

[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 ল্যাগাতে 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) হার্বাল শিক্ষা  
 (ঘ) বিজ্ঞানসম্মত শিক্ষা
১১. সম্পূর্ণ বায়ু বেঁধে কুপিয়ে রাখাকে কী বলে?  
 (ক) ফ্রিজ  
 (খ) ফল আর্দ্র ফ্রিজ  
 (গ) আর্দ্র ফ্রিজ  
 (ঘ) কলার অ্যান্ড কাফ ফ্রিজ
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
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 (ক) এবভোমিন্যাল এক্সারসাইজ  
 (খ) স্পিন্ড এক্সারসাইজ  
 (গ) রোমান রিং এক্সারসাইজ  
 (ঘ) ফ্রিজবি এক্সারসাইজ
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 (খ) ১৬-১৮  
 (গ) ১৭-১৮  
 (ঘ) ১৮-১৯
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 (ক) দুইটি রিং  
 (খ) তোল  
 (গ) একটি সুসজ্জিত মঞ্চ  
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 (খ) পরিষ্কার-পরিচ্ছন্ন থাকলে  
 (গ) ব্যাডমিন্টন খেলায় কোর্টের মাঝখানে নেটের উচ্চতা কত?  
 (ক) ৪ ফুট  
 (খ) ৬ ফুট  
 (গ) ৫ ফুট  
 (ঘ) ৭ ফুট
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 (ক) বাম কোর্ট  
 (খ) শর্ট সার্ভিস কোর্ট  
 (গ) ডান কোর্ট  
 (ঘ) লং সার্ভিস কোর্ট
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 (ঘ) পায়ের
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 (ঘ) ১০টি
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 (খ) প্রজাপতি সীতারে  
 (গ) ডিৎ সীতারে  
 (ঘ) বুক সীতারে

# Jsc Physical Science Board Out Nmo Ques

**O García**



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