

[দ্রষ্টব্য : ডান পাশের সংখ্যা প্রশ্নের পূর্ণমান জ্ঞাপক। ক বিভাগ থেকে তিনটি এবং খ বিভাগ তিনটি প্রশ্নের উত্তর দিতে হবে।]

ক বিভাগ

যে কোনো ৩টি প্রশ্নের উত্তর দাও।

৫×৩=১৫

১. বিশ্রাম ও ঘুমের প্রয়োজনীয়তা বর্ণনা করো।
২. ড্রেসিং করার পদ্ধতিসমূহ আলোচনা করো।
৩. প্রজাপতি সীতারের কৌশল বর্ণনা করো।
৪. কী কী কারণে ব্যাডমিন্টনের খেলায় সার্ভিস ফল্ট হয়?
৫. হাইকিং সম্বন্ধে সংক্ষেপে লেখ।

খ বিভাগ

যে কোনো ৩টি প্রশ্নের উত্তর দাও।

৫×৩=১৫

৬. 'AIDS' এর প্রভাব বর্ণনা করো।
৭. এইচআইভি এইডস রোগ কীভাবে মানবদেহে সংক্রমিত হয়? উল্লেখ করো।
৮. এইডস-এর উল্লেখযোগ্য লক্ষণসমূহ লেখো।
৯. প্রজনন স্বাস্থ্য রক্ষার প্রয়োজনীয়তা বর্ণনা করো।
১০. অপরিণত বয়সে গর্ভধারণের সমস্যাসমূহ আলোচনা করো।

শারীরিক শিক্ষা ও স্বাস্থ্য

বহুনির্বাচনি অভীক্ষা

পূর্ণমান — ২০

বিষয় কোড:

১ ৪ ৭

[বিঃ দ্রঃ সরবরাহকৃত উত্তরপত্রে বহুনির্বাচনি প্রশ্নের ত্রুটিক নথির বিপরীতে প্রদত্ত বর্ণনায় হাতে সঠিক উত্তরের বর্ণটিতে টিক (✓) চিহ্ন দাও। প্রতিটি প্রশ্নের মান-১।]

১. শরীরের জীবকোষগুলো কয় হতে থাকে কেন?
 (ক) বেশি ঘুমানোর ফলে
 (খ) অতিরিক্ত খাওয়ার জন্য
 (গ) নিয়মিত ব্যায়াম না করলে
 (ঘ) কাজকর্ম ও ব্যায়ামের ফলে
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 (ক) ফিজিওলজি
 (খ) সিট আপ
 (গ) এনাটমি
 (ঘ) নিউরোলজি
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 (খ) শিক্ষকের পরামর্শের উপর
 (গ) পিতা-মাতার পরামর্শের উপর
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 (খ) পা
 (গ) কপাল
 (ঘ) হাড়
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 (ঘ) ফ্রাইং
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 (ঘ) বুক সীতারে

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