

জেএসসি পরীক্ষা ২০১৪ এর মডেল প্রশ্ন

বিষয় : শারীরিক শিক্ষা ও স্বাস্থ্য

সময় : ২.০০ ঘণ্টা

পূর্ণমান : ৫০

ক-বিভাগ

- ১। যে কোন ৩ টি প্রশ্নের উত্তর দাও: ৫×৩ = ১৫
- ক) শারীরিক সুস্থতায় ব্যায়ামের প্রভাব আলোচনা কর।
- খ) হ্যান্ডস্ট্যান্ড ও হেডস্ট্যান্ডের পার্থক্য লিখ।
- গ) সরঞ্জামসহ ও সরঞ্জামবিহীন ব্যায়াম কী?
- ঘ) বিশ্রাম ও ঘুমের প্রয়োজনীয়তা আলোচনা কর।
- ঙ) এডুকেশনাল জিমন্যাস্টিক্স কী? বিভিন্ন প্রকার এডুকেশনাল জিমন্যাস্টিক্স লিখ।

খ-বিভাগ

- ২। যে কোন ৩ টি প্রশ্নের উত্তর দাও: ৫×৩ = ১৫
- ক) ক্ষতস্থানের যত্ন কীভাবে নিতে হয়?
- খ) নেতৃত্বদান ও মানবসেবায় স্কাউট ও গার্ল গাইডের ভূমিকা বর্ণনা কর।
- গ) সিট আপ দেওয়ার কৌশল বর্ণনা কর।
- ঘ) ব্যাডমিন্টন কোর্ট অঙ্কন করে এর বিভিন্ন অংশের বিবরণ ও পরিমাপ দেখাও।
- ঙ) ভায়োলেশন কী? বাস্কেটবল খেলার ৫ টি ভায়োলেশন লিখ।

বহুনির্বাচনী প্রশ্নের উত্তর দাও:

১×২০ = ২০

- ১। লেগ স্প্রিং এর অপর নাম কী?
- ক. লেগটার্ন ওভার খ. সেমি লেগটার্ন ওভার
- গ. ডাবল লেগটার্ন ওভার ঘ. সিঙ্গেল লেগটার্ন ওভার
- ২। জারিগান কোন ধরনের সংগীত?
- ক. আধুনিক খ. নব্বুজ
- গ. শাস্ত্রীয় ঘ. লোকগীতি
- ৩। এবডোমিনাল এক্সারসাইজ বলতে কী বুঝায়?
- ক. মস্তিষ্কের ব্যায়াম খ. তলপেটের ব্যায়াম
- গ. হাতের ব্যায়াম ঘ. পায়ের ব্যায়াম
- ৪। ব্যাডমিন্টন কত প্রকার?
- ক. ২ প্রকার খ. ৩ প্রকার
- গ. ৪ প্রকার ঘ. ৫ প্রকার
- ৫। একটি শিশুর সারাদিনের ক্রাফ্টি দূর করতে দিনে কত ঘণ্টা ঘুম দরকার?
- ক. ৫/৭ ঘণ্টা খ. ৯/১০ ঘণ্টা
- গ. ২/৩ ঘণ্টা ঘ. ৩/৪ ঘণ্টা

বাকী পৃষ্ঠাগুলি নিচের লিঙ্কে ক্লিক করে ডাউনলোড করে পড়ুন।

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**William J. Kraemer, Nicholas A.
Ratamess, Thomas Newman**



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NIC Symposium 2014 - Proceedings K. Binder, ,G. Münster,M. Kremer,2014-03-21 Cone Penetration Testing 2022 Guido Gottardi,Laura Tonni,2022-11-11 This abstracts volume including full keynote and invited papers contains the proceedings of the 5th International Symposium on Cone Penetration Testing CPT 22 held in Bologna Italy 8 10 June 2022 More than 500 authors academics researchers practitioners and manufacturers contributed to the peer reviewed papers included in this book which includes three keynote lectures four invited lectures and 169 technical papers The contributions provide a full picture of the current knowledge and major trends in CPT research and development with respect to innovations in instrumentation latest advances in data interpretation and emerging fields of CPT application The paper topics encompass three well established topic categories typically addressed in CPT events Equipment and Procedures Data Interpretation Applications Emphasis is placed on the use of statistical approaches and innovative numerical strategies for CPT data interpretation liquefaction studies application of CPT to offshore engineering comparative studies between CPT and other in situ tests Cone Penetration Testing 2022 contains a wealth of information that could be useful for researchers practitioners and all those working in the broad and dynamic field of cone penetration testing Tennis: Testing and performance Miguel Crespo,Rafael Martínez-Gallego,2023-05-16 **Structural Equation Modeling Approaches to E-Service Adoption** Akgül, Yakup,2019-04-19 With the modernization of services offered through the internet many traditional face to face services have adopted new e service phenomena Especially prevalent among the younger generations this change in service has promoted many industries to rethink how to best reach their consumers using modern technology Structural Equation Modeling Approaches to E Service Adoption is a pivotal reference source that aims to share the latest empirical research findings within technology acceptance information systems information technology human computer interaction and management information systems While highlighting topics such as e commerce internet banking and technology acceptance this publication explores the understanding of today s e services in a dynamic and complex environment as well as the methods within the field of information systems and information technologies This book is ideally designed for academics students managers and scholars interested in the up and coming research surrounding the field of information technology **Neuromuscular Performance during Lifespan: Assessment Methods and Exercise Interventions** Oliver Faude,Lars Donath,2020-03-12 *A Practical Guide to Global Point-of-Care Testing* Mark Shephard OAM,2016-11 Point of care testing POCT refers to pathology testing performed in a clinical setting at the time of patient consultation generating a rapid test result that enables informed and timely clinical action to be taken on patient care It offers patients greater convenience and access to health services and helps to improve clinical outcomes POCT also provides innovative solutions for the detection and management of chronic acute and infectious diseases in settings including family practices Indigenous medical services community health facilities rural and remote areas and in developing countries where

health care services are often geographically isolated from the nearest pathology laboratory A Practical Guide to Global Point of Care Testing shows health professionals how to set up and manage POCT services under a quality assured sustainable clinically and culturally effective framework as well as understand the wide global scope and clinical applications of POCT The book is divided into three major themes the management of POCT services a global perspective on the clinical use of POCT and POCT for specific clinical settings Chapters within each theme are written by experts and explore wide ranging topics such as selecting and evaluating devices POCT for diabetes coagulation disorders HIV malaria and Ebola and the use of POCT for disaster management and in extreme environments Figures are included throughout to illustrate the concepts principles and practice of POCT Written for a broad range of practicing health professionals from the fields of medical science health science nursing medicine paramedic science Indigenous health public health pharmacy aged care and sports medicine A Practical Guide to Global Point of Care Testing will also benefit university students studying these health related disciplines

Data Science and Digital Transformation in the Fourth Industrial Revolution Jongbae Kim, Roger Lee, 2021-01-02 This edited book presents scientific results of the International Semi Virtual Workshop on Data Science and Digital Transformation in the Fourth Industrial Revolution DSDT 2020 which was held on October 15 2020 at Soongsil University Seoul Korea The aim of this workshop was to bring together researchers and scientists businessmen and entrepreneurs teachers engineers computer users and students to discuss the numerous fields of computer science and to share their experiences and exchange new ideas and information in a meaningful way Research results about all aspects theory applications and tools of computer and information science and to discuss the practical challenges encountered along the way and the solutions adopted to solve them The workshop organizers selected the best papers from those papers accepted for presentation at the workshop The papers were chosen based on review scores submitted by members of the program committee and underwent further rigorous rounds of review From this second round of review 17 of the conference s most promising papers are then published in this Springer SCI book and not the conference proceedings We impatiently await the important contributions that we know these authors will bring to the field of computer and information science

Grey Systems Theory in Business Management Moses Olabhele Esangbedo, Jianwu Xue, 2025-01-23 This book is dedicated to addressing the central challenge of making informed business decisions within an environment characterized by uncertainty employing Multiple Criteria Decision Making MCDM methodologies Chapter 1 provides an overview of the related concepts of grey systems theory Chapter 2 proposes evaluation criteria for five major themes including human resource information systems and contractor selection problems Chapters 3 6 present four improved grey hybrid weighting methods the grey rank order centroid method the grey regulatory focus theory method the grey step wise weight analysis ratio evaluation and the grey point allocation weighting method Chapters 7 10 introduce four improved hybrid grey evaluation methods the grey weighted sum model grey relational analysis the grey regime method and the grey integer linear

programming method Chapters 11 and 12 discuss additional grey decision making methods and conclusions are drawn along with future prospects

Predicting Individual Responses to Exercise Interventions Vassilis Mougios, Brendon Gurd, Giuseppe D'Antona, 2021-02-09 [International Handbook for Policy Research on School-Based Counseling](#) John C. Carey, Belinda Harris, Sang Min Lee, Oyaziwo Aluede, 2017-10-04 This handbook examines policy research on school counseling across a wide range of countries and offers guidelines for developing counseling research and practice standards worldwide It identifies the vital role of counseling in enhancing students educational performance and general wellbeing and explores effective methods for conducting policy research with practical examples Chapters present the current state of school based counseling and policy from various countries focusing on national and regional needs as well as opportunities for collaboration between advocates and policymakers By addressing gaps in policy knowledge and counselor training the Handbook discusses both the diversity of prominent issues and the universality of its major objectives Topics featured in this handbook include The use of scoping reviews to document and synthesize current practices in school based counseling Contemporary public policy on school based counseling in Latin America Policy capacity building and school based counseling in Eastern Southern Africa Public policy policy research and school counseling in Middle Eastern countries Policy and policy research on school based counseling in the United Kingdom Policy research on school based counseling in the United States The International Handbook for Policy Research in School Based Counseling is a must have resource for researchers graduate students clinicians and related professionals and practitioners in child and school psychology educational policy and politics social work psychotherapy and counseling as well as related disciplines

Laboratory Assessment and Exercise Prescription Jeffrey M. Janot, Nicholas M. Beltz, 2022-05-23 Laboratory Assessment and Exercise Prescription With HKPropel Online Video provides the practical knowledge and application skills for administering interpreting and applying data from health and fitness testing to create data backed exercise prescription for clients Focusing on the tests most widely used by professionals working in health fitness and allied health the text covers both clinical and field tests so readers will be able to conduct assessments using a wide range of equipment and resources Because the content is consistent with ACSM s Guidelines for Exercise Testing and Prescription Eleventh Edition both current and aspiring professionals can be assured they re using the most up to date methods and information available to best serve individual client needs and goals Each lab demonstrates applications for the screenings and tests presented with straightforward instructions for performing the assessment and collecting accurate data both in the lab and when working with actual clients Readers will learn about common errors made in assessments and will find out how to interpret results to assist clients in setting realistic health and fitness goals Finally readers will understand how the results of assessment will affect exercise program design and will learn how to combine data and client goals to design and prescribe an individualized exercise program The book begins by taking the reader through the groundwork of working with clients and giving the

reader experience with preparticipation screenings and basic fitness assessments Next assessment of body composition is addressed along with assessment of resting metabolic rate metabolic equations and the application of those calculations within an exercise program Aerobic and muscular fitness assessments are presented followed by assessment of clinical variables including pulmonary function testing basic electrocardiography and functional fitness testing Two appendices cover common classes of medications and how these medications may affect the exercise response and basic emergency procedures for exercise physiology labs Eleven case studies are also included providing practical experience with interpreting data and designing an exercise program for a client Related online video delivered through HKPropel demonstrates select assessments to improve comprehension of how to apply the content and develop skills for use with clients Laboratory Assessment and Exercise Prescription is the essential guide for those studying for a fitness certification as well as for current health and fitness professionals who want a handy reference for testing It offers the direction and understanding needed to accurately conduct exercise testing analyze interpret and communicate data and ultimately prescribe effective and safe exercise programs for clients Note A code for accessing online videos is included with this ebook

Rowing Science Volker Nolte, 2023-06-12 Master the swing with advice from a class of rowing s elite Rowing Science offers serious rowers and coaches the in depth evidence based information needed to optimize rowing skills and elevate performance Dr Volker Nolte a world renowned rowing expert and coach is joined by the world s top sport scientists as they explain the latest research and apply it across all aspects of the sport The depth and scope of content are unmatched as the text provides long needed insights on topics like these The role of biological attributes physiology and metabolism in rowing success The biomechanics of stroke efficiency Critical components of rowing training programs Nutrition and injury prevention Mental toughness The importance of team culture Throughout you ll find facts and key points that show the science behind rowing success Additionally you ll discover information or modifications for special groups such as open water rowers para rowers and master rowers The perfect blend of science and application Rowing Science takes you inside the sport into the training room and research lab and onto the water It s a remarkable work and is a must own for any rower who s serious about performance

Handbook of Research on Using Motor Games in Teaching and Learning Strategy Gil-Madrona, Pedro, 2022-05-06 Motor games are incredibly useful in enhancing education and developing critical skills they can entertain produce pleasant emotions improve moods and increase the level of relationships Motor games allow social emotional and cognitive development as well as the acquisition of motor skills such as knowledge and mastery of body postural control and adjustment and improvement of coordination However it is essential to select the appropriate game for each context to achieve the desired learning in all students Further research on the opportunities challenges and future directions of motor games in education is necessary to successfully implement them The Handbook of Research on Using Motor Games in Teaching and Learning Strategy presents significant advances in motor game education and collects

research evidence that uncovers the certainties and testifies to the educational power of motor games in various situations and specific contexts that promote the learning of participants Covering topics such as emotional physical education and educational mediation this major reference work is ideal for researchers academicians educators practitioners and students

Introduction to Unmanned Aircraft Systems, Second Edition Douglas M. Marshall, Richard K. Barnhart, Eric Shappee, Michael Thomas Most, 2015-10-26 The proliferation of technological capability miniaturization and demand for aerial intelligence is pushing unmanned aerial systems UAS into the realm of a multi billion dollar industry This book surveys the UAS landscape from history to future applications It discusses commercial applications integration into the national airspace system NAS System function operational procedures safety concerns and a host of other relevant topics The book is dynamic and well illustrated with separate sections for terminology and web based resources for further information **Rio, Tokyo Paralympic Games and beyond: How to Prepare Athletes with Motor Disabilities for Peaking** Pierre-Marie Leprêtre, Victoria L. Goosey-Tolfrey, Thomas W. J. Janssen, Claudio Perret, 2017-05-25 In 1960 the 9th Annual International Stoke Mandeville Games were supported for the first time by the Italian Olympic Committee Taking place six days after the Closing Ceremony of the XVII Olympic Games the paralympic games for disabled athletes were born From Roma in 1960 to London in 2012 the Paralympic Games grew in terms of athletes number from 400 to 4 237 and now brings together more than 164 nations Perret 2015 The word Paralympic derives from the Greek preposition para beside or alongside and the word Olympic Paralympics want to be the parallel Games to the Olympics and illustrate how the two movements exist side by side Paralympics History of the Movement 2016 Now taking place after the Olympics Games the Paralympic Games are the pinnacle of the career of athletes with physical impairments and have become the second largest sport event in the world Perret 2015 Paralympics History of the Movement 2016 Gold and Gold 2011 The first statement of the vision of the International Paralympic Committee IPC i e to create the conditions for athlete empowerment through self determination Paralympics History of the Movement 2016 International Paralympic Committee 2016 shows the importance of the place of the athlete with an impairment at the heart of the Paralympic Movement The ultimate aim of the IPC is to enable Paralympic athletes to achieve sporting excellence and inspire and excite the world International Paralympic Committee 2016 The performance level of athletes with an impairment improved to a point that in the present days sport news and world sport movements focus on the potential advantage of artificial limbs among athletes with amputations and their integration in able bodied competitions Burkett 2010 However they do not represent the totality of athletes with an impairment at the Paralympic Games Athletes with other physical impairments visual deficit spinal cord injury cerebral palsy or else are eligible to compete These impairments induce typical functional and physiological e g cardiovascular thermoregulatory responses to exercise For example spinal cord injury athletes with tetraplegia or paraplegia causes thermoregulatory impairment Goosey Tolfrey et al 2008 and individuals with cerebral palsy have also demonstrated higher thermal and metabolic strain than

matched controls during treadmill walking in the heat Maltais et al 2004 Thus hyperthermia among these athletes with an impairment alters their performance compared to their Olympic counterparts Bhambhani 2002 Mechanical performance analysis the description of physiological responses according to the functional impairment or else the response to training and the relationship between laboratory and field testing responses are different parts of a package introduced here to address the aim of the IPC to enable Paralympic athletes to achieve sporting excellence Paralympics History of the Movement 2016 International Paralympic Committee 2016 Paralympic Games held almost immediately following the respective Olympics in the same site Gold and Gold 2011 also have exposed athletes to different environmental conditions In the present 20 odd years three of four Summer Paralympic Games have been or will be organized in the heat with or without significant humidity Beijing 2008 Average weather in September for Beijing China 2016 Rio de Janeiro 2016 Average weather in September for Rio de Janeiro Brazil 2016 and Tokyo 2020 Average weather in September for Ota Japan 2016 It has been established that the environmental conditions not only influences the level of cognitive and exercise performance capacity in trained able bodied individuals Veneroso et al 2015 but their health status may also be affected Due to the above mentioned impairment in thermoregulatory capacity athletes with spinal cord injury or cerebral palsy may be more susceptible to hyperthermia during exercise Goosey Tolfrey et al 2008 Maltais et al 2004 Bhambhani 2002 During the Paralympic tournament these athletes of the qualified nations were and will be exposed to heat and or humid conditions The hyperthermia induced by exercise among athletes with an impairment plus the effects of heat on core temperature will make their performance in the hot and warm conditions more challenging Some studies have addressed strategies to prevent the physiologic and psychological impairments in athletic performance induced by exercise performed in the heat Goosey Tolfrey et al 2008 Other proposed that wheelchair athletes should follow recommendations advocated for able bodied individuals to minimize their risks of heat stress during competition Bhambhani 2002 In the present issue the authors provide a descriptive approach of performance and especially the preparation of athletes with a physical impairment to optimize their exercise performance We argue that the interactions between environmental conditions and typical responses to exercise of athletes with an impairment and the equipment interactions with athlete s body should be taken into account in the preparation of Paralympic athletes in order to witness the most magnificent sporting display the Paralympic Games Finally the motto of Paralympic movement Spirit in Motion is also the philosophy of the present compendium to present new advances and research findings in the field of applied physiology and biomechanics in exercise within the context of optimize Paralympic preparation and performance of athletes presented an impairment References Perret C 2015 Elite adapted wheelchair sports performance a systematic review Disabil Rehabil 27 1 9 Paralympics History of the Movement <https://www.paralympic.org/the-ipc-history-of-the-movement> Accessed July 8 2016 Gold J R Gold M M 2011 Olympic Cities City Agendas Planning and the World s Games 1896 2016 Planning History and Environment Series 2nd edition Routledge 2011 444 pages International

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Average weather in September for Beijing China <https://weatherspark.com/averages/34097/9/Beijing-China> Accessed July 8 2016

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Average weather in September for Ota Japan <https://weatherspark.com/averages/33260/9/Ota-Tokyo-Japan> Accessed July 8 2016

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New Trends in Finance and Accounting David Procházka, 2016-12-25 This book presents the most current trends in the field of finance and accounting from an international perspective Featuring contributions presented at the 17th Annual Conference on Finance and Accounting at the University of Economics in Prague this title provides a mix of research methods used to uncover the hidden consequences of accounting convergence in the private IFRS and public sectors IPSAS Topics covered include international taxation from both the micro and macroeconomic level international investment monetary economics risk management management accounting auditing investment capital corporate finance and banking among others The global business environment shapes the international financial flows of finance and the demand for international harmonization of accounting As such the field of global finance and accounting has encountered some new challenges For example policy makers and regulators are forced to restructure their tools to tackle with new features of trading at global capital markets and international investment This book complements this global view of development with country specific studies focusing on emerging and transitioning economies which are affected indirectly and in unforeseen ways The combination of global perspective and local specifics makes this volume attractive and useful to academics researchers regulators and policy makers in the field of finance and accounting

Developing the Athlete William J. Kraemer, Nicholas A. Ratamess, Thomas Newman, 2024-02-27 Over the past decade the complexity of athlete development has increased and sport science has become enthralled with metrics and genetics While an abundance of information has emerged there is still a lack of practical guidance on how to integrate this information with training to help athletes achieve their potential *Developing the Athlete An Applied Sport Science Roadmap for Optimizing Performance* brings much needed clarity providing a proven blueprint for

bringing together the many fields related to sport science via an athlete development team that navigates the day to day development of each athlete Developed by a team of renowned authors including William Kraemer one of the most prolifically published sport scientists in history Developing the Athlete An Applied Sport Science Roadmap for Optimizing Performance is the first resource of its kind It explains the integration of sport science through the development of an athlete development team implementing a process of testing evaluating assessing and monitoring athlete training and performance You will learn how data generated by the athlete development team are translated into training programs that promote the physical and psychological development an athlete needs to compete and succeed at every level of competition You will also find step by step explanations of how to create a testing fingerprint unique to each athlete as well as case studies and success stories that demonstrate how the concepts in the book have been experienced in real life Get a better understanding of how the use of sport science can improve the skills needed for long term athlete development Developing the Athlete An Applied Sport Science Roadmap for Optimizing Performance will help all types of sport performance professionals prioritize and apply the three Cs credentials competence and commitment so you can tap into known scientific principles and practices to develop a path for success for all your athletes Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam **NASA**

Tech Brief ,1970 The dynamics of finite-size settling particles Doychev, Todor,2015-01-27 This book contributes to the fundamental understanding of the physical mechanisms that take place in pseudo turbulent particulate flows In the present work we have considered the sedimentation of large numbers of spherical rigid particles in an initially quiescent flow field We have performed direct numerical simulations employing an immersed boundary method for the representation of the fluid solid interface The results evidence that depending on the particle settling regime i e Galileo number and particle to fluid density ratio the particles may exhibit strong inhomogeneous spatial distribution It is found that the particles are preferentially located in regions with downward fluid motion The particles inside clusters experience larger settling velocities than the average The flow in all flow cases is observed to exhibit characteristic features of pseudo turbulence The particle induced flow field is further found to be highly anisotropic with dominant vertical components The results indicate that in the present flow configurations the collective and mobility effects play significant role for the particle and fluid motion Talent Identification and Development in Sports Performance Nuno Leite,Alberto Lorenzo Calvo,Julio Calleja-Gonzalez,Bruno Gonçalves,Sean Cumming,2022-01-13

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