

Tecnia Institute of Teacher Education

Pre – Board Examination (April 2010)

ETE II Year

Health and Physical Education

Time: 3 Hrs.

M.M.: 30

General Instructions:-

- (i) All questions are compulsory.
- (ii) All questions carry equal marks.

- Q1. Write the main components of food? Explain in detail the diet deficiency diseases?
- Q2. What do you understand by balanced diet? Why it is important for growing child?
- Q3. What are communicable diseases? Explain the causes, Symptoms, control & prevention of T.B. and whooping cough diseases?
- Q4. What is physical fitness? Why it is important for school children?

or

What do you understand by intramural and extramural activities in the school? How they are helpful for all round development of a child?

Q5. Write the difference between knockout and league tournaments? Draw a fixture of 10 teams on knock out basis tournament?

Q6. What is yoga Education ? Discuss the need and importance of yoga education for school children?