

SURI VIDYASAGAR COLLEGE

DEPARTMENT OF PHYSICAL EDUCATION

INTERNAL ASSIGNMENT

SEMESTER – IV

COURSE CODE – CC-1D

PAPER:- HEALTH EDUCATION, PHYSICAL FITNESS AND WELLNESS.

C-1

Answer Any 5 Question 5 x 2 = 10

1. Definition of health education.
2. Aim of health education.
3. Full form of WHO.
4. Full form of UNESCO.
5. Full form of AIDS.
6. What are communicable diseases?
7. What is the definition of postural deformities?

C-2

Answer Any 5 Question 5 x 2 = 10

1. What is sprain?
2. What is dislocation?
3. What is the definition of physical fitness?
4. Concept of wellness.
5. Type of health related physical fitness.
6. Type of age.
7. What is the definition of first aid?

INSTRUCTION:-

- USE A4 SIZE PAGE.
- USE COVER PAGE.
- Page Number and University Roll Number Is Mandatory For Every Single Page.

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