



૫ જુદા જુદા વાતાવરણની રમત પર થતી અસરો વર્ણવો. ૧૪

**અથવા**

૫ “થાક” એટલે શું ? થાકને દૂર કરવાના ઉપાયો અને થાકના પ્રકારો વર્ણવો. ૧૪

### **ENGLISH VERSION**

**Instructions :** (1) As per the Instruction No. 1 of Page No. 1.  
(2) All questions carry **equal** marks.  
(3) Write answer all questions.  
(4) Figures to the **right** indicate marks of questions.

1 What is Balance diet? Describe the various components of balance diet and its used for sportsman. 14

**OR**

1 Give an information about the banned drugs by the International sports and game federation. 14

2 Brief the chemical changes during the voluntary muscular contraction and describe the chemical reaction of voluntary muscles. 14

**OR**

2 Discuss the bad effects of "Tobacco" and "Alcohol" on sportsman. 14

3 Describe the structure of voluntary muscles and give classification according to their functions. 14

**OR**

3 Describe the "Neuro muscular co-ordinations". 14

4 Describe the changes of various systems of human body during exercises. 14

**OR**

4 Describe the areas of exercise physiology and its importance for a physical education teacher. 14

5 Describe the effects of various environmental conditions on sports and game. 14

**OR**

5 What is "Fatigue"? Describe the types of fatigue and what are the ways to remove it? 14