

# 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। ব্যাডেঞ্জ 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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**M Walker**



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