

B. N. Bandodkar College of Science, Thane.
Junior College
S.Y.J.C. 1st Term Examination, October 2014
Subject – Physical Education

Day: Thursday
Date: 09/10/2014

Time: 01.00 pm to 02.00 pm
Max. Marks: 25

Q.1 **Fill in the blanks:** **05**

1. Abhinav Bindra is related to _____ game
2. There are _____ runner in relay race.
3. _____ player are there in cricket team.
4. Kabaddi is also known as _____
5. _____ strength typically is developed using resistance training.

Q.2 **State whether following sentences are true or false:** **05**

1. Badminton originated in India.
2. Kadaddi originated in Sri Lanka
3. Ranji Trophy is related with the Hockey
4. Pranayam helps to improve breathing
5. Sharad Pawar is President of Indian Olympic Association

Q.3 **Match the following:** **05**

1.	Dhanaraj Pillai	Wrestling
2.	Virat Kohli	Boxing
3.	Pele	Football
4.	Vijendra Singh	Hockey
5.	Sushil Kumar	Cricket

Q.4 **Answer the following question (Any two):** **10**

1. What is obesity? How to control obesity?
2. Explain Dopping.
3. Explain benefit of balance diet.
4. Write component of physical fitness and motor fitness.
5. Benefit of exercise.