

অষ্টম শ্রেণি

বিষয় : শারীরিক শিক্ষা ও স্বাস্থ্য

বিষয় কোড : 147

সময় : ১ ঘন্টা ৩০ মিনিট

পূর্ণমান-৩০

১। যে কোন তিনটি প্রশ্নের উত্তর দাও :

৩×৫=১৫

ক) বিশ্রাম ঘুম ও বিনোদনের প্রয়োজনীয়তা ব্যাখ্যা কর।

খ) বয়স ও শারীরিক গঠন অনুসারে বিশ্রাম ও ঘুমের চাহিদাসহ ব্যায়ামের প্রভাব লেখ।

গ) সরঞ্জামসহ ও সরঞ্জামবিহীন ব্যায়াম ব্যাখ্যা কর।

ঘ) এইচ আইভি এইডস এর ঝুঁকি ও প্রতিরোধের উপায় লেখ।

ঙ) এইচ আইভির ধারণা, প্রভাব ও এই রোগ যেভাবে মানবদেহে সংক্রামিত হয় তা লেখ।

২। যে কোন তিনটি প্রশ্নের উত্তর দাও :

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ক) খেলাধুলার জন্য প্রয়োজনীয় প্রাতিষ্ঠানিক ও অবকাঠামোগত সুবিধা লেখ।

খ) ব্যাডমিন্টন খেলার ইতিহাসসহ একটি পূর্ণ ব্যাডমিন্টন কোণ অংকন কর।

গ) স্ক্যাডমিন্টন খেলার মৌলিক কলাকৌশলগুলো ব্যাখ্যা কর।

ঘ) বাস্কেট বল খেলার ইতিহাস ও এই খেলার ভায়োলেশনগুলো ব্যাখ্যা কর।

ঙ) হ্যাণ্ডবল খেলার ইতিহাস লেখ এবং এই খেলার ১০টি আইন কানুন ব্যাখ্যা কর।

Jsc Question Physical Study 2014

Sebastian Brünink



Jsc Question Physical Study 2014:

Whispering the Strategies of Language: An Psychological Quest through **Jsc Question Physical Study 2014**

In a digitally-driven earth where monitors reign supreme and immediate connection drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within phrases often move unheard. Yet, nestled within the pages of **Jsc Question Physical Study 2014** a fascinating literary treasure sporting with raw thoughts, lies an extraordinary journey waiting to be undertaken. Penned by an experienced wordsmith, this charming opus invites visitors on an introspective trip, gently unraveling the veiled truths and profound affect resonating within ab muscles material of each and every word. Within the mental depths with this emotional evaluation, we will embark upon a heartfelt exploration of the book is core themes, dissect their fascinating writing fashion, and fail to the strong resonance it evokes deep within the recesses of readers hearts.

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