

[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 জীবাণুকোষগুলো কয় হাতে থাকে কেন?
 (ক) বেশি ঘুমানোর ফলে
 (খ) অতিরিক্ত খাওয়ার জন্য
 (গ) নিয়মিত ব্যায়াম না করলে
 (ঘ) কাজকর্ম ও ব্যায়ামের ফলে
২. দেহের অঙ্গ-প্রত্যঙ্গের কাজের প্রক্রিয়াকে কী বলে?
 (ক) ফিজিওলজি
 (খ) সিট আপ
 (গ) এনাটমি
 (ঘ) নিউরোলজি
৩. শিক্ষার্থীদের শিক্ষামূলক গ্রন্থাবলি নির্বাচন করা কাদের উপর নির্ভর করে?
 (ক) ব্যক্তিগত আগ্রহের উপর
 (খ) শিক্ষকের পরামর্শের উপর
 (গ) পিতা-মাতার পরামর্শের উপর
৭. নেক পিঞ্জং দেয়ার সময় কী লাগাতে হয়?
 (ক) মাথা
 (খ) পা
 (গ) কপাল
 (ঘ) হাড়
৮. বাংলাদেশ "রেডক্রস" সোসাইটির নাম পরিবর্তন করে "রেড ক্রিসেন্ট" রাখা হয় কত সালে?
 (ক) ১৯৭১ সালের ১৬ ডিসেম্বরে
 (খ) ১৯৭৩ সালের ৩১ মার্চে
 (গ) ১৯৭৩ সালের ২০ সেপ্টেম্বরে
 (ঘ) ১৯৮৮ সালের ৪ এপ্রিলে
৯. গ্যাজেট বলতে কী বুঝায়?
 (ক) নীতিমালার বই
 (খ) মালপত্র রাখার বস্তু
 (গ) সরকারি হিসাবপত্রের খাতা
 (ঘ) হাইকিয়ারের হিসাবপত্রের খাতা
১০. প্রাথমিক চিকিৎসা কোন ধরনের শিক্ষা?
 (ক) ভেষজ শিক্ষা
 (খ) ভাষিক শিক্ষা
 (গ) হা-বীল শিক্ষা
 (ঘ) বিজ্ঞানসম্মত শিক্ষা
১১. সম্পূর্ণ বাহু বেঁধে কুপিয়ে রাখাকে কী বলে?
 (ক) গ্রিৎ
 (খ) অর্ডার গ্রিৎ
 (গ) অর্ডার গ্রিৎ
 (ঘ) কলার অ্যাড কাফ গ্রিৎ
১২. এইচআইভি ভাইরাস মানবদেহের কোথায় থাকতে পারে?
 (ক) শিরায়
 (খ) মস্তিষ্কে
 (গ) মুখের লালায়
 (ঘ) রক্তে
১৩. কত সালে প্রথম এইডস আবিষ্কৃত হয়?
 (ক) ১৯৬০ সালে
 (খ) ১৯৬৫ সালে
 (গ) ১৯৭১ সালে
 (ঘ) ১৯৮১ সালে
১৪. কীভাবে চললে এইডসে আক্রান্ত হওয়ার আপত্তা অনেকাংশে কমবে?
 (ক) নিয়ম করে চললে
৪. বন্ধুদের পরামর্শের উপর বিরতিহীনভাবে অধিক সময় ধরে কোন ব্যায়াম করা হয়?
 (ক) এবভোমিন্যাল এক্সারসাইজ
 (খ) স্পিন্ড এক্সারসাইজ
 (গ) রোমান রিং এক্সারসাইজ
 (ঘ) ক্রিজবি এক্সারসাইজ
৫. রোমান রিংয়ের দুটি রশি কত ইঞ্চি দূরে বাঁধতে হয়?
 (ক) ১৫-১৬
 (খ) ১৬-১৮
 (গ) ১৭-১৮
 (ঘ) ১৮-১৯
৬. সর্পি বুড়োর জন্য প্রয়োজনীয় হয় কোনটি?
 (ক) দুইটি রিং
 (খ) তোল
 (গ) একটি সুসজ্জিত মঞ্চ
 (ঘ) দুটি কাঠের দণ্ড
৭. পুটিকর খাবার খেলে
 (ক) ধর্মীয় অনুশাসন মেনে চললে
 (খ) পরিষ্কার-পরিচ্ছন্ন থাকলে
 (গ) ব্যাডমিন্টন খেলায় কোর্টের মাঝখানে নেটের উচ্চতা কত?
 (ক) ৪ ফুট
 (খ) ৬ ফুট
 (গ) ৫ ফুট
 (ঘ) ৭ ফুট
১৬. স্নেহ বেলার সময় প্রথম সার্ভিসকারী কোন কোর্ট থেকে সার্ভিস করবে?
 (ক) বাম কোর্ট
 (খ) শর্ট সার্ভিস কোর্ট
 (গ) ডান কোর্ট
 (ঘ) লং সার্ভিস কোর্ট
১৭. ব্যাডমিন্টনে কোনটির কাজ দ্রুত হয়ে থাকে?
 (ক) হাতের
 (খ) আঙ্গুলের
 (গ) হাতের
 (ঘ) পায়ের
১৮. ব্যাডবল খেলায় বিপক্ষ দলকে কয়টি কারণে ফ্রি গ্লো দেওয়া হয়?
 (ক) ৬টি
 (খ) ৭টি
 (গ) ৯টি
 (ঘ) ১০টি
১৯. ব্যাডবল খেলায় কীভাবে যতক্ষণ খুশি বল হাতে রাখা যায়?
 (ক) বল মাটিতে ড্রপ দিয়ে
 (খ) বল ধরে পৌড়ালে
 (গ) বুক চেপে আকড়ে ধরে
 (ঘ) নিজেকে অন্যদের থেকে দূরে রেখে
২০. পানিতে রেখে যতক্ষণ ধরে সীতার আরম্ভ করতে হয় কোন ধরনের সীতারে?
 (ক) মুক্ত সীতারে
 (খ) প্রজাপতি সীতারে
 (গ) ডিৎ সীতারে
 (ঘ) বুক সীতারে

১	২	৩	৪	৫	৬	৭	৮	৯	১০	১১	১২	১৩	১৪	১৫	১৬	১৭	১৮	১৯	২০
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The Routledge Handbook of Youth Physical Activity Timothy Brusseau, Stuart Fairclough, David Lubans, 2020-04-07

Over the past three decades the study of pediatric physical inactivity has become a public health concern. The decreases in physical activity have been associated with obesity and numerous hypokinetic diseases. In accordance with this public health concern, the study of pediatric physical activity has become a central part of research in the health and exercise science fields. The Routledge Handbook of Youth Physical Activity is the first book to survey the full depth and breadth of the issues facing this field. Bringing together many of the world's experts and practitioners, the book helps to develop an understanding of the underlying issues related to pediatric physical activity as well as the role physical activity plays on cognitive, psychomotor, and social aspects of childhood. The book addresses issues with physical activity measurement and discusses wide-ranging aspects of physical activity interventions. With more emphasis than ever on physical activity, this book makes an important contribution to the scholars and practitioners working in the field of youth physical activity. This is the first single text on the state of current knowledge related to pediatric physical activity which offers a comprehensive guide to students and academics on these subjects. The Routledge Handbook of Youth Physical Activity is key reading for all advanced students, researchers, practitioners, and policy makers with an interest in physical activity, youth sport, public health matters, sport studies, or physical education.

Birth Advantages and Relative Age Effects: Exploring Organisational Structures in Youth Sport Adam Leigh Kelly, Jean Côté, Jennifer Turnnidge, David Hancock, 2021-09-14

Neuromuscular Training and Adaptations in Youth Athletes Urs Granacher, Christian Puta, Holger Horst Werner, Gabriel David G. Behm, Adamantios Arampatzis, 2018-11-02. The Frontiers Research Topic entitled Neuromuscular Training and Adaptations in Youth Athletes contains one editorial and 22 articles in the form of original work, narrative and systematic reviews, and meta-analyses. From a performance and health-related standpoint, neuromuscular training stimulates young athletes' physical development and it builds a strong foundation for later success as an elite athlete. The 22 articles provide current scientific knowledge on the effectiveness of neuromuscular training in young athletes.

Achieving Science with CubeSats National Academies of Sciences, Engineering, and Medicine, Division on Engineering and Physical Sciences, Space Studies Board, Committee on Achieving Science Goals with CubeSats, 2016-11-06. Space-based observations have transformed our understanding of Earth, its environment, the solar system, and the universe at large. During past decades, driven by increasingly advanced science questions, space observatories have become more sophisticated and more complex, with costs often growing to billions of dollars. Although these kinds of ever more sophisticated missions will continue into the future, small satellites ranging in mass between 500 kg to 0.1 kg are gaining momentum as an additional means to address targeted science questions in a rapid and possibly more affordable manner. Within the category of small satellites, CubeSats have emerged as a space platform defined in terms of 10 cm x 10 cm x 10 cm sized cubic units of approximately 1.3 kg each, called U.S. Historically, CubeSats were

developed as training projects to expose students to the challenges of real world engineering practices and system design Yet their use has rapidly spread within academia industry and government agencies both nationally and internationally In particular CubeSats have caught the attention of parts of the U S space science community which sees this platform despite its inherent constraints as a way to affordably access space and perform unique measurements of scientific value The first science results from such CubeSats have only recently become available however questions remain regarding the scientific potential and technological promise of CubeSats in the future Achieving Science with CubeSats reviews the current state of the scientific potential and technological promise of CubeSats This report focuses on the platform s promise to obtain high priority science data as defined in recent decadal surveys in astronomy and astrophysics Earth science and applications from space planetary science and solar and space physics heliophysics the science priorities identified in the 2014 NASA Science Plan and the potential for CubeSats to advance biology and microgravity research It provides a list of sample science goals for CubeSats many of which address targeted science often in coordination with other spacecraft or use sacrificial or high risk orbits that lead to the demise of the satellite after critical data have been collected Other goals relate to the use of CubeSats as constellations or swarms deploying tens to hundreds of CubeSats that function as one distributed array of measurements

Debates in Elite Sports and Performance Enhancement: 2022 Marco Beato, Antonio Dello Iacono, Melinda M. Manore, Joseph S. Marino, 2023-06-29 *Running Science* John Brewer, 2019-02-07 Running can encompass the absolute extremes of human performance from speed to endurance Running Science uncovers the fundamental science that underpins this ubiquitous sport bringing together the study of biomechanics nutrition psychology health and injury prevention and the technical development of shoes and running surfaces it s a complete reference

Precision Physical Activity and Exercise Prescriptions for Disease Prevention: The Effect of Interindividual Variability Under Different Training Approaches Robinson Ramírez-Vélez, Mikel Izquierdo, 2019-10-09

Future Research Questions for Improving COPD Diagnosis and Care Amany F. Elbehairy, Justin Garner , Azmy Faisal, Ahmed Sadaka, 2024-05-06 Chronic obstructive pulmonary disease COPD is one of the most common respiratory diseases that is associated with significant morbidity and mortality worldwide Exposure to toxic particles and gases including cigarette smoke is the main risk factor for COPD Genetic predisposition also plays a major role which besides toxic exposure type and duration can determine different disease phenotypes Patients with COPD often experience troublesome respiratory symptoms frequent chest infections and most importantly are at risk of serious complications such as lung cancer and cardiorespiratory failure Despite this there is currently no cure for COPD but available treatment options pharmacological non pharmacological and interventional can help slow disease progression and improve symptoms and quality of life

Player Development John Cone, Gareth Smith, 2022-08-01 Player Development The Holistic Method provides the first holistic evidence based performance development method in sport Focusing on the world s largest sport soccer this book weaves together the interconnected

layers driving player performance development to define a novel training method In performance sport narratives defining success or failure are steeped with stories of chance The reality is that player performance and athlete development leading to career success is the byproduct of optimizing interconnected experiences toward maximizing the likelihood of individual success It is the application of a holistic method that reduces the influence of luck and increases the likelihood of individual and team success This book is the pathway to understanding and facilitating individual player development leading to elite performance success This book reveals not only a holistic method but also a universal method breaking down perceived and real barriers to provide a method transcending domains and specializations a unified approach The book introduces an evidence based method toward performance development in soccer It is key reading for students of coaching talent development sport performance and ancillary specializations and practicing professionals in the field of player and performance development and coaching

Priorities, Plans, and Progress of the Nation's Space Program United States. Congress. Senate. Committee on Commerce, Science, and Transportation, 2012

Materials Science and Metallurgical Technology III Andrey A. Radionov, 2022-02-03 Selected peer reviewed full text papers from the 4th International Russian Conference on Materials Science and Metallurgical Technology RusMetalCon 2021

Extreme Eating Behaviours Hubertus Himmerich, Ute Krügel, Ahmad Saedisomeolia, 2021-03-03

Workplace Health Promotion, 2nd edition Danijela Gasevic, Leah Okenwa-Emegwa, 2023-01-09 Work related factors have implications for health and wellbeing Due to the amount of time spent at the workplace and the impact of work on health over an individual's life course the workplace has evolved as an important arena for population health promotion Risk factors within the physical and psychosocial working environment as well as inadequate organizational support are associated with increasing work related health problems which result in psychosocial and economic implications for the individual the family the organization and the society Recent estimates revealed an increasing level of sickness absence due to work related factors among others In recognition of the importance of worker health and a healthy working life but also in line with numerous occupational health goals many organisations set aside significant amounts of financial resources annually to promote work well being However studies have shown that despite this positive disposition among employers both employee participation and the impact of such programs remain minimal According to the Ottawa declaration for health promotion and the Luxembourg declaration for Workplace Health Promotion WHP WHP should be strategic It is recommended that WHP be conducted in a systematic and continuous process of needs analysis priority setting planning implementation and evaluation Unfortunately available studies show that many companies have policies currently in place but lack knowledge regarding proper implementation and evaluation The foregoing phenomenon raises questions regarding the level of knowledge of and attitudes towards WHP among people in management positions This Research Topic aims to address factors affecting workplace health promotion What does WHP mean for employers What forms of WHP packages exist Is there evaluation and follow up of such interventions What are the

barriers and facilitators relating to the uptake of WHP interventions among employees Do people in relevant managerial positions possess adequate knowledge regarding WHP Manuscripts that explore factors crucial for WHP including individual and organizational level factors crucial for WHP are welcomed Manuscripts on barriers evidence based interventions best practices analysis of existing policy documents and those with a life course perspective etc are also welcomed Manuscripts can be of national international and global perspectives *Adolescent Screening: The Adolescent Medical History in the Age of Big Data* Vincent Morelli,2019-05-09 In this comprehensive look at adolescent screening and holistic health in the technology age Dr Vincent Morelli reviews the history of the adolescent health screen what is being used now and what needs to be considered in the future An ideal resource for primary care physicians pediatricians and others in health care who work with adolescents it consolidates today s available information on this timely topic into a single convenient resource Covers the history of the adolescent medical history and the need for an update of the biopsychosocial model which has not significantly changed since 1977 Discusses nutrition screening sleep screening exercise screening adverse childhood experiences ACEs screening educational screening behavioral and emotional screening and more Presents the knowledge and experience of leading experts who have assembled the most up to date recommendations for adolescent health screening Explores today s knowledge of health screening and discusses future directions to ensure healthy habits in adolescents including education and self efficacy **Research into Talent Development in Youth Sports** Carlos Eduardo Gonçalves,Humberto M. Carvalho,Arne Güllich,2023-11-16 The last decade witnessed a plethora of literature about talent identification and talent development Most of the research is descriptive In addition an enormous quantity of publications attempted to define normative guidelines but mostly with relatively little empirical evidence to support them We believe it is time to overview the field critically appraise the situation of research and map the topics trends and gaps The large part of recent research has focused on talent identification and the factors that reveal talents In contrast relatively less research has addressed the question how young talents develop in a long term process towards becoming senior high performers This is an evolving field and research is still in a primarily explorative stage A variety of different study designs and methodological approaches have been employed to explore different factors and outcomes of talent development yielding heterogeneous findings *Black Health in the South* Steven S. Coughlin,Lovoria B. Williams,Tabia Henry Akintobi,2023-03-21 As the result of redlining and other historical and contemporary injustices African Americans are less likely to own a home or to have equity which places them in danger of financial ruin if they experience an illness such as a heart attack stroke or cancer for which they are often at greater risk due to many social and environmental factors At the same time African American communities display many strengths and are often very resilient against these structural inequities The use of community coalitions is a valuable approach for addressing health disparities in African American communities and improving the cultural competence of health care providers further reduces the effects of health disparities With essays spanning topics

from culturally appropriate health care to faith based interventions and the role of research networks in addressing disparities this collection is pivotal for understanding the health of African Americans in the South *Sports and Active Living during the Covid-19 Pandemic* Solfrid Bratland-Sanda, Richard Giulianotti, Tommy Langseth, Eva Maria Støa, Simon Rosenbaum, 2021-09-09

Becoming Bikini Bodybuilders Nina Michalikova, 2023-10-16 *Becoming Bikini Bodybuilders* Challenges and Rewards of Ordinary Women Stepping on Stage offers an insight into the bikini category of natural female bodybuilding by revealing benefits and challenges experienced by ordinary women who decide to become bikini bodybuilders Nina Michalikova challenges prevailing misconceptions and shows that not all female athletes follow extreme training and dietary measures for prolonged periods of time to achieve their desired physique By highlighting the positive aspects of bikini bodybuilding this book breaks the stereotypes of a typical bikini competitor as a hyper sexualized woman with underlying health issues In addition to studying a little understood population of bikini athletes the study uses an innovative methodology to examine the topic

Performance Analysis in Sport Miguel-Angel Gomez-Ruano, Sergio José Ibáñez, Anthony S. Leicht, 2020-12-29 This eBook is a collection of articles from a Frontiers Research Topic Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series they are collections of at least ten articles all centered on a particular subject With their unique mix of varied contributions from Original Research to Review Articles Frontiers Research Topics unify the most influential researchers the latest key findings and historical advances in a hot research area Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office frontiersin.org/about/contact

Space Safety and Human Performance Barbara G. Kanki, Jean-Francois Clervoy, Gro Sandal, 2017-11-10 *Space Safety and Human Performance* provides a comprehensive reference for engineers and technical managers within aerospace and high technology companies space agencies operators and consulting firms The book draws upon the expertise of the world's leading experts in the field and focuses primarily on humans in spaceflight but also covers operators of control centers on the ground and behavior aspects of complex organizations thus addressing the entire spectrum of space actors During spaceflight human performance can be deeply affected by physical psychological and psychosocial stressors Strict selection intensive training and adequate operational rules are used to fight performance degradation and prepare individuals and teams to effectively manage systems failures and challenging emergencies The book is endorsed by the International Association for the Advancement of Space Safety IAASS 2019 PROSE Awards Winner Category Engineering and Technology Association of American Publishers Provides information on critical aspects of human performance in space missions Addresses the issue of human performance from physical and psychosocial stressors that can degrade performance to selection and training principles and techniques to enhance performance Brings together essential material on cognition and human error advanced analysis methods such as human reliability analysis environmental challenges and human performance in space missions critical human factors and

man machine interfaces in space systems design crew selection and training and organizational behavior and safety culture
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