932 AD
15. Which of the following is not an element of daily lesson plan in physical education?  
 a) introductory part      b) main part  
 c) collection of material      d) specific objective
16. Select a specific objective that has been written in more behavioural term.  
 a) to discuss on the sport skill      b) to serve volleyball across the net  
 c) to interact on-rules of sports      d) to ask questions about competition
17. Which of the following plans is designed and developed by a group of experts of related area?  
 a) a unit plan      b) a daily plan  
 c) a work plan      d) an annual plan
18. Which of the following best suits the name of the house formed in the school of intra-mural sports activity?  
 a) Raute house      b) Rural house  
 c) Lumbini house      d) Light house
19. What is the main propose of organizing extra-mural sports tournament?  
 a) to established good relation between teachers      b) to organize competition between schools  
 c) to maintain relation in the school & societies      d) to build up friendship between students & school
20. Which of the following criterion should be given priority for the participation in extra-mural sports competition?  
 a) s/he should be interested in game      b) s/he should be bonafied by student  
 c) s/he should be recognized by head sir      d) s/he should be free from any politics

Time: 3hrs

Attempt ALL the questions

Group 'B'

8×7=56

1. Enumerate the meaning and aims of sport training.  
 OR  
 Delineate the types of sports training with examples.
2. What is attitude training? Describe its benefits and effects.
3. Distinguish the concept and coaching and list the qualities of a good coach.  
 OR
4. What are the major problems of coaching in Nepal? Suggest some measures to improve it.
5. What are the duties of lap scorer, recorder and marshal?  
 Discuss the concept and purpose of intelligent test and achievement test.  
 OR
6. How do you conduct Cooper's 12 minute run-walk test? Explain.  
 What is Russell-Lange volleyball test? How do you conduct it in school?



7. Why demonstration method is mostly used in physical education? Explain the technique of applying it.
8. Write short notes on any TWO:  
 a) Intra-mural competition    b) Class management    c) Reliability & validity of test
9. OR  
 Delineate the meaning, importance and principles of officiating in sport competition.
- Distinguish between test, measurement and evaluation in physical education. What are the characteristics of test & measurement? Explain.
10. Prepare a model lesson plan in physical education for grade-9 on the topic of your own choice.

**Exam 2069**

**Group "A"**

20

Attempt all the questions. Tick (✓) the best answers

1. Which of the following is the expected result of circuit training conducted in a group of students?  
 a. Development of speed    b. Development of flexibility  
 c. Development of tactics    d. Development of strength & endurance
2. Which of the following personalities was the founder of Fartlek training method in the field of sports?  
 a. Danial D. Arnheim    b. Gosta Holmer  
 c. James E. Hornak    d. D. Allen Phillips
3. Which of the following is the 'best example of isometric exercise'?  
 a. Frog jump    b. Javelin throw  
 c. Pushing wall    d. Pull up
4. Which of the following is the major function and objective of general sport training?  
 a. To develop physical and motor fitness  
 b. To increase speed, strength and power  
 c. To develop mental, physical and psycho-aspects  
 d. To help trainees for achieving best results
5. Coach is like a teacher who imparts knowledge, skill and idea related to a certain sports, who observed it?  
 a. A.W. Watson,    b. Peter Thompson  
 c. D.K. Matheu's    d. S.K. Kocher
6. An intensive coaching camp is going on, and a football coach is giving some important instructions about the game, then it refers to  
 a. pre-game duty of coach    b. on-game duty of coach  
 c. a normal coaching duty    d. post-game duty of coach
7. Which of the following degrees and qualifications would be more appropriate for a coach?  
 a. Bachelor in HPE & NIS in coaching A best player and experienced in sport  
 b. Well trained and disciplined  
 c. Highly qualified in coaching & training
8. What is the literal meaning of officiating especially in sports tournament?  
 a. Offering decision of victory to a strong team  
 b. Giving proper judgment to a weak team  
 c. Giving an unbiased judgment in a match  
 d. Providing match point and fouls to rough players
9. Suppose you are conducting a sport tournament, as a good official or referee you should not have .....  
 a. Proper dress and whistle    b. firm and unbiased attitude  
 c. good moral character    d. talkative nature and bold
10. Which of the following persons is known as an additional judge while organizing an athletic competition?  
 a. A finish judge    b. an announcer  
 c. A time keeper    d. a lap scorer
11. In which of the following year stand ford - Benet I.Q. scale was invented and developed?  
 a. in 1950 AD    b. in 1956 AD  
 c. in 1960 AD    d. in 1967 AD
12. Which of the following tests measures all the aspects of students and their related achievements?  
 a. Aptitude test    b. Personality test  
 c. Achievement test    d. final annual test

13. AAHPER – youth fitness test was originally recommended to find out physical fitness of  
 a. 10 – 15 years students b. 11 – 16 years students  
 c. 10 – 17 years students d. 12 – 19 year students
14. The main objective of conducting 'Bar snap' test i Cozen's athletic ability test events was  
 a. to measure arms and shoulder power of body  
 b. to measure the endurance of body  
 c. to measure muscular strength of body  
 d. to measure strength and agility of body
15. What is the fitness level of girls (13 -19 year) when their performance falls between 1.19 -1.29 mile. in 12 minute Cooper's test?  
 a. Poor level b. Good level  
 c. Excellent level d. Fair level
16. From which of the following teaching methods, students learn from their own practical experience?  
 a. Demonstration method b. Field trip method  
 c. Project method d. Street drama method
17. As an HPE teacher you are going to demonstrate some volleyball skills which will be appropriate in  
 a. a semi-circle b. a volleyball court  
 c. an open ground d. a free-style form
18. Which of the following plans helps a teacher to prepare a lesson note, develop materials and use them properly in the class?  
 a. The annual plan b. The work plan  
 c. The unit plan d. Daily lesson plan
19. What will be the most important step to be followed by an HPE – teacher to organize – an intra-mural sports tournament in a school?  
 a. Publish a related notice b. Formulate the objective  
 c. Manage the needed fund d. Division of houses
20. What social quality will be developed among students by organizing inna- mural activities in school?  
 a. Brotherhood and friendship b. Feeling of competition  
 c. Leadership ability d. Intelligent and cleverness

Attempt all questions.

Group "B"

8×7=56

1. What are the reasons of poor sports performance? What are your suggestions to improve it?  
 OR  
 "Circuit training develops all the components of physical fitness." Explain the reasons.
2. Enumerate the methods of developing cardio-respiratory endurance.
3. What are the importance and qualities of a coach?  
 OR  
 What kind of role a coach can play to improve performance of athletes?
4. Officiating has become the topic of criticism, so how do you make this job more standard and reliable?
5. Define subjective questions and objective questions, and mention their characteristics and limitations.  
 OR  
 Discuss the meaning and types of non-testing devices.
6. What is J.C.R. test? Describe the method of conducting its test events.
7. Delineate the meaning, need and importance of teaching method in physical education
8. Write short notes on, any TWO:  
 a. 12 minute run and walk of Cooper test  
 b. Guidelines for intra-mural sport activity  
 c. Teacher-made test

Group "C"

2×12=24

9. What are the meaning, importance and types of conditioning training? Discuss the method of conducting isometric training.
10. What is difference between unit plan and lesson plan? Prepare a model lesson plan on the topic "Introduction to a psychological education" for grade-9.

OR

What is AAHPER-youth fitness test? What are its test batteries? Explain them.



Attempt ALL the questions. Tick (✓) the best answers.

1. All of the following are the activities related to the scientific foundation of health EXCEPT
  - a. a tumor growth in uterus
  - b. urine test in pathology
  - c. operation of a patient
  - d. general check up of patient
2. Which of the following activities shows the sign of socio cultural foundation of health?
  - a. democracy day celebration
  - b. martyr day celebration
  - c. birth day celebration
  - d. republic day celebration
3. 'Philosophy observes what we might consider the unobservable ideas and concepts'. Who said it?
  - a. Aristotle
  - b. Socrates
  - c. Huxley
  - d. Ziegler
4. Which of the following gives answer to the questions about personal hygiene and health education?
  - a. epistemology
  - b. metaphysics
  - c. axiology
  - d. aesthetics
5. What is the suitable example of idealistic philosophy?
  - a. good living standard
  - b. high moral character
  - c. a rich society
  - d. a varied culture
6. Which of the following aspects is related with a beautiful dance of young girl?
  - a. aesthetics
  - b. inner feeling
  - c. a great art
  - d. natural arts
7. Why school health program is needed in the schools?
  - a. for remedial health service
  - b. for good health education
  - c. for diagnostic health service
  - d. for pupils' health promotion
8. All of the following are the activities of remedial health service EXCEPT.
  - a. isolation in home
  - b. referral service
  - c. health counselling
  - d. follow up activity
9. Which of the following is not appropriate for good mental environment in a high school?
  - a. a good school garden
  - b. obedient students
  - c. good teacher student
  - d. busy traffic near school
10. If you are giving health education to the students in a school, it comes under
  - a. informative health service
  - b. preventative health service
  - c. promotional health service
  - d. diagnostic health service
11. What is the best technique of evaluation to find out health habits of the students in school?
  - a. practical exam
  - b. written test
  - c. oral exam
  - d. observation
12. Who is responsible for planning and designing training schedule in sports?
  - a. the manager
  - b. the sports trainer
  - c. the committee of coaches
  - d. team captain
13. The intensity and period of sports training depends upon
  - a. the interest of trainees
  - b. financial condition
  - c. objectives of training
  - d. the number of students
14. What is most important factor for planning a sport training program?
  - a. skill level and ability of trainees
  - b. background of trainer
  - c. management of nutrition
  - d. methods of sport training
15. Which of the following is not an important quality of a coach?
  - a. friendly and cooperative
  - b. creative and hard working
  - c. dashing and escaping
  - d. qualified and experienced
16. A volleyball coach is giving some instructions to the players in a coaching camp, then it is
17. Suppose you are instructing to your team players during match, what does it refer to?
  - a. a coaching duty
  - b. a pre game work
  - c. an on game duty
  - d. a game plan
18. Which of the following is not a basic and important principle of officiating?
  - a. prejudiced judgement
  - b. close observation of match
  - c. fixed and correct uniform
  - d. quick decision of fouls
19. How many officials are appointed to conduct a volleyball tournament at school level?
  - a. four officials
  - b. five officials



20. What is the main purpose of officiating in a match?  
 a. to give points to playing teams  
 b. to offer unexpected decision in match to provide safety measures to all player  
 c. to give unbiased decision to competitors  
 d. seven officials  
 Group "B" [8 × 7 = 56]

Attempt ALL questions.

1. What is scientific foundation of health education? Discuss its aspects in brief.
2. Delineate the preventive aspects of SHS.  
OR  
What is screening? How do you conduct its in school?
3. Discuss the concept and types of health instruction.
4. What are the school programs for community participation? Describe in brief.  
OR  
Enumerate the methods of creating pleasant atmosphere in the school.
5. Illustrate the meaning and benefits of attitude training.
6. What are the qualities and education to become a good coach?  
OR  
Highlight the duties and responsibilities of a coach.  
Discuss the basic principles of officiating in sports.
7. Write short notes on any TWO:  
a. Fartek training  
b. Duties of an umpire  
c. Flexibility  
Group C [2 × 12 = 24]
9. What are the aspects of physical environment for healthful school living? Explain with example.  
OR  
Discuss the preventive aspects of SHS with proper example.
10. What is circuit training? Discuss its stations with purpose and process.

Exam 2071

Group "A"

Attempt ALL the questions. Tick (✓) the best answers.

1. Which of the following is an isotonic exercise?  
a. pull ups  
b. bench press  
c. pushups  
d. squat thrust
2. Which of the following events basically requires tactical efficiency?  
a. high jump  
b. swimming  
c. weight lifting  
d. racket games
3. Which of the following is also known as weekly cycle?  
a. micro cycle  
b. meso cycle  
c. mini cycle  
d. macro cycle.
4. Which of the following statements describes periodization?  
a. it is a pedagogical process aiming at preparing sportsman for higher performance  
b. it is a process of preparing players to give his/her best performance in a particular competition  
c. it is a planning of sports training on the basis of training cycles  
d. it is a method of formulation of training activity of sportsman
5. What is the most unforgettable factor to be considered by a coach at the time of coaching?  
a. knowledge of the players  
b. discipline of the players  
c. economic condition of the players  
d. standard and psychology of the players
6. Which of the following is the most important principle of coaching?  
a. it should start from unknown to known  
b. it should start from specific to general  
c. it should start from simple to complex  
d. it should be based on heavy load
7. Which of the following is not the actual quality of a good coach?  
a. individual study  
b. practical skill in sports  
c. good earning  
d. knowledge of rules
8. Which of the following principles is the most important in officiating?

- a. use local rules  
c. analysis of rules
- b. frequent use of whistle  
d. decision complete acts
9. What is the main duty of a lap scorer?
    - a. to judge the finish of a running event
    - b. to count the number of rounds completed by the runners
    - c. to help runners to start the race promptly
    - d. to assist the time keeper to mark the laps
  10. Which of the following is the important qualities of a good official?
    - a. confidence and consistency
    - b. slow but firm decision
    - c. knowledge of game tactics
    - d. imagination power
  11. Which of the following is one of the best criteria for improving the professional quality of officiating?
    - a. regular study and participation in workshop
    - b. higher class of training and monitoring
    - c. regular participation in training and workshop
    - d. high incentive, motivation and training
  12. Which of the following aspects is associated with general motor ability?
    - a. motor fitness
    - b. athletic ability
    - c. physical fitness
    - d. motor educability
  13. Which of the following abilities is measured by chinning?
    - a. arm power and force
    - b. arm strength - endurance
    - c. wrist power and force
    - d. wrist strength and force
  14. Which of the following should be considered most while finalizing the test?
    - a. need and interest of the students
    - b. locality of the students
    - c. comprehension ability of the students
    - d. level of knowledge of the teachers
  15. Which of the following Cozen's Athletic Ability Test is related to hand-eye coordination?
    - a. standing broad jump
    - b. football punt
    - c. quarter mile run
    - d. bar snap
  16. Which of the following is the main characteristic of teaching?
    - a. create favourable environment for learning.
    - b. divide responsibility among the students
    - c. ask the students to learn
    - d. manage the lesson in detail
  17. Which of the following is the final step of curriculum development?
    - a. development of draft curriculum
    - b. printing of the final curriculum
    - c. implementing the curriculum
    - d. evaluating the curriculum
  18. Which of the following objectives contains the development of sportsmanship in intramurals?
    - a. health development
    - b. skill development
    - c. social development
    - d. recreation development
  19. Which of the following examples is similar to intramurals?
    - a. inter school athletic meet
    - b. district level athletic meet
    - c. inter house athletic meet
    - d. regional level athletic meet
  20. Which of the following is the sources of income to run extramurals?
    - a. donation
    - b. grants
    - c. school fund
    - d. entry fees

Attempt ALL the questions.

Group "B"

8x7=56

1. What are the aims and objectives of sports training? Describe in brief.
2. List down any seven factors which affect sports performance.

OR

3. How would you plan interval training to develop speed among your students? Discuss the importance of Coaching in any seven points.
4. What are the academic qualifications of a coach? Explain in brief.

OR

5. What are the major problems of coaching in the context of Nepal? What are the qualities of a good referee?
6. Discuss the importance of evaluation in physical education program.

OR

7. Which tests are appropriate to measure strength - endurance? Give examples.
8. What are the elements of a daily lesson plan in physical education? Explain in brief.
8. How would you divide your school students into different houses? Explain with examples.



9. What are the principles of sports training? Explain with example.  
 10. What are the principles of officiating? Explain with instances.

OR

What is presentation technique? What things are to be considered while using lecture method?

**Exam 2072**

Group "A"

20

Attempt ALL the questions. Tick (✓) the best answer.

- Which of the following is the objective of sports training?
  - to develop sports performance
  - to develop physical fitness
  - to develop sportsmanship
  - to develop recreation
- Which of the following does not work as an internal resistance while performing physical activities and sports?
  - poor physical fitness
  - lack of flexibility
  - hot temperature
  - lack of warm-up
- Which of the following training means contains cinematography?
  - material means
  - medical means
  - pedagogical means
  - bio-mechanical means
- Which of the following abilities should be developed first for a beginner?
  - endurance
  - power
  - speed
  - agility
- Which of the following statements is more related with the meaning of coaching?
  - it is a regular process of instruction
  - it is a strict and disciplined training
  - it is a specialized process of teaching
  - it is a super human performance training
- What does solidarity course refer to?
  - it is a course given to advanced coaches
  - it is a preliminary course given to coaches
  - it is an advance course for high officials
  - it is a training package designed for officials
- Which of the following is the most important objective of coaching?
  - to develop sports performance
  - to develop motor educability
  - to develop conditioning
  - to develop competitive feeling
- What is the most appropriate definition of officiating?
  - a process of developing healthy competition
  - creating atmosphere to develop sportsmanship
  - achieving the aim of education
  - conducting the games as per the rules
- What is the most important feature of a referee in a game situation?
  - unbiased and inaccurate decision
  - unprejudiced and correct decision
  - dressed in a standard and distinct manner
  - conducting the match at any rate
- What is the main duty of Jury of Appeal?
  - to manage equipment and facilities for conducting game
  - to organize meeting with officials
  - to seek and appoint competent officials
  - to ensure justice while organizing games
- Which of the following officials checks the false start in sprinting?
  - track judge
  - finish judge
  - recall starter
  - marshal
- Why is students' evaluation necessary for PE teacher herself?
  - to measure the progress of the students
  - to identify the skills of the students
  - to assess the attitude of the students
  - to improve one's own teaching technique
- Jump and reach is used to test.....
  - explosive power
  - speed
  - strength
  - flexibility
- Which of the following skills are measured in Russel Lange Volleyball test?
  - volleying and digging
  - serving and volleying
  - serving and digging
  - spiking and blocking
- Which of the following test items will measure the arm-shoulder strength of the students?
  - 50m run
  - shot put
  - pull ups
  - sit ups
- Which of the following levels of psychomotor domain is the highest one?
  - mechanism
  - adaptation
  - application
  - origination
- Which of the following methods is appropriate to teach the development of the Olympic Games?
  - project
  - lecture
  - discussion
  - demonstration



18. In which of the following is the literal meaning of intramural?  
 a. indoor games      b. within the walls  
 c. interscholastic events      d. interschool sports
19. Which of the following examples is similar to extramural?  
 a. inter-house sports tournament      b. inner-school sports tournament  
 c. national open championship      d. international sports tournament
20. Which of the following is the sources of income to run extramurals?  
 a. donation      b. grants      c. school fund      d. entry fees

Attempt ALL the questions.

Group "B"

8×7=56

1. Explain any seven principles of sports training in brief.  
 2. What are the types of sports performance? Explain with example.  
 OR  
 What is fartlek training? Describe any three things which are to be considered while conducting it.
3. What are the objectives of coaching? List down any seven objectives.  
 4. How is coach trained in the context of Nepal?  
 OR  
 Write down any seven pre-game responsibilities of a coach.
5. What are the objectives of officiating?  
 6. Why is measurement important in physical education? Give appropriate examples.  
 OR  
 What are the procedures of administering Johnson's Basket Ball Ability Test?  
 7. What is scheduling? How would you manage it for physical education classes?  
 8. Discuss the importance of extramurals to develop personality of the students?

Group "C"

2×12=24

9. "There is a possibility of attitude training in Nepal." Justify the statement with appropriate examples.  
 OR  
 What is officiating? What qualities are required for a referee? Explain.
10. Describe the steps of presentation techniques.

(d) Administration and Supervision in Physical Education (HP. Ed. 333) Elective Group

A

**Exam 2068**

Group A

20

Attempt ALL the question... Tick the best answers.

1. Which of the person work as an administrator in the schools of Nepal?  
 a) HPE – teacher      b) Headmaster of the school  
 c) Administrative assistant      d) Chairman of school management committee
2. Who was the founder if Three Dimensional theory of administration?  
 a) L. Gullick      b) Bertram Gross  
 c) Robert Dlas      d) Marion Lee
3. Which of the following is known as the interference free administration?  
 a) autocratic administration      b) democratic administration  
 c) Laissez-faire administration      d) politics-free administration
4. When was physical education included in school curriculum first time in Nepal?  
 a) in 2024 B.S.      b) in 2028 B.S.  
 c) in 2032 B.S.      d) in 2038 B.S
5. Planning, organizing, commanding and coordinating are the major duties  
 a) of an organizer      b) of a supervisor  
 c) of an administrator      d) of a manager
6. Who is responsible for giving feedback to improve the performance of the students in PE-class?  
 a) the physical education teacher      b) a general subject instructor  
 c) a supervisor observing the class      d) the headmaster of concerned school
7. What should be the main priority while selecting an HPE teacher for a secondary school?  
 a) highly educated and intellectual      b) trained, skillful and experienced  
 c) qualified and training skill      d) strong in motivation and discipline

8. Suppose you are teaching physical education according to the methods and instructions given by the supervisor, it is  
 a) a traditional supervision  
 c) an autocratic supervision  
 b) a democratic supervision  
 d) a coercive supervision
9. Which of the following is an advantage of the authoritarian administrative theory?  
 a) participatory leadership  
 c) directive administration  
 b) sense of togetherness  
 d) consultation with experts
10. The process of preparing physical education teachers for the career refers to  
 a) educational development  
 c) best career development  
 b) professional development  
 d) moral value development
11. Which of the following characters represents the best professional attitude of a physical education teacher?  
 a) obedient to authority  
 c) punctual to own work  
 b) responsive to others  
 d) interest in any work
12. What should be main basis of supervision in school PE programme?  
 a) creative & corrective  
 c) constructive & incentive  
 b) preventive & critical  
 d) critical & dynamic
13. Which of the following is a major duty of a school supervisor?  
 a) organizing conference in school  
 c) directing headmaster & teachers  
 b) teaching practical classes  
 d) evaluating school facilities
14. Which of the following is a part of clinical supervision in physical education?  
 a) supervising educational activity  
 c) observing performance in large group  
 b) avoiding weakness of classroom teaching  
 d) inspecting intra-mural sports activities
15. Which of the following sentences give the actual meaning to the administration in PE?  
 a) planning & functioning  
 c) operating institutional-work  
 b) co-ordinating & helping  
 d) supervising & directing
16. Which of the following is not the scope of supervision in physical & education?  
 a) instructional works  
 c) extra-curricular activities  
 b) meeting with teachers  
 d) construction works
17. Which of the following is an occupational quality of a school supervisor?  
 a) originality  
 c) resourcefulness  
 b) social relation  
 d) good discipline
18. Many experts observe that organization is  
 a) planning the activity  
 c) executing the plan  
 b) integrating the efforts  
 d) maintaining relations
19. Overall physical and sports activities should be coordinated and facilitated in school by  
 a) a sport coach  
 c) a sport committee  
 b) an athletic coach  
 d) an HPE teacher
20. When was RPF subject first introduced in B.Ed. curriculum as a major subject in Faculty of Education?  
 a) in 2028 B.S.  
 c) in 2036 B.S.  
 b) in 2032 B.S.  
 d) in 2042. B.S.

Time: 3: hrs

Attempt ALL the questions.

Group 'B'

8×7=56

- Why is the administration essential in physical education programme? Explain the reasons.
  - Enumerate the problems of administration in physical education and suggest the measures to overcome it.
- OR
- Which administrative model is suitable for PE program in Nepal?
  - What are the characteristics of an PE-teacher?
  - Why is knowledge of administration needed for a physical education teacher?
  - What are the factors to be considered for purchasing and caring sports equipment in school?
- OR
- What are the special characteristics of a supervisor in PE?
  - Elucidate the role of headmaster to conduct an excellent physical education programme in school.
  - Illustrate the duties and functions of a supervisor in PE.