

15.12.2015

Exam. Code: 1103  
Sub. Code: 8252

1125

B.Ed. (Semester System) First Semester  
Paper – VI & VII [Opt.(xvii)]: Pedagogy of Health and Physical Education  
(In all mediums)

Time allowed: 3 Hours

Max. Marks: 40

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

x-x-x

**UNIT- I**

- I. What do you understand by Health and Physical Education? Write down the aims and objectives of Health and Physical Education in school curriculum. (3,7)
- II. Health and Physical Education has its deep relationship with Psychology. Discuss. (10)

**UNIT- II**

- III. Elaborate the qualification of Health and Physical Education teacher. Explain the responsibilities being performed by a Health and Physical Education teacher (4,6)
- IV. Discuss the need and importance of Health and Physical Education infrastructure and equipments. (10)

**UNIT- III**

- V. Discuss the concept of Health Education. Write down the objectives of Health Education in detail. (3,7)
- VI. What do you mean by balance diet? Write down the functions of food. (3,7)

**UNIT- IV**

- VII. Write down the importance of warming<sup>up</sup> and cooling down in sports. (7,3)
- VIII. a) Rules and Regulations of Volley Ball game. (5,5)  
b) What are recreation programs in school?

x-x-x

(Hindi and Punjabi versions enclosed)

P.T.O