

Name. Student ID:		Printed Pages:0		
School of Nursing CAT 1 Exam - Semester: 1st Sem [Program: B. Sc Nursing] [Batch: 2023-27]				
Course Title: Physical Education and Yoga Course Code: ZOZO40401		Max Marks: 30 Time:1.5 Hrs		
Instructions:		1. All questions are compulsory 2. Assume missing data suitably, if any		
Multiple Choice Questions				
1	How many components does physical fitness have? a) Five b) Four c) Six d) Three	K1	D1	1
2	What is the other name for synchronization? a) Speed b) Coordination c) Strength d) Endurance	K1	D1	1
3	National Discipline scheme was introduced in which year a) 1954 b) 1945 c) 1940 d) 1965	K2	D2	1
4	The aim of health-related fitness is to prevent a) Power b) Way c) Disease d) Capacity	K2	D3	1
Very Short Type Questions				
5	What is the full form of CABPER	K3	D1	2
6	Explain wellness	K3	D2	2
7	Identify importance of Yoga for human health.	K3	D3	2
Short Type Questions				
8	Explain aim and objectives of physical education.	K4	D1	5
9	Define physical education in terms of JB Nash.	K4	D2	5
Essay Type Questions				
10	Explain condition of Physical education at a) Vedic age b) Muslim period c) Nalanda Period d) Historic Age	K5	D2	10