

Q.NO	ANSWER	MARKS DISTRIBUTION	TOTAL
1	What is the formula to calculate the number of matches in a single league tournament? Ans: (C) $N(N-1)/2$	1	1
2	Which One of the following is an advantage of round robin tournament? Ans: (D) Decides the real strong team	1	1
3	Which one of the following is a food that is high in 'fats'? Ans: (C) Red meat	1	1
4	The vitamins soluble in water are Ans: (A) Vitamin C and B	1	1
5	Vajrasana should not be performed if an individual is suffering from Ans: (D) Chronic Knee Pain	1	1
6	The benefit/s of Shavasana is/are Ans: D) All of the above	1	1
7	Expanded form of SPD is Ans. A) Sensory Processing Disorder (OR) What is the most important, while dealing with CWSN? Ans: (C) Patience	1	1
8	The full form of ODD is Ans: (A) Oppositional Defiant Disorder	1	1
9	Which one of the following is not a female athlete triad? Ans: (C) Obesity	1	1
10	Fine motor development is related to Ans. (C) Small muscles	1	1
11	What is the purpose of 4 x 10 m Shuttle Run? Ans. (C) Agility	1	1
12	12. Who developed the Harvard Step Test? Ans. (C) Brouha (OR) The correct formula for computation of fitness index is Ans: (A) $\frac{100 \times \text{Test duration in seconds}}{2 \times (\text{Sum of pulses 1,2 and 3})}$ (OR) (D) $\frac{\text{Duration of exercise in seconds} \times 100}{55 \times \text{Pulse count of 1— 1 minutes after exercise}}$ (Both are correct)	1	1



13	When the bone is broken into more than one piece, it is called Ans: (A) Comminuted fracture (OR) What is cardiac output? Ans: (A) Blood pumped in one minute	1	1
14	PRICE treatment is for Ans. (C) Sprains	1	1
15	Newton's First Law of Motion is also known as Ans: (A) Law of Inertia	1	1
16	During adduction the arm moves Ans: (A) Towards the body	1	1
17	The force which opposes the relative motion between the surfaces of two objects is known as: Ans: (A) Frictional force (OR) Jung classified the personality in the following ways: Ans: (A) Introvert and Extrovert	1	1
18	Endomorphic people are Ans: (A) Obese	1	1
19	Circuit training is an effective method for developing Ans: (D) All of the above	1	1
20	Pushing against a stationary wall is an example of Ans: (B) Isometric exercise	1	1



		<p>programme.</p> <ul style="list-style-type: none"> - Wide publicity to be given regarding the event to all the stake holders of the school. - Since it will not be competition, students of all age, parents and staff will be eligible to participate in the run. - Marking the course of the run. - Local govt. and civic authorities to be informed for permission. - Police to be informed for security purposes. - Have first aid and water facilities in the venue. - Arrange for incentives and certificates to all participants. <p>(Any 3 points)</p>										
23		<p>What is the role of asanas in preventing common lifestyle diseases?</p> <p>Ans: Asanas as preventive measures:</p> <ol style="list-style-type: none"> 1. Prevention of diseases. 2. Corrects postural deformities. 3. Maintain a healthy body weight and reduce obesity. 4. Can help in managing blood sugar levels, hence prevent diabetes. 5. Asanas help to regulate breathing and is a good curative method for Asthma. 6. The blood circulation becomes normal by practicing Asanas regularly. So Asanas can help manage Hypertension. 7. Asanas help in managing back pain by increasing the flexibility in our body. 	1+1+1	3								
24		<p>What is Obsessive Compulsive Disorder (OCD)? Explain its causes in detail.</p> <p>Ans: Obsessive compulsive disorder.</p> <p>It is an anxiety disorder in which an individual's behavior changes due to obsession compulsions and distracted thoughts. They are over thinkers, have repeated thoughts, fear of contamination, dirt, violence etc. Want to be compulsively neat and organized.</p> <p><u>cause of OCD:</u></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1. Biological factor</td> <td style="width: 50%;">5. Death of loved ones</td> </tr> <tr> <td>2. Environmental factors</td> <td>6. Work related problems</td> </tr> <tr> <td>3. Abuse</td> <td>7. Relationship concerns</td> </tr> <tr> <td>4. Change in living situation</td> <td>8. Illness etc.</td> </tr> </table> <p style="text-align: right;">(Any two causes)</p>	1. Biological factor	5. Death of loved ones	2. Environmental factors	6. Work related problems	3. Abuse	7. Relationship concerns	4. Change in living situation	8. Illness etc.	1+2	3
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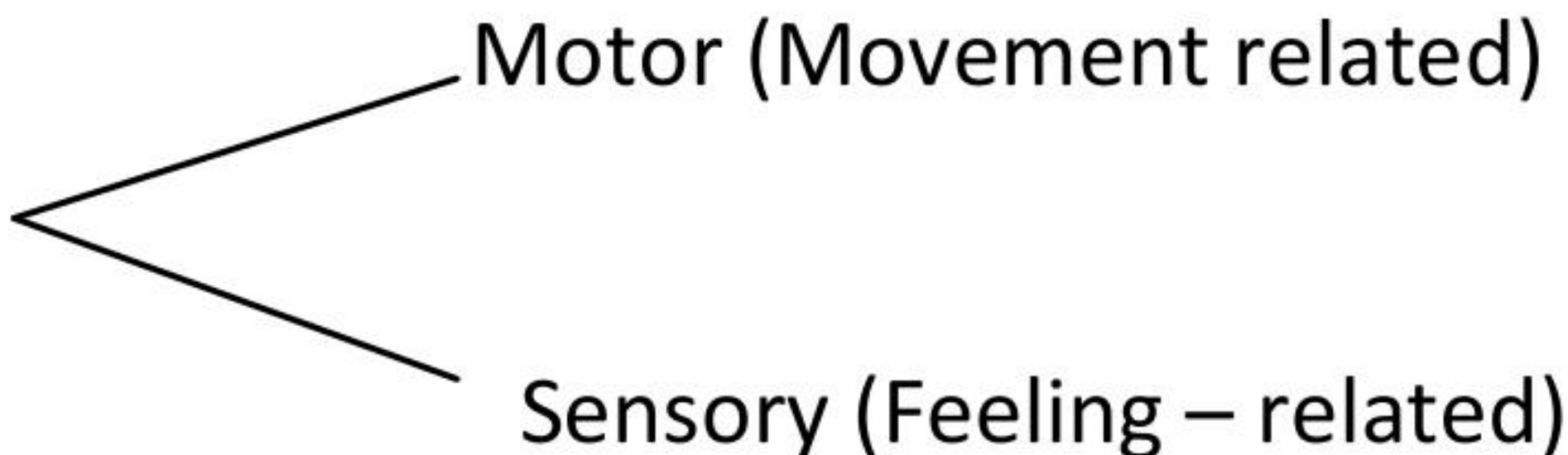


25	<p>What do you mean by 'Round Shoulders'? Suggest any four exercises as corrective measures.</p> <p>Ans: Round shoulders :- It is the postural deformity in which shoulders are projected forward. In this deformity the shoulders become round and sometimes they seem bent forward.</p> <p>Corrective exercises:</p> <ol style="list-style-type: none"> 1. Perform yogic asanas such as Dhanurasana, Bhujangasana, Chakrasana, ushtasana 2. Backward bending exercises. 3. Shoulder rotation. 4. Sit on chair and stretch both hands backward, hold each other behind your back. 5. Holding horizontal bar. <p style="text-align: right;">(Any relevant four)</p>	1+(1/2 x4)	3
26	<p>Vitamins are essential for our energy levels and boost immune system. Comment.</p> <p>Ans: The two major classes of vitamin are:</p> <ol style="list-style-type: none"> 1. Fat soluble vitamins : A, D, E, K 2. Water soluble vitamins: B, C <p>Functions:</p> <ul style="list-style-type: none"> • They are needed for the health of Mucous membranes and skin. • Play a crucial role in normal vision. • Help in digestion and increase appetite • Prevent infection and diseases. • Needed for formation of Hemoglobin • Essential for normal functioning of skin, intestinal tract and nervous system. • Help in formation of bones. • Needed for normal cell division especially during pregnancy and infancy. • Help in Blood clotting and healing of wounds. • Protect the cell membrane and act as antioxidant . <p style="text-align: center;">(Explain any three relevant points) (OR)</p> <p>Discuss why protein is among the most important macronutrients.</p> <p>Ans: Proteins are complex organic nitrogenous compounds. They are composed of carbon, hydrogen, oxygen and nitrogen in varying amounts .Made of polymer chains which include amino acids.</p> <p>Plant sources of Protein: pulses, beans, nuts, oilseeds etc. Animal sources of Protein: Milk, meat, egg, fish etc.</p>	3	3



	<p>acceleration such as repeated sprints of 50 meters with full rest period or recovery.</p> <p>Accelerate quickly and powerfully is a technique required in most of the sports. For example an athlete is required to run as fast as possible. This ability is very important in many sports such as sprints, swimming sprints, basketball, hockey, football etc.</p> <p>Consider the following points to improve acceleration speed - Stride Length, Ground Contact Time, Velocity, Stride Frequency and Heel Recovery.</p> <p><u>Pace races</u></p> <p>The pace is the speed at which an athlete runs. Developing a better sense of pace will help athlete conserve energy while running. Working on pace can help to achieve running goal. If an athlete starts running too fast and then slows down he won't get the same training benefit.</p> <p>The athlete tries to run or swim each repetition at the same pace to achieve maximum benefit.</p> <p>It is considered a good pacing technique. Pace Race Strategy refers to running in pace which help to achieve optimum level performance.</p> <p>Example - 800m Race</p> <p>Break the race into sections, which makes it easier to determine your pace. Pace Strategy for 800 m running,- keeps the 4-6 second difference in first and second 400m to achieve optimum level of performance.</p> <p>To develop the speed endurance we will have to work more on pace races because pace races means running the whole distance at a constant speed.</p> <p style="text-align: right;">(Explain any 1 method)</p>																										
31	<p>Explain pre-, during and post-game responsibilities of officials of various committees for organising a sports tournament smoothly.</p> <p>Ans.</p> <table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left;"><u>Pre</u></th> <th style="text-align: left;"><u>During</u></th> <th style="text-align: left;"><u>Post</u></th> </tr> </thead> <tbody> <tr> <td>Organising committee</td> <td>Reception committee</td> <td>Transport committee</td> </tr> <tr> <td>Finance committee</td> <td>Transport committee</td> <td>Committee to maintain record report and other relevant data</td> </tr> <tr> <td>Publicity committee</td> <td>Boarding and lodging committee</td> <td></td> </tr> <tr> <td>Technical Committee</td> <td>Medical committee</td> <td></td> </tr> <tr> <td>Purchase Committee</td> <td>Tournament committee</td> <td></td> </tr> <tr> <td></td> <td>Awards and Ceremonial committee</td> <td></td> </tr> <tr> <td></td> <td>Refreshment committee</td> <td></td> </tr> </tbody> </table> <p style="text-align: center;">(Explain any 5 committees –at least 1 from each category)</p> <p style="text-align: center;">(OR)</p>	<u>Pre</u>	<u>During</u>	<u>Post</u>	Organising committee	Reception committee	Transport committee	Finance committee	Transport committee	Committee to maintain record report and other relevant data	Publicity committee	Boarding and lodging committee		Technical Committee	Medical committee		Purchase Committee	Tournament committee			Awards and Ceremonial committee			Refreshment committee		1x5	5
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	<p>Define endurance. Elucidate any two methods of developing endurance. Ans. Endurance: Endurance is the ability of an individual to continue the activity for a considerable period of time with a great degree of efficiency. (OR) Endurance is the ability to resist fatigue Any two Training methods to develop endurance Continuous Running methods: An athlete is required to run at a steady pace or speed without any break. This rate can be determined by keeping the heart beat 130 to 160 beats per minutes. Running at such a pace can be continued for about 30 minutes for young athlete and 60 to 120 minutes for mature athlete. The duration can be decided on the basis of the capability of athlete and type of competition. Due to long term of training under aerobic condition, the maximum oxygen uptake or the oxygen utilization of the athlete increases. Glycogen level of muscles, efficiency of heart and lung also increases. Interval Training Method: This method is based on the principle of effort, recovery and effort again. In this method the recovery period is called interval. This interval period help an athlete to recover from increased respiratory rate. Blood pressure and accumulation of waste product such as load can be decided according to the capability of athlete. Many variables can be considered like –increase distance, decrease time, increase number of repetition and decrease recovery time. Accordingly, there may be a need to change speed, repetitions and recovery period. Care should also be taken while increase in the load gradually. Decrease the load if the athlete feels difficulty in performing. A micro cycle (weekly schedule) should be prepared and can be altered. This training is important for the athlete, especially engaged in endurance development as it helps in proper cardio vascular adjustments. 3. Fartlek training: Fartlek is Swedish word which means ‘speed play’. It is variation of variable pace running .This method is based on cross country running with varying speed according to the dictates of terrain and the requirement of athlete. Along with running, some exercises may also be included in this type of training .It is usually conducted over a hilly region .It may also be conducted in ploughed fields or sand beds. The trainer only fixes the duration of completion of running. The athlete has a freedom to run at an easy pace, change the pace while uphill and downhill running and sprinting in between .Squat jumps, hopping with one or both legs can also be included.</p>	1+(2x2)	5
32	<p>What are the types and causes of disability? Explain Ans. Types of Disability 1. Physical Disability 2. Cognitive Disability 3. Intellectual Disability</p> <p>1. Physical Disability </p> <p>Can also be musculoskeletal and neuromuscular. Musculoskeletal is deformity of any part, genetic bone disease or muscular disease (Bones become weak causing postural deformity or muscles become weak)</p>	(1x3)+ (1x2)	5



	<p>Neuromuscular-Due to illness or disorder of nervous system like (<u>cerebral palsy</u>)where there is difficulty in body movement and muscular co-ordination ,birth defect in spine with weakness of lower limbs (<u>spina bifida</u>), paralysis and loss of control in urination and passing stools or polio where a person develops walking problems and also limps. Injury /disability due to stroke, head injury and spinal cord injuries are also neuromuscular.</p> <p>2. Cognitive Disability - A person has certain limitations in mental functioning and skills like communication, social skills and taking care of themselves. Generally such persons have greater difficulty in even simple mental tasks. They need assistance in almost every aspect of their daily lives. Two ways to classify :</p> <ul style="list-style-type: none"> • Functional disability like memory, problem solving, attention, reading, linguistic and verbal comprehension, maths, visual comprehension. • Clinical disability include autism, dyslexia (difficulty in writing, speaking and reading), ADD (Attention Deficit Disorder), Down Syndrome etc. <p>3. Intellectual disability – It results in below average intellectual quotient (IQ.) and mental ability and lack of skills necessary for learning, problem solving, judgment, communication and independent living. This disability is normally apparent before 18 years of age. Such person show immature behavior, limited self care skills and slow acquisition of new knowledge. This disability often leads to decreased reasoning, learning and judgment</p> <p>Causes of Disability</p> <ol style="list-style-type: none"> 1. Genetic 2. Poverty 3. Accidents 4. Malnutrition 5. Environment 6. Diseases 7. Health Care 8. Lack of education 		
33	<p>Explain any four physiological factors determining strength. What are the effects of regular exercise on the muscular system?</p> <p>Ans. Four physiological factors determining strength are</p> <ol style="list-style-type: none"> 1.Muscle Size 2.Body weight 3. Muscle composition 4.Nerve impulse intensity <p>1. Muscle size-More the Muscle mass, more forceful contraction. Males tend to be stronger because of higher Muscle mass and larger size. Muscle size and strength can be improved by strength training.</p> <p>2. Body weight-Individuals who are heavier are generally stronger than individual who are lighter. There is positive correlation between body weight and strength .As in case of weightlifting it is seen that heavier weight lifters lift heavier weight. Therefore, body weight determines strength.</p> <p>3. Muscle composition-Each muscle consist of two types of muscle fibers , fast twitch fibers(white fibers) and slow twitch fibers (Red fibers).The fast twitch fibers are capable to contract faster and therefore produce more force,</p>	1x5	5



<p>whereas slow twitch fibers are capable of contracting for a longer duration. Therefore the muscles with more of fast twitch fibers can produce more strength .The percentage of slow and fast fibers is genetically determined and thus determines the strength of a person.</p> <p>4. Nerve impulse intensity- A muscle is composed of many motor units. The force of muscle depends on the no. of contracting motor units. Whenever a stronger nerve impulse from central nervous system excites more motor units, the muscle will contract more strongly thus producing more force or strength.</p> <p><u>Effect of regular exercise</u></p> <ol style="list-style-type: none"> 1. Hypertrophy of muscle /change in shape and size of muscle 2. Better posture 3. Delayed fatigue 4. Better reaction time 5. Swifter muscle movement 6. Better muscle tone 7. Formation of more capillaries 8. Control extra fat 9. Change in connective tissue 10. Non functioning fibers become active 11.Lactic acid tolerance <p style="text-align: right;">(Explain any two relevant point)</p> <p style="text-align: center;">OR</p> <p>Write a short note on Food Intolerance and Pitfalls of Dieting.</p> <p>Ans: Food Intolerance- Difficulty in digesting a particular food, leads to intestinal gas, abdominal pain or diarrhea. Food Intolerance involves digestive system. Examples of Food Intolerance are lactose intolerance (body cannot digest lactose(milk sugar)found in milk and its products ,gluten intolerance(wheat) ,intolerance to caffeine, mushrooms, pickles, artificial colourings, flavourings ,preservatives etc.</p> <p>Symptoms generally take longer to emerge. Onset occurs after several hours and can persist for several hours or days, at times even 48 hours to appear. Symptoms may also include bloating , migraines, headaches, stomach ache ,Irritable bowel etc.</p> <p>Many fat people in the world start dieting to lose their weight which is not a good thing to do. Dieting causes a lot of problems and your physique can become even worse than before. Some of the common pitfalls of dieting are:</p> <p><u>Pitfalls of dieting</u></p> <ol style="list-style-type: none"> 1. Extreme reduction on calories 2. Restriction on some nutrients 3. Skipping meals 4. Intake of calories through beverage 5. Under estimating calories 6. Intake of labeled foods 7. Not exercising. <p style="text-align: right;">(Explain any 3, or any other relevant points)</p>	2.5x2.5	5
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34	<p>What are the types of motivation? Explain any Six techniques of motivation.</p> <p>Ans. Types of motivation -2 types</p> <ol style="list-style-type: none"> 1. Intrinsic motivation- Motivation from within, no external pressure. You alone are determining the action. Self determination and motivation builds interest of desirability. 2. Extrinsic Motivation –Comes from outside forums. Forced to do something because of rewards etc. Outside motivation helps us overcome fear of failure or feeling that task is very tough. <p>Techniques of motivation</p> <ol style="list-style-type: none"> 1. Goal setting. 2. Verbal comments (praise or blame) 3. Healthy sports environment 4. Knowledge of results 5. Rewards and punishments 6. Positive self talks 7. Motivational music 8. Positive Attitude 9. Spectators <p style="text-align: center;">(Any other 3 relevant techniques to be explained)</p>	2	5
		3	



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