

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

ক বিভাগ

১. শারীরিক শিক্ষা বলতে কী বুঝ? শরীর গঠনে ও সুস্থতার জন্য ব্যায়ামের প্রভাব বিশ্লেষণ কর।
২. রেডক্রিসেন্টের জন্ম ইতিহাস লেখ। বাংলাদেশ রেডক্রিসেন্ট সোসাইটির অবস্থান ব্যাখ্যা কর।
৩. ব্যাডেজ কাকে বলে? ব্যাডেজ কত প্রকার ও কী কী বর্ণনা কর।

খ বিভাগ

৪. এইডস কী? এইডস প্রতিরোধে করণীয় উপায় সমূহ বর্ণনা কর।
৫. "অকালমৃত্যুই এইডসের শেষ পরিণতি"- উক্তিটি ব্যাখ্যা কর।
৬. প্রাথমিক চিকিৎসা বলতে কী বুঝ? একজন প্রাথমিক প্রতিবিধানকারীর কী কী গুণ থাকা প্রয়োজন বলে তুমি মনে কর।
৭. নেতৃত্বদান ও মানবসেবায় স্কাউট ও গার্ল গাইডের ভূমিকা বর্ণনা কর।
৮. পূর্ণাঙ্গা মাপসহ একটি হ্যান্ডবল মাঠ অঙ্কন কর।

শারীরিক শিক্ষা ও স্বাস্থ্য
বহুনির্বাচন অধীক্ষা

পূর্ণমান — ২০

বিষয় কোড:

১ ৪ ৭

[বিঃ দ্রঃ শরীরাত্মক উত্তরণের বহুনির্বাচন প্রশ্নের ক্রমিক নম্বরের বিপরীতে প্রদত্ত বর্ণনামূলক হতে সঠিক উত্তরের বর্ণটিতে টিক (✓) দিও। প্রতিটি প্রশ্নের মান-১।]

১. রোমান রিং তৈরি করতে কত ইঞ্চি দূরে দুটি রপি রাখবে?
(ক) ১০-১২ ইঞ্চি (খ) ১৪-১৬ ইঞ্চি
(গ) ১০-১২ ইঞ্চি (ঘ) ১৪-১৬ ইঞ্চি
২. কোনটি প্রাকৃতিক মানচিত্রের আওতাভুক্ত?
(ক) জেলার সীমানা (খ) জেলায় অবস্থান
(গ) জেলায় অবস্থান (ঘ) জেলায় অবস্থান
৩. এইচআইভিতে আক্রান্ত ব্যক্তিকে এড়িয়ে চলে —
i. স্পানিও পোকজন
ii. পাজা-প্রতিবেদী
iii. মা-বাবা
৭. হাইকিপারের চুক্তি গ্রহণের পূর্বে আবশ্যকীয় হয়ে উঠে —
i. যাচাই করা
ii. সংযোজন করা
iii. বিয়োজন করা
নিচের কোনটি সঠিক?
(ক) i ও ii (খ) i ও iii
(গ) ii ও iii (ঘ) i, ii ও iii
৮. নিম্নে কোনো লক্ষণ নেই কোন ব্যাধির?
(ক) ডায়াবেটিস (খ) এইডস
(গ) ক্যান্সার (ঘ) পোলিও
৯. কতলাব বা স্বীকৃতি ঘটিয়ে দরকার —
i. পরিষ্কার-পরিচ্ছন্ন থাকা
ii. নিয়মিত গোসল করা
iii. কাছের বস্তুদের সাথে কথা বলা
নিচের কোনটি সঠিক?
(ক) i ও ii (খ) i ও iii
(গ) ii ও iii (ঘ) i, ii ও iii
১০. ব্যাডমিটন খেলায় প্রয়োজন হয় —
i. ১ জন রেফারি
ii. ১ জন স্কোরার
iii. ৩ জন জাজ
নিচের কোনটি সঠিক?
(ক) i ও ii (খ) i ও iii
(গ) ii ও iii (ঘ) i, ii ও iii
১১. বিজয় দূত ২য় সপ্তকে ঘটিবে কোনটি?
(ক) সাইতে ঘুরে ঘুরে নাচতে থাকবে
(খ) সুন্দার পজিশনে যাবে
(গ) সারিবদ্ধভাবে দাঁড়াবে
(ঘ) সবাই ডান দিকে ঘুরবে
১২. জিন হেনরি ডুনাট কত সালে মৃত্যুবরণ করেন?
(ক) ১৯০৫ (খ) ১৯১০
(গ) ১৯১৫ (ঘ) ১৯২০
১৩. যাতক ব্যাধি এইডস থেকে বেঁচে থাকতে হলে কোন ধরনের ব্যাবস্থা গ্রহণ করা প্রয়োজন?
(ক) বিব্রাম (খ) প্রতিরোধ
(গ) নিয়মিত চেকআপ (ঘ) উন্নত চিকিৎসা
৪. নিচের কোনটি সঠিক?
(ক) i ও ii (খ) i ও iii
(গ) ii ও iii (ঘ) i, ii ও iii
৫. প্রজনন স্বাস্থ্য কোনটির বিশেষ অংশ?
(ক) সামগ্রিক স্বাস্থ্য (খ) বৌবনের স্বাস্থ্য
(গ) সুস্থস্বাস্থ্য (ঘ) প্রজননতন্ত্র
৬. ব্যাডমিটন খেলায় শাটল কর্তে পালক থাকে কয়টি?
(ক) ১৩-১৪টি (খ) ১৪-১৬টি
(গ) ১৫-১৬টি (ঘ) ১৬-১৭টি
৭. স্ক্রিম মাথা কত ইঞ্চি বাদ রেখে ধরতে হয়?
(ক) ৬-৭ ইঞ্চি (খ) ৭-৮ ইঞ্চি
(গ) ৮-৯ ইঞ্চি (ঘ) ৯-১০ ইঞ্চি
৮. মেয়েদের গর্ভধারণ একটি পরিবারকে কোন ধরনের সমস্যায় ফেলে?
(ক) সামাজিক (খ) আর্থিক
(গ) পরিবারিক (ঘ) পরিবারিক
৯. কোন খেলায় কোর্টের দাপ ৪০ মিলিমিটার চওড়া হয়?
(ক) হ্যান্ডবল (খ) কবী
(গ) ব্যাডমিটন (ঘ) ব্যাডমিটন
১০. নিচের অনুচ্ছেদটি পড় এবং ১৬ ও ১৭ নং প্রশ্নের উত্তর দাও :
কেয়া ৮ম শ্রেণিতে পড়ে। সে নিয়মিত শরীরচর্চা ও দৈনন্দিন কাজকর্ম করে থাকে। সে দীর্ঘোণ ও সুস্থস্বাস্থ্যের অধিকারী। তবে কয়েক দিন হলো তাকে বেশ পরিশ্রান্ত দেখাচ্ছে।
১৬. কোয়ার শারীরিক পরিশ্রান্তের দূর করতে কোনটি প্রয়োজন?
(ক) শরীরচর্চা ত্যাগ করা
(খ) দৈনন্দিন কাজকর্ম আপাতত স্থগিত রাখা
(গ) পরিমিত আহার ও বিশ্রাম
(ঘ) কয়েকদিন বিদ্যালয়ে না যাওয়া
১১. কোয়ার ক্ষেত্রে সঠিক হলো—
i. শরীরের জীবাণুনাশকগুলো ক্ষয় হয়ে গেছে
ii. সে জীবাণুনাশকগুলোর ক্ষয় পূরণে সচেতন নয়
iii. সে শরীরচর্চায় অভ্যস্ত নয়
নিচের কোনটি সঠিক?
(ক) i ও ii (খ) i ও iii
(গ) ii ও iii (ঘ) i, ii ও iii
১২. মেয়েদের এইডসে আক্রান্ত হওয়ার অধিক ঝুঁকি থাকবে কারণ হলো
i. জন্মের অভাব
ii. বিশেষ শারীরিক বৈশিষ্ট্য
iii. সামাজিক বৈষম্য
নিচের কোনটি সঠিক?
(ক) i ও ii (খ) i ও iii
(গ) ii ও iii (ঘ) i, ii ও iii
১৩. হকি খেলায় মাঠে প্রতি কবারে একটি করে কী থাকে?
(ক) ট্রাপ (খ) নেট
(গ) বৃত্ত (ঘ) নেট ক্রসবার
১৪. পোলক ধরার কৌশল কয়টি?
(ক) ৩টি (খ) ৪টি
(গ) ৫টি (ঘ) ৬টি

১	২	৩	৪	৫	৬	৭	৮	৯	১০	১১	১২	১৩	১৪	১৫	১৬	১৭	১৮	১৯	২০
১১	১২	১৩	১৪	১৫	১৬	১৭	১৮	১৯	২০	২১	২২	২৩	২৪	২৫	২৬	২৭	২৮	২৯	৩০

Jsc Question Physical Study 2014

**Marco Beato, Antonio Dello
Iacono, Melinda M. Manore, Joseph S.
Marino**

Jsc Question Physical Study 2014:

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 discuss 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

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

Extreme Eating Behaviours Hubertus Himmerich,Ute Krügel,Ahmad Saedisomeolia,2021-03-03 **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 **Priorities, Plans, and Progress of the Nation's Space Program** United States. Congress. Senate. Committee on Commerce, Science, and Transportation,2012 *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

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

Debates in Elite Sports and Performance Enhancement: 2022 Marco Beato, Antonio Dello Iacono, Melinda M. Manore, Joseph S. Marino, 2023-06-29

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

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 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

Sports and Active Living during the Covid-19 Pandemic

Solfrid Bratland-Sanda, Richard Giulianotti, Tommy Langseth, Eva Maria Støa, Simon Rosenbaum, 2021-09-09 [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

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

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research networks in addressing disparities this collection is pivotal for understanding the health of African Americans in the South Public health scholars have examined racial disparities in health in the United States broadly and in specific cities but this is the first edited collection to focus on African Americans in the South both as a whole and as a distinct population

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

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