

2/MDC-167 Syllabus-2023

2026

(May-June)

FYUP : 2nd Semester Examination

MULTIDISCIPLINARY COURSE

(Physical Education and Sports Science)

(MDC-167)

Marks : 56

Time : 2½ hours

*The figures in the margin indicate full marks
for the questions.*

SECTION—A

(Short Answer-type Questions)

1. Answer any four questions : 4×4=16

- (a) What is the main purpose of physical education?
- (b) Name the five types of physical education.
- (c) Name some common trainings in conditioning in sports context.

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(Turn Over)

(2)

- (d) What are the two main types of muscle contraction?
- (e) Define the main goals of exercise physiology.
- (f) Discuss the importance of recreational sports activities.

SECTION—B

(Descriptive-type Questions)

Answer any four of the following questions :

10×4=40

- 2. (a) What are the five common sports injuries? 3
- (b) What should first aid be given in the event of a head injury? 4
- (c) What are the basic steps to prevent a sports injury? 3
- 3. (a) How does lactic acid affect sports performance? 3
- (b) Why do athletes measure lactic acid level? 3
- (c) Give an example of a metabolic response to exercise. 4

4. (a) What are the effects of exercise overtime on the respiratory and muscular systems? 4
(b) What is a cardiac cycle? 3
(c) What is the first line of management for a fracture? 3
5. (a) What is the correct first aid management of a nosebleed? 3
(b) What are the most common reasons for fainting? 3
(c) What are the first aid managements of a drowning patient? 4
6. (a) What is recreational sports and the scope of recreation? 4
(b) What are the two types of recreational activities? 3
(c) How does age affect recreational activities? 3
7. (a) What is the role and function of the Sports Authority of India (SAI)? 5
(b) Name the six National Sports Awards in India. 5
