# MARKING SCHEME

Senior Secondary School –Term II Compartment Examination, 2022

## PHYSICAL EDUCATION (Subject Code– 048)

**[ Paper Code –75]**

**Maximum Marks: 35**

| Q. No. | EXPECTED ANSWER / VALUE POINTS | Marks |
|---|---|---|
| **1.** Ans. | **Enlist any four benefits of Pavanmuktasana.**<br>Benefits of Pavanmuktasana<br>• Beneficial in curing Diabetes.<br>• Tones the legs, arms and shoulder muscles, strengthens thigh muscles, back and abdominal muscles<br>• Improves the blood circulation.<br>• Improves digestion.<br>• Helps in releasing the unwanted gas/wind accumulated at various parts around the abdomen thus relieving constipation and flatulence.<br>• Joint pains are cured by doing this asana.<br>• Strengthening muscles around the neck and shoulders will help in easing initial stages of spondylitis.<br>• Removes excess fat around the lower abdomen, hips, chest and arms.<br>(any 4 relevant points) | ½ x4<br>2 |
| **2.** Ans. | **Suggest any four causes of disability.**<br>Causes of disability:<br>- Genetic causes - Nuclear accidents<br>- Poverty - Lack of Education<br>- Mental health problems - Wars<br>- Accidents - Medicines and vaccines<br>- Infection from diseases - Dangerous working environment<br>- Malnutrition - Poor approach to health care<br>- Disturbances in the functioning of glands<br>- Toxic materials like pesticides and insecticides<br>(or any other 2 relevant points explained) | 1+1<br>2 |
| **3.** Ans. | **Explain any two causes of 'OCD'**<br>Causes of OCD:<br>• Genetics: Someone with a family history of OCD<br>• Biological causes: neurotransmitter problem in the pathway of the brain<br>• Trauma: prevalence of OCD symptoms after a stressful or traumatic incident<br>• Infections:Children can develop OCD suddenly, often following a viral infection.<br>• Environmental Factors: can be learned from watching family members or gradually learned over time.<br>(or any other 2 relevant point) | 1+1<br>2 |

*These answers are meant to be used by evaluators

**4.** **Elucidate any two effects of exercise on the cardio-respiratory system.**

Ans. Effects of exercise on the cardio-respiratory system:

- Increased Size and Strength of Heart
- Low Level of Accumulation of Lactic Acid
- Decrease in Resting Heart Rate
- Normal Blood Pressure
- Increase in Stroke Volume and Cardiac Output
- Increase in Capillaries Network
- Respiratory Rate decreases
- Tidal Volume Increases
- Rate of Exchange of Gas Increases
- Increased Residual Volume
- Efficiency of Respiratory Muscles

(any 2 points explained)

1+1

2

**5.** **Differentiate between sprain and strain. (any two)**

Ans.

| **Sprain** | **Strain** |
|---|---|
| Occur in ligaments | Affects muscles and tendons |
| result from a shock force that displaces or damages a joint | occur from an overuse of a muscle or tendon |
| most commonly occur at the ankle, knee, wrist joints, thumbs | most common in the hamstring, lower back, neck, and shoulders |
| can cause severe pain, discoloration, and inflammation | can cause pain, inflammation, muscle spasms and weakness. |

(or any other 2 relevant point)

1+1

2

**6.** **Distinguish between hostile aggression and instrumental aggression.**

Ans.

| **Hostile Aggression** | **Instrumental aggression** |
|---|---|
| Violent and angry behaviour | To gain advantage without violence |
| Primary aim to harm other | Primary aim to take advantage while tackling |
| Planned and reactionary | Not planned |
| Hitting opponent in football to restrict him | Elbowing opponent while tackling in football |

(any two)

1+1

2

**7.** **Describe any two types of endurance.**

Ans.

According to the nature of activity
1. Basic endurance
2. General endurance
3. Specific endurance

According to duration of activity
1. Speed endurance
2. Short term endurance
3. Medium term endurance
4. long term endurance

(any two)

1+1

2

**8.** **Define disorder and enlist any two types of disorders.**

Ans. A disorder is a problem or illness which affects someone's mind and body and disrupts the daily routine work physically and mentally.

(Or any other relevant definition)

- OPD/Oppositional defiant disorder
- SPD/Sensory processing disorder
- ASD/Autism spectrum disorder
- ADHD/Attention deficit hyperactive disorder
- OCD/Obsessive compulsive disorder (any two)

1+½x2

2

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| 9.<br>Ans. | **Define speed and mention the methods to improve it.**<br>"Speed is an ability to do task in minimum possible time"<br>"The prerequisite to do motor action under given condition".<br>Methods to improve speed<br>1.Pace Run<br>2.Acceleration Run (any one definition) | 1+<br>½ x 2<br>2 |
| | **Section -B** | |
| **10.**<br>Ans. | **Hypertension may be prevented by practising Tadasana and Shavasana. Describe the procedure of both the asanas.**<br>**Tadasana**:<br>• Stand erect with feet together, heels and big toes touching each other.<br>• Inhale and raise the hands straight above the head with palms facing each other.<br>• Lift the heels and stretch your body.<br>• Remain in this posture for as long as you can.<br>• Slowly come back to normal position.<br>**Shavasana**:<br>• Lie down on the back with the hands comfortably away from the body.<br>• Keep distance of one to two feet between the feet with toes pointing outward.<br>• Hands should be comfortably away from the body.<br>• Gently close your eyes, breathe normally<br>• Focus on the flow of the breath.<br>• Try to relax the body by diffusing the tension in each part of the body.<br>• Slowly come back to the normal position. | 1½ +<br>1½<br>3 |
| **11.**<br>Ans. | **Interpret any six strategies to make physical activities accessible for children with special needs.**<br>- Pre Activity Medical Check-up<br>- Interest<br>- Capability<br>- Modified equipment<br>- Suitable Environment<br>- Modified Rules<br>- Variety in Instruction<br>- Simple to Complex<br>- Involvement of various Body parts<br>- Extra care to avoid Accident<br>(any 6 points) | ½x6<br>3 |
| **12.**<br>Ans. | **Explain any three effects of exercise on the muscular system.**<br>Effects of exercise on the muscular system<br>1.Muscular hypertrophy<br>2.Delayed fatigue<br>3.Strengthening of ligament and tendons<br>4.Increase in lactic acid tolerance<br>5.Increase muscle flexibility<br>6.Increase in size and number of mitochondria<br>7.Increase in glycogen storage (Explanation of any three points) | 1x3<br>3 |



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|---|---|---|
| **13.**<br>Ans. | **Explain any three techniques of motivation used in sports.**<br>Techniques of motivation<br>1.Positive environment<br>2.Fun based activity<br>3.Well-designed equipment<br>4.Cash, prize, scholarship<br>5.Feedback/Knowledge of progress<br>6.Role of spectators<br>7.Verbal encouragement<br>8.Positive inspiration<br>9.Determining goal<br>10.Load and intensity<br>(Explain any three) | 1x3<br>3 |
| **14.**<br>Ans. | **Define flexibility. Explain any one method to develop it.**<br>Flexibility is the range of movement of the joint<br>**Active flexibility** –It is the ability to do movement without any external assistance<br>e.g. doing stretching without partner<br>**Passive flexibility**-ability to do movement with external assistance<br>e.g. Stretching exercises with the help of partner<br>1.Static stretching method<br>2.Dynamic stretching method<br>3.Ballistic method<br>4.Proprioceptives neuro muscular facilitation technique<br>(Explain any one method) | 1+2<br>3 |
| | **Section-C** | |
| **15.**<br>Ans. | **What is obesity? Describe the process and benefits of Vajrasana**.<br>Obesity is a condition in which excess body fat accumulates to such an extent that health may be affected. It is commonly defined as Body Mass Index (BMI) of 30kg/m2or higher. **(Or)**<br>Obesity, in absolute terms, is an increase of body adipose tissue (fat tissue) mass.<br>(Or Any Other Similar Explanation)<br><br>Vajarasana:<br>**Procedure:**<br>1. Kneel on the ground on floor with your knees, ankles and toes touching the ground.<br>2. Toes should be stretched backwards.<br>3. Place palms of both the hands on your knees.<br>4. Upper body must be straight.<br>5. Keep control on breath, take a long breath, hold and exhale.<br>6. For mental peace, keep your eyes closed and focus on breath.<br>7. Retain the position for the maximum duration you can<br>**Benefits:**<br>1. Vajrasana increases flexibility in the ankles.<br>2. Folding of knees and thighs stretches the quadriceps muscles and improves blood circulation.<br>3. Elevating the spine from the floor, alters the flow of blood in the pelvicregion and pelvic muscles are strengthened.<br>4.Vajrasana can be practised even after a meal. In fact, it increases the efficiency of the digestive system and aids digestion.<br>5. It increases the blood circulation in the abdominal area.<br>6. This asana helps people suffering from sciatica and severe infections.<br>7. It is beneficial for those suffering from stomach ailments such as peptic ulcer or hyper acidity.<br>8. It strengthens the pelvic muscles which help prevent hernia and aids women in childbirth.<br>(any 3 benefits) | 1+1½+<br>1½<br>4 |



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|---|---|---|
| **16.**<br>Ans. | **Classify bone injuries. Explain preventive measures to avoid sports injuries.**<br>**Classification of Bone injuries**<br>a. Green stick fracture<br>b. Comminuted fracture<br>c. Impacted fracture<br>d. Transverse fracture<br>e. Oblique fracture<br>f. Stress fracture (Any two and explanation of any one)<br>**Preventive measures**<br>1.warming up<br>2.Appropriate conditioning<br>3.Protective gears<br>4.Right techniques<br>5.Knowledge of sports skills<br>6.Nutrition<br>7.Proper sports facility<br>8.Avoid overtraining<br>9.Obeying the sports rule<br>10.Proper cooling down<br>(any 6 relevant points) | 1+<br>(6x½)<br><br>4 |
| **17.**<br>Ans. | **Define personality. Describe endomorph and mesomorph in detail.**<br>**Personality:**<br>Personalityis the sum total of the actual or potential behaviour pattern of the organism<br>Personality is the integrated organisation of all cognitive, conative, affective and physical characteristics that are imposed on individuals and their uniqueness.<br>**Endomorph:**<br>People who are plump, fatty and have soft bodies come under this category. Such people are fond of eating, lazy, slow in action,sociable and compassionate.<br>**Mesomorph:**<br>People who have well developed and athletic body.Such people are energetic, dominating and are fond of taking part in adventurous sports. | 1+1½+<br>1½<br><br>4 |
| **18.**<br><br>Ans. | **Define strength and explain any two methods to develop it.**<br>The ability of muscles to overcome resistance is called strength.<br>(OR)<br>Strength is the force generated by the muscles of body so that person is able to do work (any one definition)<br>Methods to develop strength:<br>1.Isometric exercise<br>2.Isotonic exercise<br>3.Isokinetic exercise (Explanation of any two methods) | 1+1½+<br>1½<br><br>4 |

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