

# वीर नर्मद दक्षिण गुजरात युनिवर्सिटी

## ALP5LPV[0Y

### sV[S JQF¶f

#### 7FGFtDS o ( Theory ) Z\_\_# f

s VD, Z\_\_Z v

5|`G5+ v ! XFZLIZS IX1F6 VG[ ZDTUDTGF VnTG 5|JFCM  
 5|`G5+ v Z XFZLIZS IX1F6GL 5wWITVM4 VFIMHG VG[ Z\HG  
 5|`G5+ v # XFZLIZS IX1F6 VG[ ZDTDF\ jIJ:YF5G VG[ ;\RF,G  
 5|`G5+ v \$ X{1FI6S VG[ ZDT DGMIJ7FG  
 5|`G5+ v 5 XZLZ ZRGFXF:+4 XZLZ IJ7FG VG[ jIFIFDGL V;ZMP  
 5|`G5+ v & :JF:YI IX1F64 XFZLIZS C,GR,GXF:+ VG[ ZDTIRIST;F IJ7FG  
 5|`G5+ v \* 5\RSFI¶¶ VG[ ZFCAZLGF J{7FIGS I;wWF\TM

#### IS|IFtDS o ( Practical Skill )

!P ZDTIJEFU ov  
 SA00L4 BMBM4 JM,LAM,4 IS|S[84 CMSL4  
 AF:S[8AM,4 O}8AM,4  
 C[g0LAM,4 A[0IDg8G4 8[A,8[GLX  
 ZP B[,S}N ov  
 8\}SL NM0 v IGIDM4 D[NFGM4 ;FWGM4  
 5\RSFI¶¶4 SM{X<IM4  
 S\0XGL\U S;ZTM  
 DwID NM0 v IGIDM4 D[NFGM4 ;FWGM4  
 5\RSFI¶¶4 SM{X<IM4  
 S\0XGL\U S;ZTM  
 ,F\AL NM0 v IGIDM4 D[NFGM4 ;FWGM4  
 5\RSFI¶¶4 SM{X<IM4  
 S\0XGL\U S;ZTM  
 IJNGNM04 8%%FF NM0P  
 S}N v ,F\AL S}N4 p\RLS}N4 ,\U0LOF/S}N4  
 JF\;S}N4  
 O[S v UM/FO\S4 AZKLO\S4 RS|O\S4  
 CYM0FO\SsEF.VMf  
 #P :JLDL\U4 0dGF:8LS; VG[ VF;GM o v  
 O,MZ V[S;Z;F.h4 UM/D8F4 JM<8L\U AM1F4  
 sAM|0 AM1Ff  
 sEF.VM v AC[GMf

5MD[, CM;¶ sEF.VMf4 ZMDG ZL\u; sEF.VMf4  
 CMZLhMg8, AFZ  
 sEF.VMf4 5[Z[, , AF;¶4 sEF.VMf4 ALD sAC[GMf4  
 VG.JG AFZ  
 sAC[GMf  
 D,BD sEF.VMf4 5LZFDL0; sEF.VM v AC[GMf4  
 IMUF;G sEF.VM  
 v AC[GMf  
 v IO= :8F.,4 A[S:8=MS4 A[:8:8=MS4 A8ZO,FIP

\$P SJFIT v S[,[:YIGS; VG[ ;FWG jIFIFD o v  
 IO=,vDFRL\¶U4 S[,[:YIGS;4 0\A[<;4 5IZIF  
 SJFIT4 NJHSJFIT4 HM0L4 JMg04 JF\;SJFIT4  
 ,[hLD4  
 s ICgN]:TFGL VG[ 3F8L f ,F9LP

5P IJSF; S;ZTM4 ,\0G jIFIFD4 VG[ TF,UIT ov  
 N\04 A[9S4 ;)I¶ GD:SFZ4  
 S]:TL4sUFN,FfsEF.VMfHD{IF4 HD{IF ,\0T  
 sAC[GMf4 H}0M4 ;D)CG°tIM4VG]SZ6M4 UZAM  
 sAC[GMf4ZF;sEF.VMf4 ZFQ8=ULTM4 ,MSG°tIM  
 sEF.VM v AC[GMf4 XIGMtYFG sAC[GMf4 p\RS  
 sEF.VMf JHG4 jIFIFD  
 5|MH|S8; o ZFQ8L=I TC[JFZswJHJNGf4  
 VF\TZU°C :5WF¶VM4  
 U|FD;[JFIXIAZ45\RSFI¶4 D[NFG \SG4  
 NM0ZFC s 8=[S \S f G[T°tJ TF,LD  
 IXIAZ

**VwIF5G1F+ ( Teaching Ability ) ov**

XFZLIZS IX1F6GL NZ[S IJUTMG[ VFJZL ,[TF !\_  
 XFZLIZS  
 IX1F6 5F9P

# વીર નર્મદ દક્ષિણ ગુજરાત યુનિવર્સિટી

## પ્રશ્નપત્ર – ૧

### શારીરિક શિક્ષણ અને રમતના અઘતનપ્રવાહો

#### CITVM o

#### 5|IX1F6FYL|VM o

- ◆ EFZTLI IX1F6GF C[T]VM ;DH[ K[P
- ◆ XFZLIZS IX1F6GF C[T]VM4 5FIFGF I;wWF\TM VG[ 5|GM ;DH[ K[P
- ◆ XFZLIZS IX1F6GL ;:YFVM IJX[ DFICTL WZFJ[ K[P
- ◆ XFZLIZS IX1F6 NJFZF j|IST IJSF; IJX[ HF6[ K[P
- ◆ ;FDFIHS 5FIFUT I;wWF\TM ;DH[ K[P
- ◆ XFZLIZS IX1F6GL V{|TCFI;S IJUTM HF6[ K[P
- ◆ XFZLIZS IX1F6 VG[ ZDTUDTGF JT|DFG 5|JFCM HF6[ K[P

#### VeIF;S|DGF D|NNFVM ov

#### IJEFU v ! XFZLIZS IX1F6GF I;wWF\TM

- !P XFZLIZS IX1F6GF w|IM VG[ C[T]VM  
 sSf XFZLIZS IX1F6GM VY|4 w|I VG[ C[T]VMP  
 sBf XFZLIZS IX1F64 :JF:YI IX1F64 Z\HG4 ;JF¥UL j|IFFD4 XFZLIZS  
 TF,LD4 VY|38G  
 VG[ TOFJTP  
 sUf XFZLIZS IX1F6 VG[ ;FDFgl IX1F6
- #P ;FDFÒS 5FIFUT I;wWF\TM  
 sSf ;FDFÒS D}<IMGF 30TZDF\ XFZLIZS IX1F6GM OF/MP  
 sBf XFZLIZS IX1F6 NJFZF ;FDFÒSZ6 v :5WF|4 ;3QF|4 ;CSFZ4  
 ;DFWFG4 ;FDFÒS  
 :JLS°ITP

#### IJEFU v Z XFZLIZS IX1F6GF 5|JFCM

- s!f EFZTDF\ ZFDFI64 DCFEFZT4 VG[ IA|8LX XF;GDF\ XFZLIZS  
 IX1F6GL 5|J°ı VM4 IJSF;  
 sZf 5|FRLG VM,ld5S ZDTMGM pNÿEJ VG[ IJSF;4 VFW]IGS ZDTMt;J4  
 NJH4 VFTX4 5|IT7FVM4 VF\TZZFQ8=LI VM,ld5S ;IDIT  
 s#f U|L; s:5F8F| v V[Y[g;f DF\  
 s\$f VD|ZSFDF\ XFZLIZS IX1F6  
 sBf Z\HG 5|J°ı VF\NM,G  
 s5f VJF|RLG EFZTDF\ XFZLIZS IX1F6  
 s!f EFZTDF\ XFZLIZS IX1F6GL 5|J°ITVMGM 5|RFZ VG[ IJSF;  
 sZf JFIPV[DPP;LPV[ GM EFZTDF\ XFZLIZS IX1F6 1F[+ OF/M

s#f XFIZZLS IX1F6GL TF,LDL ;\:YFVM v  
 V[,PV[GPVF.P5LP.PuJFI,IZ4 JFIP V[DP ;LP  
 V[P v R[gGF.4 V[RPJLP5LPV[DPv IOU|L SM,[H VMO IOIhS,  
 V[HI]S[XG4 VDZFJTL4  
 U]HZFT jIFIFD 5]RFZS D\0/4 ZFH5L5,FP  
 s\$f .lg0IG VM,ld5S V[;M;LV[XG  
 s5f :5M8¶; VMYMZL8L VMO .lg0IF sV[;PV[PVF.Pf  
 s&f :5M8¶; VMYMZL8L VMO U]HZFT sV[;PV[PÒPf  
 s\*f ZFQ8=LI ZDT 5|IX1F6 ;\:YF sV[GV[;V[GVF.V[;f 5ITIF/F S,S¿F4  
 A[u,MZ4 VM{Z\UFAFN4 UF\WLGUZ P  
 s(f VIB, EFZTLI XF/FSLI ZDTUDT D\0/ v IXIF/] VG[ XZN ZDTMt;JP  
 s)f V[IXIG U[d;  
 s!\_f V[JM0¶; v VH¶]G4 ãM6FRFI¶ 4 V[S,jl 4 ;ZNFZ 58[,4  
 HINL\5I;\CÒ  
 s!!f EFZTDF\ RF,TF XFZLIZS IX1F6GF JT¶DFG IJIJW VeIF;S|DM

# વીર નર્મદ દક્ષિણ ગુજરાત યુનિવર્સિટી

## પ્રશ્નપત્ર – ૨

### શારીરિક શિક્ષણની પદ્ધતિઓ, આયોજન, અને રંજન

#### CITVM o

#### 5|IX1F6FYL¶VM o

- ◆ XFZLIZS IX1F6DF\ IX1F6FtDS IJEFUGL IJIJW 5wWITVM IJX[ HF6[ K[ VG[ T[GM IMuI p5IMU SZTF\ XLB[P
- ◆ XFZLIZS IX1F6GL 5F9GM\W T{IFZ SZ[ K[P
- ◆ :5WF¶VMGL IJIJW 5wWITVM IJX[ ;DH S[/J[ K[ VG[ :5WF¶VMG\] ;\RF,G SZJFG\] SM{X<I S[/J[ K[P
- ◆ IJnFYL¶ JUL¶SZ6 SZJFGL VFWFZE}T AFATM ;DH[ K[ VG[ T[GM IMuI p5IMU SZTF\ XLB[ K[P
- ◆ S;M8L VG[ DF5G IJX[ HF6[ K[P
- ◆ H]NF H]NF 5|SFZGF 8=[S NMZJF RS|FJF5]:YFG VF5JFGL 1FDTF S[/J[ K[P
- ◆ X{1FI6S p5SZ6MGF IMuI p5IMU IJX[ HF6[ K[P
- ◆ ZDTUDTDF\ H]NF H]NF 5|SFZGF 5|[ZSM IJX[ HF6[ K[P
- ◆ Z\HG4 T[GL VUItIF VG[ jIF5 IJX[ HF6[ K[P

#### VeIF;SIDGF D]NNFVM ov

- s|f 5wWIT V[8,[ X]4 5wWITG[ V;SZTF\ 5IZA/M  
VwIF5GGL 5wWITVM4 C]SD 5wWIT4 J6¶G4 ~SFJ8;[ 5wWIT4  
~SFJ8;[ J6¶G 5wWIT4 TF,;[ 5wWIT4VB\0v B\0 v VB\0 5wWIT4 N5¶6  
5wWIT4 IGNX¶G 5wWIT JU[Z[P
- sZf 5F9 VIMHG v 5F9GF 5|SFZM4 5F9GF IJEFUM4 VG[ T[GL  
p5IMIUTF4 5F9GL 5}J¶T{IFZL4 5F9 ,[BG4 5F9vIGZL1F64  
ZH}VFTGL S/F
- s#f JUL¶SZ6 v VuFtI4 5wWITVM VG[ 5|SFZM4 JHG4 p\RF. VG[ p\DZGF  
VFWFZ[P
- s\$f :5WF¶ VG[ T[GF 5|SFZM v AFT,4 RSS| VG[ T[GF 5|SFZ4 IDz4  
50SFZ :5WF¶GF OFINF VG[ U[ZOFINF
- s5f CIZOF.VM v sVf XF/FSLI :5WF¶VM s>g8=Fdl]Z,f4 AFil :5WF¶VM4  
D{+L D]SFA,F
- sAf B[,S)N ;\D[,G4 TZ6 ;\D[,G4 S]:TL ;\D[,G4  
IHdG[:8LS; ;\D[,G4  
JHG v p\RS ;\D[,G4
- s&f S;M8L VG[ DF5G v H~IZIFT ;FZL S;M8LGF\ ,1F6M4 5|SFZ VG[  
ZRGF4 CFJ¶0¶ :8[5 8[:8
- s\*f X{1FI6S p5SZ6M v Nxl v zFj| ;FWGM4 RF8¶Y;4 IR+M4 DM0[<;  
JU[Z[P

s(f s8=[Sf NM0DFU¶ VG[ B[,S}N D[NFGMGL ZRGF VG[ \\\SG v ;LW  
 VG[ I+HIF NJFZF \$\_\_ DLPGF  
 5|dFF6E}T NM0DFU¶G\] VFIMHG4 H[DF\ RS|FJF 5|:YFG4 VG[ S}N  
 v O\[[SGF D[NFGMP  
 s)f 5|Mt;FCGM v V[JM0¶4 ;gDFG O,S4 IJHI5NDM4 8=MOLh  
 5|DF65+M4 .GFDM JU[Z[P  
 s!\_f Z\HG sVf VY¶4 VUtl VG[ jIF5  
 sAf Z\HGGF I;wWF\TM  
 sSf Z\HGGF 5|SFZM v XC[Z VG[ UF|dl S1FFV[ jJJ:YFT\+  
 s0f p\DZGF H}Y 5|dFF6[ SFI¶S|DG\] VFIMHG  
 s.f Z\HGG[ 5|Mt;FCG s J[Uf VF5TL ;\:YFVM  
 s.f Z\HGDF\ G[T°tJ

# વીર નર્મદ દક્ષિણ ગુજરાત યુનિવર્સિટી

## પ્રશ્નપત્ર – ૩

શારીરિક શિક્ષણ અને રમતમાં વ્યવસ્થાપન અને સંચાલન

### CITVM

#### 5|IX1F6FYL¶VM ov

- ◆ XFZLIZS IX1F6 VG[ ZDTUDTDF\ jIJ:YF ;\RF,G VG[ jIJ:YF5GGL ;\S<5GF ;DH[ K[P
- ◆ ZFHIDF\ IX1F64 XFZLIZS IX1F6 VG[ ZDTGF jIJ:YF T\+GL DFICTL D[/J[ K[P
- ◆ U]HZFT ZFHIDF\ RF,TL ZDTUDT VG[ XFZLIZS IX1F6GL TF,LDL ;\:YFVMGL DFICTL D[/J[ K[P
- ◆ ;DI5+S4 \NFH5+4 IGZL1F64 IXIAZ JU[Z[G\] DCtJ ;DH[ K[P VG[ T[ T{IFZ SZJFGL 1FDTF S[/J[ K[P
- ◆ jIFFD IGX¶G VG[ 5|NX¶G SFI¶S|DMG\] DCtJ ;DH[ K[P VG[ VF HFTGF SFI¶S|DM IMHJFGL 1FDTF S[/J[ K[P

### VeIF;S|D GF D]NNFVM o

- s|f 5|:TFJGF o jIJ:YF5G VG[ ;\RF,GGL ;\S<5GF VUtl4 C[T]VM VG[ l;wW\FTM
- sZf jIJ:YFT\+ o sVf XF/F SM,[H4 VG[ ZFHI S1FFV[ XFZLIZS IX1F6G\] VG[ ZDTUDTG\
- jIJ:YFT\+
- sAf 5|RFZ DFwIDGM OF/F[4 XFPIX VG[ ZDTUDTDF\ IJSF;DF\ OF/M
- s#f XFIZZLS IX1F6DF\ ;UJOM o
- jIFFDXF/F4 :GFGFUFZ4 B[,S)NGF\ D[NFGM4 S|L0F\U6M JU[Z[GL ZRGF VG[ ;\EF/
- s\$f ;FWGM o
- H~IZIFT4 BZLN4 ;\EF/4 ;FRJ6L4 IJTZ6 VG[ IGsf,
- s5f XFZLIZS IX1F6DF\ G[T°tJ o
- sSf G[T°tJ VG[ T[GL VUtlTF
- sBf XFZLIZS IX1F6GF IX1FSGL ,FISFT4 ,1F6M VG[ OZHM
- sUf XFZLIZS IX1F6GF IX1F6GF IX1FSMGL TF,LD DF8[GL ;UJOM
- s3f ;FDFgl IX1F6DF\ XFZLIZS IX1F6GF IX1FSMGM OF/M
- s&f ;DI5+S o
- sSf ;DI5+SGF l;wW\FTM VG[ ;DI5+SGL ZRGF

sBf XF/FSLI VG[ VF\TZXF/FSLI :5WF¶[VMG] VFIMHG  
 T[GF ,FEF,FE  
 s\*f 5+SM VG[ ZÒ:8ZM o CFHZL5+S4 5|UIT5+S4 ;\U|ICT 5+S4 0[0:8MS  
 ZÒ:8FZ4 IJTZ6

ZÒ:8FZ VG[ GF6FSLI DNN  
 s(f \NFH5+ o ;\S<5GF VG[ H~IZIFT4\NFH5+ZRGFGF I;wWF\TM4  
 BR¶GF IGIDM4IC;FAL  
 T5F;6L

s)f ZDTUDTG\] VFIMHG VG[ ;\RF,G4 ZFHI S1FF4 XF/F VG[  
 DCFXF/FVMDF\

s!\_f IGZL1F6 o

sSf IGZL1F6GM VY¶4 C[T] VG[ :J~5 o 5|Fy|DS DFw|IDS VG[  
 prRTZ DFw|IDS XF/FG\] XFIZZLS IX1F6G\] IGZL1F6P

sBf IGZL1F6GF\ ,1F6MP

sUf IGZL1F6GF D]NNFVM o s!f D],FSFT sZf IGNX¶G s#f A],[8LG  
 s\$f VFIMHGM s5f

VIWJ[XG s&f J{IISTS ;,FC;}RGM IJU[Z[P

s!!f IXIAZ o

sSf IXIAZGF 5|SFZM VG[ T[VMG\] X{1FI6S D}<I

sBf IXIAZ VFIMHG VG[ ;\RF,G o s!f :Y/ 5;\NUL sZf :YFIGS Z; s#f  
 VFZMuI

IJQFIS ;]IJWFVM s\$f J{NSLI ;\EF/ s5f  
 ;FJR[TLVM VG[  
 ;,FDTL s&f IC;FA sV[SFpg8L\Uf s\*f  
 EMHG;FDU|LGL BZLNL VG[ Z;M.4 JF;6MGL  
 ;\EF/ VG[ ;OF.

sUf N{IGS VG[ V9JFI0S SFI¶S|D4 ;DI5+S VG[ 5|J°i;VMGL 5;\NUL  
 s!Zf j|FIFD IGNX¶G VG[ 5|NX¶G o VY4¶ DCtJ4 XFZLIZS IX1F6 VG[  
 ZDTUDTGf\ IJSF;DF\

OF/MP

# વીર નર્મદ દક્ષિણ ગુજરાત યુનિવર્સિટી

## પ્રશ્નપત્ર – ૪

### શૈક્ષણિક અને રમત મનોવિજ્ઞાન

#### CITIVM

#### 5|IX1F6FYL¶VM o

- ◆ DGMIJ7FG4 X{1FI6S DGMIJ7FG VG[ ZDT DGMIJ7FGGM VY¶ HF6[ K[ VG[ IX1F64 XFZLIZS IX1F6 VG[ ZDTDF\ T[GL p5IMIUTF ;DH[ K[P
- ◆ XFZLIZS IX1F6DF\ 5|[Z6FG\] DCtJ ;DH[ K[P
- ◆ AF/IJSF;GF TASSF IJX[ HF6[ K[P VG[ AF/IJSF;DF\ JXFG]S]D VG[ 5IF¶JZ6GL V;Z v VUtITF V\U[ HF6[ K[P
- ◆ VwIIGGF I;wWF\TM HF6[ K[P VG[ VwIF5GDF\ p5IMHG SZ[ K[P
- ◆ X{1FI6S VF\S0FXF:+G\] DCtJ HF6[ K[P VG[ DwIJTL¶ I:YITGF DF5M IJX[ HF6[ K[P
- ◆ ZDTUDTG[ V;Z SZTF\ 5IZA/M IJX[ HF6[ K[P
- ◆ XFIZZLS IX1F6 NJFZF jIISTUT IJSF; IJX[ HF6[ K[P

#### VeIF;S|DGF D|NNFVM o

s!f DGMIJ7FG VG[ X{1FI6S DGMIJ7FGGM VY¶4 XFZLIZS IX1F6GM X{1FI6S DGMIJ7FG ;FY[ ;\A\WP

sZf IJSF; VJ:YFVM4 J°lwW VG[ IJSF;G\] :J~54 H]NL H]NL IJSF; v VJ:YFGF\ ,1F6M VG[ T[G[ VG]~5 X{1FI6S 5|IS|IF

s#f IJSF;GF IJEFUM XFZLIZS DFGI;S4 UnFtDS4 VFZMuIFtDS VG[ ;FDFIHS IJSF;

s\$f 5|[Z6FVM v HgDHFT H~IZIFT VG[ ;FCIHS J°ı;VM4 .Z6M4 p5FIH¶T4 5|JT¶G4 5|Mt;FCG4

VIE~IR JU[Z[GM XFZLIZS IX1F6GL 5|J°ı;GF IJSF;DF\ OF/MP

s5f JFZ;M VG[ JFTFJZ6

s&f XLBJFGL 5|IS|IF o VwIIGG\] :J~54 IX1F6GF I;wWF\TM4 VIE; \WFG4 VF\TZ; }h4 5|ItG VG[

E};,]WFZ6F TYF T[GF X{1FI6S OI,TFYM¶4 IX1F6GM JS]F,[B4 IX1F6 ;\S]D6

s\*f ZDT DGMIJ7FG v VY¶4 jIFbIF VG[ ZDTUDT DF8[ VUtITF4 ZDTJLZG\] jIISTtJ

s(f jIISTJ v VY¶4 5|SFZM VG[ XFPIXDF\ T[G\] DCtJ

s)f jIISTUT IEgGTF VG[ ZDTUDT ;FY[ ;\A\W

s!\_f ZDT DGMIJ7FG T{IFZL

# વીર નર્મદ દક્ષિણ ગુજરાત યુનિવર્સિટી

## પ્રશ્નપત્ર – ૫

શરીર રચનાશાસ્ત્ર, શરીર વિજ્ઞાન અને વ્યાયામની અસરો.

### CITIVM o

#### 5|IX1F6FYL¶VM o

- ◆ DFGJ XZLZGF IJIJW T\+MGL ZRGF VG[ T[GF SFIM¶ IJX[ HF6[ K[P
- ◆ XZLZGF IJIJW T\+M p5Z jIFIFDGL V;ZM IJX[ HF6[ K[P
- ◆ HFTLI TOFJT IJX[ HF6[ K[ VG[ T[G[ VG],1FLG[ XFZLIZS IX1F6GL 5|J°I; VM VF5[ K[P
- ◆ 7FG[lgãIVM IJX[ HF6[ K[P
- ◆ AF/SMGF V\U-U4 T[GL IJS°ITVM IJX[ HF6[ K[ VG[ T[GF p5RFZ IJX[ DFICTL D/J[ K[P

### VeIF;SIDGF D]NNFVM o

s!f XZLZZRGFXF:+GF[ VY¶4 H~IZIFT VG[ XFZLIZSIX1F6 VG[ ZDTUDT 1F[+G\] DCtJ

s!f DFGJXZLZGF GLR[GF\ IJIJW T\+M VG[ VJIJM v 5|SFZ4 ZRGF VG[ SFIM¶4 VI:YTT\+4

;F\WF4 :GFI]T\+4 ~IWZFI;Z6T\+4 `J;GT\+4 s;[S\0JLg04VMSI;HGG\] N[J] ;ICTf4 5FRGT\+4 pt;U¶T\+4 7FGT\+4 5|HGGT\+P

sZf p5I¶]ST T\+M p5Z YTL IGIIDT jIFIFDGL TFtSFI,G VG[ N}ZUFDL V;ZMP

s#f HFTLI TOFJTGF D]NNFVM VG[ T[G[ VG],1FLG[ v XFZLIZS IX1F6GL 5|J°I; VM

s\$f VF\To:+FJL U\|YVM v VUtIGL U\|YLVMGF :YFG VG[ SFI¶J°lwW4 :JF:YIGF IJSF;DF\ TYF

DFGJLGL pID¶GF IJSF;DF\ OF/MP

s5f p5FIM VG[ ;]WFZ6F SFI¶S|D o

V\U-U 5|SFZ s5MxRZf4IJS°IT4 V\U-U\UGF SFZ6M4 ;5F8 5U

sO,[8 O}8f4 ZF\8F 5U

sGMSGLAM ,[Uf4B\}W sSFIOM;L;f4 SZM0GM VU| VG[ 5FxJ¶

J/F\S s,MZ v Ò;L\h4

:SFI,M;L;f NZ[S BM0GL ;DH VG[ T[G[ N}Z SZJFGF p5FIMP

### 5|FIMIUS SFI¶

s!f :5FIZMDL8ZGF p5IMUYL xJ;GXIST DF5JL4 0FIGMDL8Z4 :SLG OM<0 S[,L5;¶P

sZf CFYGL GF0LGF WASFZF DF5JF v S;ZT 5C[,F\ VG[ S;ZT 5KLP



# વીર નર્મદ દક્ષિણ ગુજરાત યુનિવર્સિટી

## પ્રશ્નપત્ર – ૬

સ્વાસ્થ્ય શિક્ષણ, શારીરિક હલનચલનશાસ્ત્ર અને રમતચિકિત્સા વિજ્ઞાન

### C[T]VM ◦

#### 5|IX1F6FYL¶VM ◦

- ◆ ZDT IJ7FG V\U[ ;DFDgl ;DH6 S[/J[ K[ VG[ ZDTGF IJSF;DF\ T[GL VUtITF ;DH[ K[P
- ◆ ZDTDF\ YTL >HFVM IJX[ HF6[ K[ VG[ T[GF p5FIM V\U[ ;DH6 S[/J[ K[
- ◆ B[,F0L VG[ IAGB[,F0LGF VF CFZ V\U[ HF6[ K[P
- ◆ DFGJC,GR,G 5|ISIF IJX[ ;DH[ K[P
- ◆ IJ7FGGF IJIW I;wWF\TM ;DH[ K[P VG[ ZDTDF\ T[GM p5IMU SZJFG\ XLB[ K[P
- ◆ VGVIWS°T XISTJW¶S NJFVM IJX[ HF6[ K[ VG[ T[GL VF0V;Z IJX[ ;DH6 S[/J[ K[P
- ◆ :JF:YI IX1F64 jIISTUT VFZMuI VG[ ;FZF VFZMuI IJX[ HF6[ K[P VG[ AF/SMGF :JF:YI S[/JJFDF\ DNN~5 YJFGL 1FDTF S[/J[ K[P
- ◆ IJIW ZMUM IJX[ HF6[ K[ T[GF O[,FJF VG[ V8SFJ V\U[ DFICIT D[/J[ K[P

### VeIF;S|DGF D]NNFVM ◦

- s!f :JF:YI IX1F6 v VY¶4 C[T] VG[ :J~5P  
XF/F VFZMuI ;]IJWFVM v 5LJFG\] 5F6L4XM{RF,I4 V<5FCFZ  
S[gäsS[g8LGf4JU¶B\04 jIFIFDB\04 S|L0F\U64 SRZFGF IGSF,GL  
jJ:YF
- sZf HFC[Z VFZMuI v R[5L ZMUMGF\ ,1F6M4 DFJHT VG[ V8SFJ4  
EFZTDF\ Z;LSZ6 SFI¶S|DP
- s!f CJF DFZOT[ O[,FTF R[5LZMUM v XZNL4O<I]s.GO,]V[ghFf  
VMZL4VKA0FP
- sZf 5F6L DFZOT[ O[,FTF ZMUM v SM,[ZF4 SD/M4 hF0F
- s#f HT] DFZOT[ O[,FTF ZMUM v 8F.OM.04 D[,ZLIF4 WG¶]JF4  
%,[U4 8LPALPs8I]AZS,M;L;f
- s\$f ;\;U¶HgI ZMUM v NFNZ4 B;4 V[.0h
- s#f 5MQF6 sVf ;DTM, VF CFZ v VY¶ VG[ T[GF 38SM  
sAf B[,F0L VG[ IAGB[,F0L DF8[[ ;DTM, VF CFZGL VUtITF
- s\$f XFZLIZS C,GR,GXF:+ sVf VY¶4VUtITF VG[ AFIMDLS[GLS; ;FY[  
;AW
- sAf XFZLIZS C,GR,GXF:+GM ZDTMGF\  
5|IX1F6DF\  
p5IMU

s5f XZLZZRGFv D}/E}T VFWFZM v XZLZGL 5|FyIDS I:YIT4  
 U]Z]tJDNIIA\N]4 U]Z]tJZ[BF4  
 XFZLIZS IS|IFVMDf\ ;5F8L TYF WZL IJX[GF I;wWF\TM4 prRF,G4  
 VI:YZ ;F\WF p5Z YTF  
 IJIJW 5|SFZGF C,GR,GGMGF prRF,GGF I;wWF\TM VG[ 5|SFZM  
 s&f UITIS|IFVMG\ IJ`,[QF6 v A/4 UITVM4 U]~tJFSQF¶64 3QF¶64  
 UITDFG4 5|1F[564 g|}8GGF  
 UITGF IGIDM sXFZLIZS IX1F6 VG[ ZDTUDTG[ wIFGDF\ ,.G[f  
 s\*f ZDTIJ7FG sVf ;\S<5GF4 H~IZIFT VG[ j|F5  
 sAf EFZTDF\ ZDTIJ7FGGM IJSF; VG[ .ITCF;  
 s(f ZDTDF\ >HFVM sVf 3F4RFD0L KM,JL4 :GFI]G\ B\[RF64 DRS4  
 CF0SFG\] B;L HJ\]4  
 CF0SFG\] EF\UL HJ\]P  
 sAf p5ZMST .HFVMGL 5|FyIDS ;FZJFZ v XLTM5RFZ  
 s)f B[,F0LVM DF8[ VGIWS°T XISDTJW¶S NJFVM v VY¶4 5|SFZM VG[  
 5IZ6FDMP

### **5|FIMIUS SFI¶**

s|f 5|FyIDS ;FZJFZGL 5[8L T{IFZ SZJL  
 sZf 5F8F5L\0L s0=[;L\Uf v H]NF H]NF 5|SFZGF 5F8F AF\WJF  
 s#f S°I+D `JF;MrKJF;

# વીર નર્મદ દક્ષિણ ગુજરાત યુનિવર્સિટી

## પ્રશ્નપત્ર – ૭

### પંચકાયો અને રાહબરીના વૈજ્ઞાનિક સિધ્ધાંતો

#### CITIVM

#### 5|IX1F6FYL¶VM o

- ◆ ZDT VG[ B[,S]NGF IGIDMGL HF6SFZL VG[ IG5]6TF D[/J[ K[P
- ◆ 5\RSFI¶ SZJFG\] SM{X<I S[/J[ K[P VG[ H~ZL U]6M S[/J[ K[P
- ◆ ZFCAZLGF I;wWF\TM HF6[ K[4 VG[ ZFCAZ TZLS[G] SFI¶ SZJFG] SM{X<I S[/J[ K[P
- ◆ ZDT VG[ B[,S]NDF\ p5IMUL J{7FIGS I;wWF\TM HF6[ K[P
- ◆ ZDTM T[DH B[,S]N DF8[GF U]65+SM EZJFG] SM{X<I S[/J[ K[P
- ◆ H]NL H]NL ZDTMGF D[NFGM :S[,DF5 ,.G[ NMZJFG] SM{X<I S[/J[ K[P

#### VeIF;SIDGF D]NNFVM o

s!f 5\RSFI¶ o VY¶ VG[ VUtITFP

sZf ;FZF 5\RGF\ ,1F6M o XFZLIZS VG[ DFGI;S IMuITF4 IGIDMG\] 7FG4 ;];\UTTF4 IG6¶IxIST4

VFtDIJ` JF;4 DSSDTF JU[Z[P

s#f 5\RGF ;\A\WM o j]J:YF5S D\0/M4ZFCAZ4 GFIS4 B[,F0LVM VG[ 5|[1FSM 5ZtJ[GF ;\A\WMP

s\$f 5\RGL OZHM o ZDT 5C[,F\GL4 ZDT NZdIFGGL TYF ZDT 5KLGL IGIIDT OZHM4 U6J[X4

;FWG4 IGZL1F64 ;}RGM VG[ VC[JF,MP

s5f 5\RSFI¶GF WMZ6MGL ;]WFZ6F o IGID4VeIF;4 DCFJZM4 VeIF; JUF[¶DF\ CFHZL4 U6J[X4

;FWG4 IGZL1F64 ;}RGM VG[ VC[JF,MP

s&f ZFCAZL VG[ TF,LD o XFIZZLS IX1F6GF IX1FS4 ZFCAZ4 VG[ TF,LD VF5GFZGL jIFbIF VG[

VUtITF4 C[T]4 5|tI[SGF\ ,1F6M4 7FG VG[ HJFANFZLVMP v TF,LDGF I;wWF\TM

s\*f z[Q9 B[,F0LGF\ VFJxIS ,1F6M v XIST4 Z;4 1FDTF4 IGWF¶Z 4 ;\S<5XISTP

s(f B[,F0LVM VG[ 8]S0LVMGL ;]:YIT sSg0L\XGLUf S;ZTMGM SFI¶S|DP sVf ;ZSL8 8=[GL\U4 5[;Z 8=[GL\U4 VF.;M8MGLS4

VF.;MD[8=LS4 VF.;MSF.G[8LS4

.g8ZJ, v 8=[GL\U4 S|M;Sg8=L

sAf pQDF5[|ZS 5|J°|; o 5|SFZM VG[ ,FEF,FE

s)f TF,LD ;DI5+S

s!\_f sSf GLR[GL ZDTMG] JT¶DFG:YFG4SM{X<IM VG[

5|I]ISTVMPs8[SGLS;f

sBf 5\RSFI¶ v IGIDM4OZHM4 ;\7FVM JU[Z[P  
sUf GLR[GL ZDTMGF\ D[NFGM T{IFZ SZJF\ P

**ZDTM**

s!f BMvBM sZf SA00L s#f JM,LAM, s\$f AF:S[8AM, s5f O}8AM, s&f  
CMSL s\*f IS|S[8  
s(f C[g0AM, s)f A[0DLg8G s!\_f B[,S}N o NM04S}N4O[\SP

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