

Kageshwori Manahara PABSON, Kathmandu



PRE-BLE EXAMINATION-2079

Health and Physical Education

Class: 8

2079 Falgun 12, Friday

Full Marks: 30

Time: 50 min

Candidates are required to write their answers according to the instructions given.

Attempt all questions.

Group "A" (Health education)

Attempt all the question from this group. (10×2=20)

1. Write down any two functions of human heart.
2. What are the personal responsibilities of adolescent?
3. Write any two functions to be done for improvement of family and community health.
4. What is malnutrition? Write any two diseases caused by it.
5. What are the facilities we can get from reproductive health services?
6. For which diseases BCG and DPT vaccinations are given?
7. What are the two preventive measures from bone fracture?
8. Write down any two function of health post.
9. What is meant by first aid? Write any two importance of it.
10. Write down any two effects of drugs.

Group "B" (Physical Education)

Answer the following questions. 10

11. Why warm up exercise should be done before playing?

(1)

Or

Write down any one method of waist exercise.

12. Write any two importance of Yogasan.

(1)

Or

How do kapalvati help human body?

13. Write down any two advantages of drills.

(1)

Or

What is drill? Write.

14. Which parts of our body is exercised by PT no.4.

(1)

Or

Which part of our body exercised by PT no.11.

15. What should be considered while throw in? (2)

16. Why dribbling is important in basketball? (2)

17. What are the different steps of shot put? Write.

(2)

Or

Why athletics is called as track and field event? Write.

-Good Luck