Q.NO	ANSWER	MARKS DISTIBUTION	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 <b>not</b> 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 Alaka	orm
8	The full form of ODD is  Ans: (A) Oppositional Defiant Disorder	1	1
9	Which one of the following is <b>not</b> 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) 100 x Test duration in seconds 2 x (Sum of pulses 1,2 and 3)  (OR)  (D) Duration of exercise in seconds x 100  55 x Pulse count of 1— 1 minutes after exercise  (Both are correct)	1	



4			The state of the s
13	When the bone is broken into more than one piece, it is called	1	1
	Ans: (A) Comminuted fracture		
	(OR)		
	What is cardiac output?		
	Ans: (A) Blood pumped in one minute		
14	PRICE treatment is for	1	1
	Ans. (C) Sprains		
15	Newton's First Law of Motion is also known as	1	1
	Ans: (A) Law of Inertia		
16	During adduction the arm moves	1	1
	Ans: (A) Towards the body		
17	The force which opposes the relative motion between the surfaces of two	1	1
	objects is known as:		
	Ans: (A) Frictional force		
	(OR)		E
	Jung classified the personality in the following ways:		18.
	Ans: (A) Introvert and Extrovert		
18	Endomorphic people are	1	1-m
	Ans: (A) Obese	plati	01.
19	Circuit training is an effective method for developing	N. L.	1
	Ans: (D) All of the above		
20	Pushing against a stationary wall is an example of	1	1
	Ans: (B) Isometric exercise		





21	Write any two items of the test battery of motor fitness test and explain the procedure of a test to measure agility  Ans: Items of Motor Fitness Test:  1. 50m standing start 2. 600 yard Run-walk 3. Sit and reach test 4. 4x10m shuttle run 5. Standing long/broad jump 6. Pushups (Boys) / modified Pushups (Girls) 7. Partial curl up.  (any 2 test items) Test to measure agility: 4x10m shuttle run. Procedure: Two lines are drawn parallel to each other with a distance of 10 mts. in between. The subject is required to stand behind one line and two blocks are kept behind the line on the other end. On the signal "Ready" "Go" subjects should run to pick up one block, run back to the starting line and place the block at the line. He should again run back to pick up the second block and bring it also to the starting line. Two successful trials are given. Scoring: The best time of the 2 trials to the nearest 10 <sup>th</sup> of a second is the score of the subject  OR  Discuss the procedure of Rockport One Mile test. Ans: Rock Port One Mile Test: The Purpose of this test is to measure cardio – vascular fitness or VO2 max (maximum volume of oxygen) The objective of the test is to walk as fast as possible for 1 mile. Procedure: The test is organized on a track / open area marked for this purpose.  1. Body weight of the subject is recorded 2. Then the subject is made to walk a distance of 1 mile 3. Time is recorded when the subject crosses the finish line 4. Immediately after finishing the walk, the pulse rate of the subject is recorded for 10 seconds 5. VO2 max score can be calculated using the formula.	2 Plat	3 form
	Run in your school  Ans: . Health Run:- The purpose of health run is to raise the standard of health and make people aware about the importance of health.  - Constitute/Institute various committees with HOS / Principal as organizing head of the event.  - HOD physical Education will be responsible for the entire	1+1+1	3



	<ul> <li>programme.</li> <li>Wide publicity to be given regarding the event to all the stake holders of the school.</li> <li>Since it will not be competition, students of all age, parents and staff will be eligible to participate in the run.</li> <li>Marking the course of the run.</li> <li>Local govt. and civic authorities to be informed for permission.</li> <li>Police to be informed for security purposes.</li> <li>Have first aid and water facilities in the venue.</li> <li>Arrange for incentives and certificates to all participants. (Any 3 points)</li> </ul>		
23	<ul> <li>What is the role of asanas in preventing common lifestyle diseases?</li> <li>Ans: Asanas as preventive measures: <ol> <li>Prevention of diseases.</li> <li>Corrects postural deformities.</li> <li>Maintain a healthy body weight and reduce obesity.</li> <li>Can help in managing blood sugar levels, hence prevent diabetes.</li> <li>Asanas help to regulate breathing and is a good curative method for Asthma.</li> <li>The blood circulation becomes normal by practicing Asanas regularly. So Asanas can help manage Hypertension.</li> <li>Asanas help in managing back pain by increasing the flexibility in our body.</li> </ol> </li> </ul>	1+1+1	3 Form
24	What is Obsessive Compulsive Disorder (OCD)? Explain its causes in detail.  Ans: Obsessive compulsive disorder.  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.  cause of OCD:  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.  (Any two causes)	1+2	3



25	What do you mean by 'Round Shoulders'? Suggest any four		
23	exercises as corrective measures.	1+(1/2 x4)	3
	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.		
	Corrective exercises:		
	1. Perform yogic asanas such as Dhanurasana,		
	Bhujangasana, Chakrasana, ushtrasana		
	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.		
	J. Holding Horizontal bar.		
	(Any relevant four)		
26	Vitamins are essential for our energy levels and boost immune		
	system. Comment.	3	3
	Ans: The two major classes of vitamin are:		5
	1. Fat soluble vitamins : A, D, E, K	017	13
	2. Water soluble vitamins: B, C		
	Functions:		m
	<ul> <li>They are needed for the health of Mucous</li> </ul>	plat	1011
	membranes and skin.	SN L.	
	Play a crucial role in normal vision.		
	<ul> <li>Help in digestion and increase appetite</li> </ul>		
	<ul> <li>Prevent infection and diseases.</li> </ul>		
	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.		
	<ul> <li>Help in Blood clotting and healing of wounds.</li> </ul>		
	<ul> <li>Protect the cell membrane and act as</li> </ul>		
	antioxidant .		
	/Evolain any three valouent maintal		
	(Explain any three relevant points) (OR)		
	Discuss why protein is among the most important		
	macronutrients.	3	3
	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.		
	Plant sources of Protein: pulses, beans, nuts, oilseeds etc.		
	Animal sources of Protein: Milk, meat, egg, fish etc.		



	They are basic nutrient in human diet.  Proteins are body building nutrients – building blocks of body tissues.  As a fuel, Protein provides as much energy density as carbohydrate - 4 calories per gram.  Protein has very large molecules, so they cannot be directly absorbed in the blood.  They are used to produce new tissues for growth, tissue repair, regulate and maintain body functions.		
	Proteins are needed in synthesis of substances like anti- bodies, plasma proteins, hormones, enzymes, hemoglobin etc.  (Any 3 relevant points)		
27	Explain PRICE procedure as a treatment for soft tissue injury.  Ans. Protection: Protect the injured area by using a support.  Rest: In the initial phase it is best to give complete rest to the injured part for at least 48 hours.  Ice: Ice should be applied on the injured area as soon as possible to reduce swelling and limit internal bleeding.  Compression: Applying pressure on the injured part, such as ankle, wrist or muscle is helpful in reducing internal bleeding and swelling. This can be done by wrapping the injured part with elastic bandage or cloth.  Elevation: If possible elevate the injured part immediately, this will reduce the flow of blood towards the injured part and thus reduce swelling.	3 Plat	15.
28	What do you mean by Bio-mechanics? Explain any two points of importance of Bio-mechanics in sports.  Ans. Bio means living things, Mechanics - means the force acting on it.  Hence Bio mechanics is the study of force and their effect on living system.  Importance of Bio mechanics:  - Assists in improving techniques  - Helps in improving Equipment/apparatus  - Facilitates performance  - Supports in preventing injuries  - Helps in promoting safety  - Improves training methods and coaching  - Facilitates understanding of Human body movement  - Assists in improving teaching and learning process  (Explain any 2 points)	2	3



29	Discuss the Sheldon types of personality in detail.	3	3
23	Ans: Sheldon an American psychologist divided Personality on the basis of		
	three physical structures.		
	(1) Endomorph:		
	Endomorphs have a round body, characterized by wide hips, narrow		
	shoulders, small legs, arms and round delicate body. They have a tendency to		
	put on extra body fat on their body parts such as arms and thigh. They are		
	relaxed, easy going, fun loving and sociable in nature.		
	(2) Mesomorph:		
	Mesomorphs are likely to have an athletic and attractive physique. Their		
	shoulders are broad, narrow waist, arms and legs strong. They have more		
	muscles than fat. They are courageous, energetic, adventurous, assertive and		
	competitive in nature.		
	(3) Ectomorph:		
	Ectomorphs have narrow shoulder, thin arms and legs, a narrow face and a		
	flat chest. They are slim and tall. They are generally thoughtful, quite, self-		
	conscious and pessimistic and are not fond of physical activity.		
	(OR)		
	Elaborate any three components of Big Five Theory of personality.		
	Ans. Elaborate any three components of Big Five Theory of personality.		
		10.111	5
	1. Openness: The assessment of openness traits shows that the person is	1+1+1	9.
	* Imaginative * Insightful		
	* having variety of interest * with degree of intellectual curiosity		-m
	* Creative * able to enjoy the new experiences	DISTE	) , , ,
	* Able to learn new changes & concept	Pica	
	2. Conscientiousness: The assessment of this trait show-		
	Compete with me challenges Controlled and self-discipline		
	* To act dutifully * to plan & to organize		
	* Work independently * to do hard work		
	3. Extroversion: The assessment of this trait shows that the person-		
	* is energetic * has positive emotions		
	* has Assertiveness * is sociable		
	* is talkative		
	* has friendly nature or has tendency to make new friends		
	* Able to get affection from others		
	4. Agreeableness: The assessment of this trait show that such person -		
	* has sense of cooperation * is systematic		
	* is kind * is friendly and gentle		
	5. Neuroticism: The assessment of these trait shows that the parson		
	* has emotional stability		
	* is able to control the level of anxiety * is able to protect himself from		
	depression.		
	(Explain any 3)		
30	Define speed and elaborate any one method to develop speed.	1+2	3
TOTAL ALEX	Ans. Speed is the ability of an individual to cover a distance or perform a		
	movement in a minimum time.		
	Methods of developing speed:		
	1. Acceleration runs:		
	Acceleration is the rate of change of speed of an object. It is the ability to		
	achieve maximum speed from a stationary position in the short time.		
	Acceleration takes place in the first 50-60 meters. Training to improve the		
			2



acceleration such as repeated sprints of 50 meters with full rest period or recovery.  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.		I
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.	<u>I</u>	
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.		
important in many sports such as sprints, swimming sprints, basketball, hockey, football etc.		
hockey, football etc.		
TO ANSIDEL THE IMPONITIONAL CONTINUATION OF ACCEPTATION SHEET - SITURE LENGTH		
Consider the following points to improve acceleration speed - Stride Length, Ground Contact Time, Velocity, Stride Frequency and Heel Recovery.		
Pace races		
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.		
The athlete tries to run or swim each repetition at the same pace to achieve		
maximum benefit.		
It is considered a good pacing technique. Pace Race Strategy refers to running		
in pace which help to achieve optimum level performance.		
Example - 800m Race		
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.		
To develop the speed endurance we will have to work more on pace races	5	
because pace races means running the whole distance at a constant speed.	O, O.	
(Explain any 1 method)		
	mag	
Explain pre-, during and post-game responsibilities of officials of various 1x5	5 S	
committees for organising a sports tournament smoothly.		
Ans.		
Pre During Post		
Organising Reception Transport		
committee committee committee		
India		
Finance Transport Committee to maintain		
Thanke Committee to maintain		
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	- 1	
committee committee record report and other relevant data  Publicity Boarding and lodging		
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committee committee record report and other relevant data  Publicity Boarding and lodging committee  Technical Medical Committee  Purchase Tournament		
committee committee record report and other relevant data  Publicity Boarding and lodging committee  Technical Medical Committee committee		
committee committee record report and other relevant data  Publicity Boarding and lodging committee  Technical Medical Committee  Purchase Tournament Committee  Committee committee		
committee committee record report and other relevant data  Publicity Boarding and lodging committee  Technical Medical Committee  Purchase Tournament Committee  Awards and Ceremonial		
committee committee record report and other relevant data  Publicity Boarding and lodging committee  Technical Medical Committee  Purchase Tournament Committee  Committee committee		
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committee committee record report and other relevant data  Publicity Boarding and lodging committee  Technical Medical Committee  Purchase Tournament Committee  Awards and Ceremonial committee  Refreshment committee		



	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 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	1+(2x2)  Platif	
	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.		
32	What are the types and causes of disability? Explain	(1x3)+	5
	Ans. Types of Disability	(1x2)	
	1. Physical Disability		
	2. Cognitive Disability		
	3. Intellectual Disability		
	Motor (Movement related)  1. Physical Disability		
	1. Filysical Disability		
	Sensory (Feeling – related)		
	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 )		



	Neuromuscular-Due to illness or disorder of nervous system like (cerebral palsy ) where there is difficulty in body movement and muscular co-ordination ,birth defect in spine with weakness of lower limbs (spina bifida), 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.  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:  • 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.  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  Causes of Disability  1. Genetic  2. Poverty  3. Accidents  4. Malnutrition  5. Environment  6. Diseases  7. Health Care  8. Lack of education	Platf	moj.
3	Explain any four physiological factors determining strength. What are the effects of regular exercise on the muscular system?  Ans. Four physiological factors determining strength are  1. Muscle Size 2. Body weight 3. Muscle composition 4. Nerve impulse intensity  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.  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.  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,	1x5	5



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.

**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.

## Effect of regular exercise

- 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

(Explain any two relevant point)

## OR

## Write a short note on Food Intolerance and Pitfalls of Dieting.

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.

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.

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:

## Pitfalls of dieting

- 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.

(Explain any 3, or any other relevant points)

2.5x2.5

34	What are the types of motivation? Explain any Six techniques of motivation.	2	5
	Ans. Types of motivation -2 types		
	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.		
	Techniques of motivation	3	
	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		
	(Any other 3 relevant techniques to be explained)		
		1	0
		NO	, ·



