

PHYSICAL EDUCATION

Subject Code(048)

Learning Objectives:

1. To enable the conceptual understanding of learning of physical education; its aim, objectives and importance.
2. To be able to analyse different career options.
3. To acquire the need of integrated and adaptive Physical Education and concept of inclusion.
4. To interpret and explain developmental characteristics at different stages of development and adolescent problems and their management.
5. To be able to explain indicators of physical health and psychological health.
6. To develop the ability to explain the importance of Biomechanics in Physical Education and Sports.

CURRICULUM (2020–21)

Theory Max. Marks 70:

Unit I Changing Trends & Career in Physical Education

- Meaning & definition of Physical Education ·
- Aims & Objectives of Physical Education ·
- Career Options in Physical Education ·
- Competitions in various sports at national and international level ·
- Khelo-India Program ·

Unit II Olympic Value Education

- Olympics, Paralympics and Special Olympics ·
- Olympic Symbols, Ideals, Objectives & Values of Olympism ·
- International Olympic Committee ·
- Indian Olympic Association ·

Unit III Physical Fitness, Wellness & Lifestyle

- Meaning & Importance of Physical Fitness, Wellness & Lifestyle ·
- Components of physical fitness and Wellness ·
- Components of Health related fitness ·

Unit IV Physical Education & Sports for CWSN (Children With Special Needs- Divyang)

- Aims & objectives of Adaptive Physical Education ·
- Organization promoting Adaptive Sports (Special Olympics Bharat; Paralympics; Deaflympics) ·

- Concept of Inclusion, its need and Implementation ·

- Role of various professionals for children with special needs ·

(Counsellor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist & special Educator)

Unit V Yoga

- Meaning & Importance of Yoga ·
- Elements of Yoga ·
- Introduction - Asanas, Pranayam, Meditation & Yogic Kriyas ·
- Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose) ·

- Relaxation Techniques for improving concentration – Yog-nidra ·

Unit VI Physical Activity & Leadership Training

- Leadership Qualities & Role of a Leader ·
- Creating leaders through Physical Education ·
- Meaning, objectives & types of Adventure Sports (Rock Climbing, Tracking, River Rafting, Mountaineering, Surfing and Para Gliding) ·
- Safety measures to prevent sports injuries ·

Unit VII Test, Measurement & Evaluation

- Define Test, Measurement & Evaluation ·
- Importance of Test, Measurement & Evaluation In Sports ·

- Calculation of BMI & Waist - Hip Ratio
- Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
- Measurement of health related fitness

Unit VIII Fundamentals of Anatomy, Physiology & Kinesiology in Sports

- Definition and Importance of Anatomy, Physiology & Kinesiology
- Function of Skeleton System, Classification of Bones & Types of Joints
- Properties and Functions of Muscles
- Function & Structure of Respiratory System and Circulatory System
- Equilibrium – Dynamic & Static And Centre of Gravity and its application in sports

Unit IX Psychology & Sports

- Definition & Importance of Psychology in Phy. Edu. & Sports
- Define & Differentiate Between Growth & Development
- Developmental Characteristics At Different Stages of Development
- Adolescent Problems & Their Management

Unit X Training and Doping in Sports

- Meaning & Concept of Sports Training
- Principles of Sports Training
- Warming up & limbering down
- Skill, Technique & Style
- Concept & classification of doping
- Prohibited Substances & their side effects
- Dealing with alcohol and substance abuse

Practical Max. Marks 30

01. Physical Fitness Test - 6 Marks

02. Proficiency in Games and Sports (Skill of any one Game of choice from the given list*)- 7 Marks

03. Yogic Practices - 7 Marks

04. Record File ** - 5 Marks

05. Viva Voce (Health/ Games & Sports/ Yoga) - 5 Marks

* Athletics, Archery, Badminton, Boxing, Chess, Judo, Shooting, Skating, Swimming, Taekwondo, Tennis, Aerobics, Gymastics, Rope-Skipping, Yoga, Bocce & Unified Basketball [CWSN (Children With Special Needs - Divyang)]

**Record File shall include:

Practical-1: Labelled diagram of 400 M Track & Field with computations.

Practical-2: Computation of BMI from family or neighbourhood & graphical representation of the data.

Practical-3: Labelled diagram of field & equipment of any one game of your choice out of the above list.

Practical-4: List of current National Awardees (Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award)

Practical-5: Pictorial presentation of any five Asanas for improving concentration.

Multiple Choice Questions

- .Q.1 what is the aim of Physical Education?
- (a) Physical development
 - (b) Wholesome development of an individual
 - (c) Growth and development
 - (d) Mental Development
- Q.2 The major aim of physical education is to ensure a/an
- (a) child's optimal physical development.
 - (b) programme of activity and sports for all.
 - (c) All-round development of the individual.
 - (d) Complete removal of boredom of the class-room activity.
- Q.3. Traditionally, careers in Physical education were focused on:
- (a) Teaching
 - (b) Commentator
 - (c) Sports Photography
 - (d) Sports Marketing
- Q.4. Which of the following tournament is organized at National level?
- (a) Badminton world championship
 - (b) ICC World cup
 - (c) FIFA World cup
 - (d) Ranji Trophy

- Q.5. Which of the following is a multi sports event?
 (a) FIFA World cup (b) ICC World cup
 (c) Olympics (d) Pro Kabaddi League
- Q.6. The Ministry of Sports and Youth Affairs introduced Khelo India Programme in the year!
 (a) 2016 (b) 2017
 (c) 2015 (d) 2018
- Q.7. How many components are included in Khelo India Programme?
 (a) 10 (b) 12
 (c) 8 (d) 15
- Q.8. How much financial assistance is provided to new talented players from various sports disciplines?
 (a) INR 3 lakh per annum for 5 years (b) INR 6 lakh per annum for 4 years
 (c) INR 5 lakh per annum for 8 years (d) INR 8 lakh per annum for 2 years
- Q.9. Youth Olympics involves participation of players from which age group?
 (a) 12-14 years (b) 14-18 years
 (c) 9-12 years (d) 15-18 years
- Q.10. Which competition is also known as ASIAD?
 (a) Commonwealth games (b) Youth Olympics
 (c) Paralympic Games (d) Asian Games
- Q.11. FIFA world cup is related to which game?
 (a) Table Tennis (b) Football
 (c) Hockey (d) Boxing
- Q.12. After how many years is the Badminton World Championship organized?
 (a) 1 year (b) 2 years
 (c) 4 years (d) 3 years
- Q.13. Ranji Trophy is a cricket tournament of which level?
 (a) International (b) National
 (c) Professional level (d) Domestic
- Q.14. Which out of the following courses is necessary to pursue a health related career in Physical Education?
 (a) Diploma in Yoga Education (b) Certified diploma after 12th class
 (c) Diploma course in Sports Medicine (d) All of the above
- Q.15. Which out of the following helps to modify one's behavior towards progress?
 (a) Science (b) Education
 (c) Technology (d) Social development

UNIT 1- CHANGING TRENDS & CAREER IN PHYSICAL EDUCATION

Very Short Answer Type Questions

1. Define Physical education?
2. What is the aim of Physical Education?
3. Enlist the Career opportunities available in the field of physical education?
4. What do you mean you mean by sports journalism.
6. Write the objectives of physical education according to Leslie?

Short Answer Type Questions

1. Write a note on teaching career in physical education.
2. What are the aims of physical education?
3. Write in brief about the objectives of physical education?
4. What is the importance of physical education?
5. What are the various competitions that are held at International level?

Long Answer Type Questions

1. Define physical education. Explain the aims and objectives of physical education.
2. Explain in detail the career potion in physical education.
3. Write in detail about the various competitions held at National and International level.
4. Discuss in detail about the structure of Khelo India Programme.

UNIT 2- OLYMPIC VALUE EDUCATION

- Q.1. The olympic Games were revived with the sole objective of
 (a) promoting games and sports among the masses.

- (b) creating amity, understanding and brotherhood among nations.
 (c) giving a new look to ancient sports.
 (d) making children and youth more skillful.
- Q.2. The Olympic flag consists of-
 (a) White background with no border and Olympic symbol in the center
 (b) White background with black border and Olympic symbol in the center.
 (c) Yellow background with black border and Olympic symbol on the top right corner
 (d) Grey background with no border and Olympic symbol in the center
- Q.3. Where is the headquarters of International Olympic Committee located ?
 (a) U.S.A. (b) London
 (c) Switzerland (d) Germany
- Q.4. Which of the following represents the correct combination of colours of Olympic rings-
 (a) Blue, Yellow, Black, Green, Red (b) Brown, Blue, Yellow, Black, Red
 (c) Purple, Green, Red, Pink, Yellow (d) Blue, Yellow, Brown, Green, Purple
- Q.5. The term "Citius" in the Olympic motto denotes-
 (a) Higher (b) Faster
 (c) Stronger (d) All of the above
- Q.6. "Altius" in the Olympic motto "Citius Altius Fortius" stand for
 (a) Faster (b) Stronger
 (c) Higher (d) Deeper
- Q.7. The first modern Olympic games were held in the year-
 (a) 1896 (b) 1900
 (c) 1904 (d) None of the above
- Q.8. Who coined the Olympic motto "Citius, Altius, Fortius"?
 (a) Rousseau (b) Arsitotle
 (c) Plato (d) Henry Didion
- Q.9. Olympic flame was first introduced in
 (a) 1896 (b) 1928
 (c) 1956 (d) 2008
- Q.10. Which country did Baron Pierre de Coubertin-the Father of the Modern Olympic Games -belong to?
 (a) France (b) Greece
 (c) Denmark (d) Switzerland
- Q.11. In whose honour were the ancient Olympic Games held ?
 (a) Possedon (b) Apollo
 (c) Jupiter (d) Zeus
- Q.12. Where will the Summer Olympics be held in the year 2020?
 (a) France (b) Greece
 (c) Tokyo (d) Brazil
- Q.13. How many posts are there for Vice president position in Indian Olympic Association?
 (a) 5 (b) 1
 (c) 2 (d) 9
- Q.14. Who was the founding president of Indian Olympic Association?
 (a) Dr. AG Noehren (b) Sir Dorabji Tata
 (c) Pierre de Coubertin (d) Henri Didon
- Q.15. Which olympics marked the beginning of the effect of a new oath?
 (a) London, 2012 (b) Sydney, 2002
 (c) Amsterdam, 1928 (d) Beijing, 2008
- Q.16. Which Olympics marked the debut of Olympic torch relay?
 (a) Amsterdam, 1928 (b) London 2012
 (c) Mexico, 1968 (d) Berlin, 1936
- Q.17. Which out of these is not a sport in winter Olympics?
 (a) Skiing (b) Speed skating
 (c) Long jump (d) Snowboarding
- Q.18. Which is the only country to have won at least one gold medal at every summer Olympic games?
 (a) USA (b) Great Britain
 (c) Australia (d) Greece
- Q.19. According to historical records, the first ancient Olympic Games can be traced back to:
 (a) 770 B.C. (b) 772 B.C.
 (c) 774 B.C. (d) 776 B.C.

- Q.20. In 393 A.D., which emperor banned Olympic games?
 (a) Augustus (b) Theodosius
 (c) Claudius (d) Marcus Aurelius
- Q.21. The ancient Olympic Games were initially:
 (a) 3 Day event (b) 2 Day event
 (c) 1 Day event (d) 5 Day event
- Q.22. The Paralympic Games is a major international:
 (a) Football tournament (b) Cricket tournament
 (c) Multisport tournament (d) Baseball tournament
- Q.23. Who started Paralympic games?
 (a) Eunice Kennedy Shriver (b) John F Kennedy
 (c) Sir Ludwig Guttmann (d) M. Mahadeva

Very Short Answer Type Questions

1. When and where had the ancient Olympic Games been started?
2. Who started the modern Olympic Games?
3. What is the Olympic Motto?
4. Write down the Olympic Oath.
5. How many rings are there in Olympic Symbol? Mention their colors also.
6. WRITE ABOUT THE Olympic Flag
7. When did the first Paralympics take place.
8. Who founded Special Olympics?

Short Answer Type Questions

1. What is Olympic Flag? What is the role of rings in Olympic Flag?
2. What is the function of IOA?
3. What are the Olympic ideals?
4. What are the Olympic Symbols? Describe any one of them.
5. Write a short note on International Olympic Committee.
6. Write briefly about the Special Olympics.
7. Write down the famous sermon of Olympic games.
8. Discuss about the closing ceremony of Modern Olympic Games.
9. Mention the rules for the competitions in Ancient Olympic Games.
10. Write some main functions of IOC.
11. Describe briefly about Indian Olympic Association.
12. Write short note on the International Paralympics Committee

Long Answer Type Questions

1. What are Ancient and Modern Olympics? Explain in detail..
2. Explain in detail about Summer Olympic Games.
3. Explain in detail about Winter Olympic Games.
4. Explain in detail about the History of Paralympic movement..
5. Describe the development of values through Olympic Movements.
6. Write a short note on: (a) Olympic Motto (b) Olympic Flame(c)Olympic Flag
7. Describe the formation and objectives of Indian Olympic Association.

UNIT-3 PHYSICAL FITNESS, WELLNESS AND LIFESTYLE

- Q.1. What is the capacity of an individual to carry out his/her routine work without any fatigue or exertion and still reserves energy to meet any emergency known as?
 (a) Wellness (b) Lifestyle
 (c) Physical Fitness (d) Mental Fitness
- Q.2. Which of the following is known as the ideal fitness?
 (a) Physical Fitness (b) Wellness
 (c) Mental fitness (d) None of the above
- Q.3. What is the way of living of individuals, families and societies which is manifested in coping with their physical, social, psychological and economic environments known as?
 (a) Lifestyle (b) Physical fitness
 (c) Wellness (d) None of the above

- Q.4. What is the primary cause of lifestyle diseases such as high blood pressure, diabetes, heart attack?
 (a) Poor eating habits (b) Lack of exercise
 (c) Sedentary lifestyle (d) All of the above
- Q.5. Which type of strength is used in pushing the wall ?
 (a) Maximum strength (b) Isotonic strength
 (c) Isometric strength (d) Strength endurance
- Q.6. What is the ability of an individual to overcome resistance under fatigue conditions
 (a) Maximum Strength (b) Explosive strength
 (c) Strength endurance (d) Dynamic strength
- Q.7. What is the ability to perform same pattern of movement at a faster rate?
 (a) Speed (b) Endurance
 (c) Strength (d) Flexibility
- Q.8. What is the time taken to perform an action as quick as possible to a signal known as
 (a) Movement time (b) Locomotor ability
 (c) Reaction time (d) Acceleration
- Q.9. What is the maximum range of movement possible at a joint known as?
 (a) Flexibility (b) Coordinative ability
 (c) Locomotor ability (d) None of the above
- Q.10. Which ability is improved by using high velocity training for short intervals?
 (a) Endurance (b) Speed
 (c) Coordination (d) Flexibility
- Q.11. What is the ability of muscles and brain to work together without any unwanted movement?
 (a) Static Flexibility (b) Dynamic Flexibility
 (c) Passive Flexibility (d) Coordinative ability
- Q.12. Which out of the following is not a component of health related fitness?
 (a) Cardio-respiratory endurance (b) Body Composition
 (c) Coordination (d) Muscular Strength
- Q.13. What is the ability of an individual to live a physically, mentally, socially and emotionally balanced life?
 (a) Physical Fitness (b) Wellness
 (c) Lifestyle (d) All of the above
- Q.14. What is the ability to perform cardiovascular exercises like running, aerobic exercise or swimming, for an extended period of time called?
 (a) Speed (b) Strength
 (c) Endurance (d) Flexibility
- Q.15. Physical exercise done in the presence of oxygen is called
 (a) aerobic (b) anaerobic
 (c) Isometric (d) isokinetic
- Q.16. It is also called as Isometric strength:
 (a) Maximum Strength (b) Explosive strength
 (c) Static Strength (d) Strength endurance

Very Short Answer Type Questions

1. What do you understand by wellness?
2. Define lifestyle?
3. Define physical fitness?
4. Mention the health threats in life.
5. Name the components of physical fitness.
6. Name the components of positive lifestyle?
7. Define Endurance?
8. What is flexibility?
9. What is meant by nutritional wellness?
10. What do you mean by social wellness?
11. What is strength?

Short Answer Type Questions

1. Write about the importance of wellness.
2. Explain any three components of physical fitness?
3. Define physical fitness, wellness and lifestyle..

4. Discuss briefly about the importance of physical fitness.?
5. Give any three importance of healthy lifestyle.?
6. Write briefly about speed as a component of physical fitness?
7. Write about the co-coordinative abilities as a component of physical fitness?
8. Discuss briefly about the Cardio-respiratory endurance.
9. Explain physical wellness.

Long Answer Type Questions

1. Explain in detail the components of Physical Fitness?
2. What do you mean by physical fitness? Explain the importance of physical activity on enhancing the life.
3. What are the components of Health Related Fitness? Explain.
4. What are the components of Wellness? Also explain the factors affecting Physical Fitness and Wellness.
5. Define Lifestyle and write in detail about the importance of healthy lifestyle.

UNIT-4 PHYSICAL EDUCATION AND SPORTS FOR CWSN

- Q.1 What is the term used for Children with Special Needs?
 (a) Viklang (b) Divyang
 (c) Differently able (d) All of the above
- Q.2 Which diversified programme includes developmental activities, games and sports suited to interests, capacities and limitations of students with disabilities?
 (a) Modified Physical Education (b) Diversified Physical Education
 (c) Adaptive Physical Education (d) None of the above
- Q.3 Which agency has accredited the Special Olympics Bharat Programme?
 (a) Special Olympics International (b) Special Olympics India
 (c) National Sports Federation (d) Sports Authority of India
- Q.4 How much percentage of disabled population of India belongs to rural areas?
 (a) 50% (b) 25%
 (c) 75% (d) 20%
- Q.5. How many games are included in Special Olympics Bharat?!
 (a) 15 (b) 24
 (c) 20 (d) 18
- Q.6. Who started Special Olympics International?
 (a) Eunice Kennedy Shriver (b) John F Kennedy
 (c) Sir Ludwig Guttmann (d) M. Mahadeva
- Q.7. When was Camp Shriver started for children with disabilities started?
 (a) 1982 (b) 1964
 (c) 1970 (d) 1962
- Q.8. EKS day is celebrated during which month?
 (a) January (b) September
 (c) April (d) October
- Q.9. Which body governs the Paralympic Movement?
 (a) Special Olympics International (b) Sports Authority of India
 (c) Indian Paralympic Committee (d) International Paralympic Committee
- Q.10. When and where did the first Paralympic games take place?
 (a) Rome, 1960 (b) Mandeville, 1976
 (c) Albertville, 1992 (d) Holland, 1968
- Q.11. How much is the interval between two subsequent Paralympic games?
 (a) 2 years (b) 3 years
 (c) 4 years (d) 1 year
- Q.12. When was international Sport Organisation for the Disabled created?
 (a) 1960 (b) 1964
 (c) 1958 (d) 1976
- Q.13. When was international Co-Coordinating Committee Sports for the Disabled created?
 (a) 1982 (b) 1984
 (c) 1974 (d) 1986
- Q.14. Which organization is responsible for selecting athletes to represent India at the Paralympic games?
 (a) International Co-Coordinating Committee Sports for the Disabled

- (b) National Sports Federation (c) Paralympic Committee of India
(d) Sports Authority of India
- Q.15. Which is the main governing body responsible for the organization of Deaflympics?
(a) World Deaf champions Committee
(b) International Committee of sports for the deaf
(c) International Co-ordinating Committee Sports for the Disabled
(d) National Sports Federation
- Q.16. Which term is used to describe the approach towards educating the children with disability and learning difficulties with that of normal ones within the same roof?
(a) Special education
(b) Special schools
(c) Exclusive education
(d) Inclusive education
- Q.17. Which special professional can help a child to increase their level of independence starting with reaching grasping picking up small objects, and working on other skills such as feeding, dressing and toileting?
(a) Special education counselor (b) Physiotherapist
(c) Occupational therapist (d) Physical education teacher
- Q.18. Which medical professional can help children with a number of oral disorders such as trouble swallowing, motor skills, speech issues, cognitive-linguistic conditions and language?
(a) Physiotherapist (b) Speech therapist
(c) Special education counsellor (d) Occupational therapist

Very Short Answer Type Questions

1. What do you mean by Adaptive Physical Education?
2. What is the aim of Adaptive Physical education?
3. What does the word "Paralympics" means?
4. What is Paralympics committee of India?
5. Write any two aims and objectives of Deaflympics.
6. When was the Special Olympics Bharat founded?
7. Write the oath of Special Olympic Bharat.
8. Name some organizations that are promoting Adaptive sports.

Short Answer Type Questions

1. Write about the need and importance of inclusive education.
2. What is the role of physical education teacher for educating children with special needs?
3. Write the aims of adaptive physical education.
4. Briefly discuss about Paralympics Games?
5. What are the challenges faced in implementing inclusive education in India?
6. What are the challenges faced in implementing inclusive education in India?
7. Briefly write about the opening and closing ceremonies of Paralympic games.
8. What are the aims and objectives of deaflympic?

Long Answer Type Questions

1. Explain in detail about Special Bharat.
2. Explain Paralympic Movement in detail.
3. Write in detail about Deaflympics. What are the aims and objectives of deaflympics?
4. Explain the need of Integrated Physical Education.
5. How a special education counselor, occupational therapist, speech therapist and special educator helps children with special needs.

UNIT-5 YOGA

- Q.1. Who gave this definition 'Checking the impulses of mind is Yogs'?
- (a) Patanjali (b) Shankracharya
(c) Shri Krishna (d) Swami Sivananda

- Q.2. Yoga helps to:
 (a) Improve concentration (b) Cleanse respiratory organs
 (c) Reduce tension (d) All of the above
- Q.3. Elements of Yoga can be explained in terms of:
 a) Ashtanga Yoga (b) Neti
 (c) Yama (d) Kapala bhati
- Q.4. What is the term used for sitting in a position that is firm, but relaxed for extended, or timeless periods?
 (a) Yama (b) Niyama
 (c) Asana (d) Dhyana
- Q.5. Which term is used to describe alternative nostril breathing in yoga?
 (a) Kapalabhati (b) Anulom-Vilom
 (c) Bhramari Pranayama (d) Sheetali Pranayama
- Q.6. The concentration of mind on an impulse without any divergence is known as:
 (a) Yoga (b) Pranayama
 (c) Vritti (d) Meditation
- Q.7. Which yoga technique helps in cleaning the internal as well as external organs of the body?
 (a) Pranayama (b) Kriyas
 (c) Dhayana (d) Naukasana
- Q.8. Which asana gives the appearance of a lotus?
 (a) Tadasana (b) Naukasana
 (c) Dhanurasana (d) Padmasana
- Q.9. Which asana is named after the bird eagle?
 (a) Garudasana (b) Vrikshasana
 (c) Shashankasana (d) Vajrasana
- Q.10. What is the state of mind in between wakefulness and dream known as:
 (a) Yogic Kriya (b) Asana
 (c) Yoga Nidra (d) Meditation
- Q.11. This asana resembles a dead body:
 (a) Pavanmuktasana (b) Matsyasana
 (c) Shavasana (d) Sarvangasana
- Q.12. Vrikshasana resembles the position of a:
 (a) Boat (b) Dead body
 (c) Hare (d) Tree
- Q.13. Which type of asanas can help in postural defects, corrects disturbed function of various systems, improper muscle tone?
 (a) Corrective asanas (b) Relaxative asanas
 (c) Dhyanatamak asanas (d) All of the above
- Q.14. Which stage of Yoga is the union of individual's soul with the supreme soul?
 (a) Dhyana (b) Samadhi
 (d) Tapas (d) Swadhyaya
- Q.15. Which country has roots for practice of Yoga?
 (a) India (b) USA
 (c) UK (d) Australia
- Q.16. How many Yamas have been outlined in Ashtanga Yoga?
 (a) 4 (b) 3
 (c) 5 (d) 2
- Q.17. How many Niyamas have been outlined in Ashtanga Yoga?
 (a) 4 (b) 3
 (c) 5 (d) 2

Very Short Answer

1. Define Yoga?
2. What is Asana?
3. What do you understand by Pranayama?
4. What do you mean by Meditation?
5. Which asana are called Meditative asana?
6. What is Dayan?

7. Classify different types of Pranayama.
8. What is Yama?
9. What do you mean by yoga sutra?
10. What is Padmasana?
11. What is Shashankasana?
12. What do you mean by Yoga nidra.
13. Write contraindication of Padmasana.
14. What is Vrikshasana asana.

Short Answer Type Questions

1. Write a short note on meditation.
2. What are the elements of Yoga?
3. Describe the benefits of Pranayama.
4. Describe the Yogic Kriyas.
5. Write a short note on Samadhi.
6. What are the benefits of Yoga for Concentration?
7. What is the procedure of Padmasana and Shashankasana?.

Long Answer Type Questions

1. What do you mean by Yoga? Outline the importance of Yoga?
2. What is meditation? What is the importance of meditation?
3. Discuss the elements of Yoga.
4. Explain Pranayama and its types.
5. Classify the Asana.
6. What is Sukhasana? What are its procedure, benefits, precautions and contra-indications?

UNIT-6 PHYSICAL ACTIVITY AND LEADERSHIP TRAINING

Very Short Answer Type Questions

1. Enlist some qualities of a good leader..
2. What do you mean by adventure sports?
3. Name some adventure sports.
4. Write two objectives of adventure sports.
5. Name any two injuries of mountaineering.
6. Define leadership.
7. Who are born leaders?
8. Who are made leaders?
9. What do you mean by “surfing” in adventure sports?

Short Answer Type Questions

1. What is rock climbing? Explain
2. What do you understand by mountaineering?
3. Discuss about the types of leadership in physical education.
4. What safety measures children should be taught while participating in River Rafting?
5. Leaders can be trained through physical education. Justify your answer.
6. Describe any four qualities of a good leader.
7. Explain meaning of leadership in detail.
8. Discuss briefly the role of a leader.

Long Answer Type Questions

1. Explain meaning and objectives of adventure sports.
2. Explain the following adventure sports activities:
(a) Rock climbing (b) Trekking (c) River Rafting
(d) Mountaineering.
3. Write the safety measures of adventure sports activities.
4. What do you mean by leadership? Explain the functions of leadership.
5. What are the essential qualities of a good leader? Explain.
6. How leader can be created through physical education? Explain.

UNIT- 7 TESTS, MEASUREMENT AND EVALUATION

- Q.1. What point-scale did Sheldon used to classify individuals in his somato-typing system?
(a) 1-5 (b) 1-7
(c) 1-9 (d) None of these
- Q.2. Sheldon's body types classification is-
(a) Endomorph (b) Mesomorph
(c) Ectomorph (d) All of the above
- Q.3. From the viewpoint of body-build, an ectomorphic individual has a
(a) thin and slender frame. (b) bulky and stocky body.
(c) muscular and athletic frame. (d) body-beautiful image.
- Q.4. "Mesomorphy" is characterized by
(a) Well defined muscles (b) Soft and round body
(c) Slow metabolism (d) Thin
- Q.5. "Endomorph" is characterized by-
(a) husky and muscular (b) soft and fat
(c) thin and bony (d) None of the above
- Q6. Which measure is used to assess the needs and capacities of an athlete or player to improve the performance?
(a) Measurement (b) Assessment
(c) Test (d) Evaluation
- Q.7. A test should be:
(a) Valid (b) Reliable
(c) Repeatable (d) All of the above
- Q.8. What is the process of administrating a test to obtain quantitative data known as?
(a) Measurement (b) Evaluation
(c) Assessment (d) None of the above
- Q.9. What is the term used for an appraisal or examination to determine worth or fitness?
(a) Assessment (b) Evaluation
(c) Test (d) Measurement
- Q.10. Which parameters are required for calculation of BMI
(a) Weight and Height (b) Age and Gender
(c) Weight and Age (d) Height and Age
- Q.11. What is the formula for BMI?
(a) Weight/height (b) Weight/(height)
(c) Height/Weight (d) (Weight/Height)
- Q.12. What is the formula for waist-hip ratio?
(a) Hip circumference/Waist circumference
(b) Waist circumference* Hip circumference
(c) Waist circumference/Hip circumference
(d) None of the above
- Q.13. Higher waist hip ratio means:
(a) Higher chances of Cardiovascular diseases
(b) Higher chances of hypertension
(c) Higher chances of Diabetes
(d) All of the above
- Q.14. The ability of body's circulatory and respiratory systems to supply fuel during sustained physical activity is known as:
(a) Endurance (b) Agility
(c) Cardio-respiratory endurance (d) Flexibility
- Q.15. Three minute step test is used to measure:
(a) Muscular Strength (b) Cardio-respiratory endurance
(c) Muscular endurance (d) Agility
- Q.16. Skin fold measurement is used to measure:
(a) Muscle Bulk (b) Muscle strength
(c) Percent body fat (d) Body composition
- Q.17. Sit and Reach test is used to measure:

- (a) Agility
- (b) Flexibility
- (c) Strength
- (d) All of the above

- Q.18. The range of motion around a joint is known as:
- (a) Flexibility
 - (b) Endurance
 - (c) Agility
 - (d) Strength
- Q.19. What is the degree of health risk of a person with BMI more than 40 and Waist hip ratio more than 0.85?
- (a) Moderate
 - (b) Very high
 - (c) High
 - (d) Low
- Q.20. If BMI is less than 18.5, the person is in the
- (a) Underweight category
 - (b) recommended weight category
 - (c) Over-weight category
 - (d) obese category

Very Short Answer Type Questions

1. What do you mean by test?
2. Define the term measurement.
3. What do you mean by evaluation?
4. What is stomata type?
5. What is the formula for calculating BMI?
6. What is the formula for calculating waist-hip ratio?
7. State the uses of Anthropometric measurements.
8. What are Endomorphs?
9. What are Ectomorphs?
10. What are Mesomorphs?
11. Define Body Composition.
12. Which test is used to measure Muscular strength?

Short Answer Type Questions

1. What is the difference between endomorphs and ectomorphs?
2. What is BMI? How will you calculate it?
3. What is waist -hip ration? How is it calculated?
4. Explain the test used to measure the Body composition?
5. What is the importance of test and measurement?
6. What is the importance of evaluation?
7. Calculate the BMI of a male person whose weight is 80 kg and height is 1.6m. Also state the category in which he falls.
8. Explain the test used to measure flexibility.

Long Answer Type Questions

1. Explain in detail the Somatotypes. How we measure Somatotype?.
2. What is measurement? Explain the importance of test and measurement in the field of sports.
3. What are the components of Health Related Fitness? Explain in detail how they can be measured?

UNIT -8 FUNDAMENTALS OF ANATOMY AND PHYSIOLOGY

- Q.1. The word 'Kinesiology' is derived from the Greek terms kinesis, meaning-
- (a) Mechanics
 - (b) Motion
 - (c) Medicine
 - (d) Physics
- Q.2. Ligament connects-
- (a) Bone to bone
 - (b) Bone to muscle
 - (c) Blood to cartilage
 - (d) Cartilage to muscle
- Q.3. Heart rate is defined as-
- (a) Quantity of blood pumped away by heart in one minute
 - (b) Number of systolic contractions per minute
 - (c) Number of diastolic contractions per minute
 - (d) Number of heart contractions per minute

- Q.4. The human heart is about the size of a/an
 (a) average size apple (b) hen's egg
 (c) man's closed fist. (d) big almond.
- Q.5. To which of the following chambers of the heart is the aorta connected ?
 (a) Left ventricle (b) Right ventricle
 (c) Right auricle (d) Left auricle
- Q.6. A part of the respiratory system also called as Voice box is
 (a) Trachea (b) Nasal cavity
 (c) Pharynx (d) Larynx
- Q.7. The study of functioning of various systems of the body is known as:
 (a) Anatomy (b) Physiology
 (c) Pathology (d) Microbiology
- Q.8. Muscular system involves the study of:
 (a) Muscles (b) Ligaments
 (c) Tendons (d) All of the above
- Q.9. What is the study of motion known as?
 (a) Biomechanics (b) Physiology
 (c) Kinesiology (d) Anatomy
- Q.10. How many bones are there in an adult human being?
 (a) 250 (b) 213
 (c) 206 (d) 190
- Q.11. How many bones are there in upper limb?
 (a) 64 (b) 26
 (c) 52 (d) 34
- Q.12. Which is the longest bone in the human body?
 (a) Radius (b) Femur
 (c) Humerus (d) Hip bone
- Q.13. Vertebra is an example of:
 (a) Long bone (b) Flat bone
 (c) Short bone (d) Irregular bone
- Q.14. The articulation of two or more bones of the skeleton is known as:
 (a) Cartilage (b) Joint
 (c) Syndesmosis (d) None of the above
- Q.15. The joint between two pubic bones is an example of:
 (a) Symphysis (b) Syndesmosis
 (c) Synchondrosis (d) Amphiarthroses
- Q.16. Hip joint is an example of:
 (a) Pivot Joint (b) Hinge joint
 (c) Ball and socket joint (d) Condylloid joint
- Q.17. Which types of joints allow angular movement only in one direction?
 (a) Hinge joint (b) Saddle joint
 (c) Gliding joint (d) Ball and Socket Joint
- Q.18. Myofibrils consist of which proteins?
 (a) Actin and Myosin (b) Sarcolemma
 (c) Osteocalcin (d) Epimysium
- Q.19. Which properties of the muscle fibers allow them to recoil to their original resting length when they are stretched?
 (a) Contractility (b) Excitability
 (c) Elasticity (d) Extensibility
- Q.20. Which out of the following is a voluntary muscle?
 (a) Smooth muscle (b) Skeletal muscle
 (c) Cardiac muscle (d) All of the above
- Q.21. Cardiac muscles are found in:
 (a) GIT (b) Kidneys
 (c) Respiratory tract (d) Heart
- Q.22. Which structure of the respiratory tract helps to equalize the air pressure between ears, nose and throat?
 (a) Eustachian tube (b) Larynx
 (c) Bronchi (d) Lungs
- Q.23. What is the average heart rate of adult human being?

- (a) 56 beats/min (b) 72 beats /min
(c) 89 beats /min (d) 110 beats /min
- Q.24. Stability of an individual can be increased by:
(a) Narrowing the base of support (b) Decreasing the mass of individual
(c) Widening the base of support (d) None of the above
- Q.25. Which balance is required by the body when it is moving?
(a) Static equilibrium (b) Dynamic equilibrium
(c) Both (d) None
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 (c) Widening the base of support (d) None of the above
- Q.25. Which balance is required by the body when it is moving?
 (a) Static equilibrium (b) Dynamic equilibrium
 (c) Both (d) None

Very Short Answer Type Questions

1. What do you mean by skeletal system?
2. Define joint?
3. How many bones are there in a child and an adult?
4. What is the weight and size of a adult human heart?
5. Define anatomy.
6. Define physiology.
7. Name any four physiological system of human body.
8. What are the types of joints?
9. What are the types of muscles?
10. What is a muscle?
11. Which is the hardest working muscle in our body?
12. Which are the longest and the smallest bone in human body?
13. Which is the strongest muscle in our body?
14. What is tidal volume?
15. What is vital capacity?
16. What is heart?
17. What is stroke volume?
18. What is cardiac output?
19. What do you mean by Kinesiology?
20. What do you mean by equilibrium?
21. What do you mean by centre of gravity?
22. What are the different types of equilibrium?
23. Why do you lean forward while climbing up a hill?
24. Who will have greater flexibility?
 (a) A fat person or a thin person of same height?
 (b) A girl standing in stand at ease position or a girl standing on one leg?

Short Answer Type Questions

1. Explain the functions of skeletal system.
2. Explain the functions of respiratory system.
3. What are gliding joints?
4. What is physiology? Write its importance.
5. Describe the slightly moveable joints.
6. Explain structure of muscle with the help of a diagram.
7. Explain external and internal respiration.
8. Define the phenomenon of second wind. What are its causes and symptoms?
9. Explain the functions of heart.
10. What do you mean by dynamic equilibrium?
11. What is static equilibrium?

Long Answer Type Questions

1. Explain Equilibrium and its types? Also explain principles of equilibrium with suitable examples.?
2. Define physiology? Elucidate the importance of anatomy and physiology in the field of sport.
3. Describe the different types of joints.
4. Describe the structure working of heart with the help of diagram.
5. What are the functions of muscles?

UNIT-9 PSYCHOLOGY IN SPORTS

- Q.1. Which of the following is a matter of inheritance?
(a) Personality traits (b) Habits & routines
(c) Character (d) Manners & etiquettes
- Q.2. Which out of the following is the science of behaviour?
(a) Psychiatry (b) Physiology
(c) Psychology (d) None of the above
- Q.3. What is the study of the behavior of a sportsperson towards an event or a game known as
(a) Psychology (b) Sports Psychology
(c) Psychiatry (d) Sports Physiology
- Q.4. What type of behavior is important for a sportsperson during training and competition?
(a) Pessimistic (b) Positive
(c) Negative (d) All of the above
- Q.5. A training program for sportsperson should include:
(a) Conditioning (b) Sports training
(c) Psychological training (d) All of the above
- Q.6. The series of changes taking place between the beginning of parental life and death is known as:
(a) Development (b) Growth
(c) Both growth and development (d) None of the above
- Q.7. The orderly and coherent serial changes towards the goal of maturity are known as:
(a) Growth (b) Development
(c) Both growth and development (d) None of the above
- Q.8. Which out of these is the age group for infancy?
(a) 12-18 years (b) 6-9 years
(c) 9-12 years (d) 0-5 years
- Q.9. When does the first tooth appear in a child?
(a) 1 year (b) Six months
(c) 10 months (d) 3 months
- Q.10. Which out of the following is a period of slow but steady growth of height?
(a) Infancy (b) Late childhood
(c) Early childhood (d) Adolescence
- Q.11. Which stage of growth is a stage of transition from childhood to maturity?!
(a) Early childhood (b) Adolescence
(c) Late childhood (d) Infancy
- Q.12. Which out of these is a problem during adolescence?
(a) Intensification of Self consciousness (b) Peer group relationship

(c) Juvenile negligence's

(d) All of the above

Q.13. Which phase of development is from 9-12 years?

(a) Early childhood

(b) Late childhood

(c) Adolescence

(d) Infancy

Very Short Answer Type Questions

1. What is Psychology?
2. What do you mean by Growth?
3. What do you mean by Development?
4. Define Adolescence?
5. Define Sports Psychology.
6. What do you mean by Intellectual Development?
7. What do you mean by early childhood period?
8. What is Adolescence period?
9. Write note on infancy?
10. Which type of physical activities can be played in early childhood?
11. Which type of physical activities can be played during adolescence?

Short Answer Type Questions

1. What do you mean by sports psychology?
2. Mention the importance of sports psychology?
3. Write any two developmental characteristics of Infancy period?
4. Describe any two developmental characteristics of adolescence.
5. Give any four management techniques for adolescent problems.
6. Discuss any three problems of adolescence.
7. What are the different development stages of life?
8. What are the differences between growth and development?

Long Answer Type Questions

1. Define psychology. Explain in detail the importance of psychology in physical education and sports.
2. Explain the developmental characteristics at different stages of development.
3. What do you mean by adolescence? Explain the problems of adolescence.
4. Describe the management of adolescent problems .
5. What do you mean by Growth and development? Give differences between them.

UNIT-10 TRAINING IN SPORTS

- Q.1. Which of the following is not an objective of the sports training?
- (a) To accelerate athlete's growth and development processes
 - (b) To make athletes dream about wining only
 - (c) To bring about change in athlete attitude, habits and behaviors
 - (d) To make the athlete highly skillful technically and tactically
- Q.2. Diuretic-
- (a) Increases the body's output of urine
 - (b) Decreases the body's output of urine.
 - (c) Increases the size of muscle fiber
 - (d) Causes weight gain
- Q.3. Anabolic steroids affect directly-
- (a) Heart
 - (b) Muscles
 - (c) Lungs
 - (d) Brain
- Q.4. The only way to keep muscles well-toned is to:
- (a) Keep them always moving
 - (b) Exercise them properly & adequately
 - (c) Massage them with oil every morning

- (d) Engage in yogic twists and turns
- Q.5. Warming-up and cooling-down help exercisers and athletes to
 (a) Improve their performance skills.
 (b) Avoid being ill and sick
 (c) Prevent injury and enhance performance
 (d) Keep their body and mind relaxed
- Q.6. Which out of these is the process of basic preparation of a sportsman?
 (a) Academic Training (b) Sports training
 (c) Psychological evaluation (d) All of the above
- Q.7. How many phases are there in the preparatory phase of sports training?
 (a) 5 (b) 6
 (c) 3 (d) 2
- Q.8. Which out of these is not a part of sports training?
 (a) Skill training period (b) Competition period
 (c) Preparatory period (d) Transitional period
- Q.9. How many phases are there in the competition phase of sports training?
 (a) 5 (b) 6
 (c) 3 (d) 2
- Q.10. Which period involves players recovering from competition stress and maintaining physical abilities for next competition?
 (a) Competition period (b) Transitional period
 (c) Preparatory period (d) All of the above
- Q.11. Which principle focuses on training according to specific requirements of particular sports?
 (a) Principle of Progression (b) Principle of Continuity
 (c) Principle of Specificity (d) Principle of Individual Difference
- Q.12. What does the Principle of Continuity state?
 (a) Training should be specific
 (b) Training load should be increased gradually
 (c) Training sessions should alternate between light, moderate and heavy
 (d) Training should be a continuous process
- Q.13. Which principle states that periods of recovery are needed to continue progressive loading without the risk of injury?
 (a) Principle of variety (b) Principle of motivation
 (c) Principle of proper rest (d) Principle of continuity
- Q.14. How often the training does should be done?
 (a) Regular basis (b) At intervals
 (c) Continuously without rest (d) None of the above
- Q.15. What is the duration of meso cycles of training?
 (a) 3-12 months (b) 3-6 weeks
 (c) 3-10 days (d) 1-2 weeks
- Q.16. What effect does warming up have on body temperature?
 (a) Decreases the body temperature (b) Increases the body temperature
 (c) No change (d) First decreases then increases
- Q.17. Which out of this is not a type of warming up?
 (a) Physical warming up (b) Psychological warming up
 (c) Specific warming up (d) Physiological warming up
- Q.18. Which out of these should not be a part of warming up?
 (a) Stretching (b) Steam bath
 (c) Intensive strenuous exercises (d) Jogging
- Q.19. What effect does limbering down have on muscle stiffness!
 (a) Increase (b) Decrease
 (c) First increase then decrease (d) No effect
- Q.20. What is the learned ability of an athlete to bring the required result with maximum certainty and efficiency?
 (a) Technique (b) Style
 (c) Cognition (d) Skill
- Q.21. Which type of skill requires movement of large muscles and not of fine muscles?

- (a) Simple skills (b) Gross skills
(c) Complex skills (d) Continuous skills
- Q.22. Which skills do not require direct involvement of a performer?
(a) Coactive skills (b) Individual skills
(c) Interactive skills (d) Discrete skills
- Q.23. How many stages are there in learning a new skill?
(a) 8 (b) 4
(c) 3 (d) 5
- Q.24. What is the way of performing a skill?
(a) Style (b) Explanation
(c) Involvement (d) Technique
- Q.25. Which out of these is not a style of coaching?
(a) Laissez faire (b) Psychological
(c) Democratic (d) Autocratic
- Q.26. The use of any method or substance that might harm the athlete, in a quest to gain an unfair advantage, over his/her fellow competitors is known as:
(a) Adaptation (b) Discrimination
(c) Doping (d) Comprehension
- Q.27. Which agency ensures that no athlete violates anti-doping rules?
(a) World anti-doping agency (WADA) (b) International Olympic Committee
(c) Indian anti doping agency (d) All of the above

Very Short Answer Type Questions

1. What do you mean by training?
2. What is warming up?
3. What is limbering down?
4. What do you mean by load?
5. What do you mean by recovery?
6. Define skill?
7. Define technique?
8. Define adaptation?

Short Answer Type Questions

1. Describe general warming up.
2. Describe specific warming up.
3. Write down the guiding principles of Warming –up in brief.
4. Write down the importance of limbering down.
5. What are the types and causes of load?
6. Explain the general and specific principles of adaptation.
7. What are the types of skill?
8. Explain the benefits of limbering down.
9. Write specific warming up for some games

Long Answer Type Questions

1. Explain in detail the warming up and limbering down. Mention few exercises for proper warming up and limbering down.
2. What is sports training. Write the principles of sports training.
3. What do you mean by warming up? Describe the physiological basis of warming up.
4. Write a brief note on load, adaptation and recovery.
5. Explain in detail the classification of skills.
6. What do you mean by Technique and Skill?
7. Write down the Method of Warming-up in detail.
8. Explain in detail the role of free play in the development of Motor component.

SAMPLE PAPER

Time: 3 Hrs.

Marks: 70

- Q.1. What is the aim of Physical Education? (1)
(a) Physical development
(b) Wholesome development of an individual
(c) Growth and development
(d) Mental Development
- Q.2. Which competition is also known as ASIAD? (1)
(a) Commonwealth games (b) Youth Olympics
(c) Paralympics Games (d) Asian Games
- Q3. The Olympic flag consists of - (1)
(a) White background with no border and Olympic symbol in the center
(b) White background with black border and Olympic symbol in the center
(c) Yellow background with black border and Olympic symbol on the top right corner
(d) Grey background with no border and Olympic symbol in the center
- Q.4. "Altius" in the Olympic motto "Citius Altius Fortius" stand for-
(a) Faster (b) Stronger
(c) Higher (d) Deeper
- Q.5. What is the primary cause of lifestyle diseases such as high blood pressure, Diabetes, heart attack? (1)
(a) Poor eating habits (b) Lack of exercise
(c) Sedentary lifestyle (d) All of the above
- Q.6. What is the ability to perform same pattern of movement at a faster rate? (1)
(a) Speed (b) Endurance
(c) Strength (d) Flexibility

Or

What is flexibility ?

- Q.7. Which diversified programme includes developmental activities, games and sports? Suited to interests, capacities and limitations of students with disabilities? (1)
(a) Modified Physical Education
(b) Diversified Physical Education
(c) Adaptive Physical Education
(d) None of the above
- Q.8. When and where did the first Para Olympic Games take place? (1)
(a) Rome, 1960 (b) Mandeville, 1976
(c) Albertville, 1992 (d) Holland, 1968
- Q.9. Elements of Yoga can be explained in terms of: (1)
(a) Ashtanga Yoga (b) Neti
(c) Yama (d) Kapala bhati
- Q.10. The concentration of mind on an impulse without any divergence is known as: (1)
(a) Yoga (b) Pranayama
(c) Vritti (d) Meditation

Or

What is Yama?

- Q.11. Which out of the following is a water sport? (1)
(a) Surfing (b) Mountaineering
(c) Para Gliding (d) Trekking
- Q.12. Which water sport involves use of an inflatable raft to navigate a river or other? Water bodies? (1)
(a) Surfing (b) River rafting
(c) Paragliding (d) All of the above
- Q.13. Sheldon's body types classification (1)
(a) Endomorph (b) Mesomorph
(c) Ectomorph (d) All of the above

- Q.14. A test should be: (1)
(a) Valid (b) Reliable
(c) Repeatable (d) All of the above

Or

Define the term measurement

- Q.15. Ligament connects- (1)
(a) Bone to bone (b) Bone to muscle
(c) Blood to cartilage (d) Cartilage to muscle
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Which is the hardest working muscle in our body?

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(a) Improve their performance skills.
(b) Avoid being ill and sick
(c) Prevent injury and enhance performance
(d) Keep their body and mind relaxed
- Q.20. Which principle focuses on training according to specific requirements of particular sports? (1)
(a) Principle of Progression (b) Principle of Continuity
(c) Principle of Specificity (d) Principle of Individual Difference
- Q.21. Write in brief about the objectives of Physical Education. (3)
- Q.22. Discuss about the closing ceremony of Modern Olympic Games. (3)

Or

Describe briefly about Indian Olympic Association.

- Q.23. Discuss briefly about the importance of Physical fitness. (3)
- Q.24. What is the role of physical education teacher for educating children with Special needs? (3)

Or

Write briefly about Deaf Olympics.

- Q.25. What is the procedure of Padmasana. (3)
- Q.26. Leaders can be trained through physical education. Justify your answer. (3)
- Q.27. What is BMI? How will you calculate it? (3)

Or

What is the importance of test and measurement?

- Q.28. Explain the functions of respiratory system. (3)
- Q.29. Mention the importance of sports psychology. (3)
- Q.30. Write down the importance of Limbering down. (3)
- Q.31. Discuss in detail about the structure of Khelo India Programme. (5)
- Q.32. What are Ancient and Modern Olympics? Explain in detail. (5)

Or

- c) Hockey
Q12 Which water sport involves ascent to altitudes as high as 5000 meters? 1
a) Surfing
b) River rafting
c) Paragliding
d) All of the above
- Or
- Which adventure sport involves hiking, skiing and climbing mountains
- a) Rock climbing
b) Trekking
c) Mountaineering
d) All of the above
- Q13 What is the formula for waist –hip ratio? 1
a) Weight/Height
b) Weight/ (height)²
c) Height/Weight
d) (Weight/Height)²
- Or
- “Endomorph” is characterized by-
- a) husky and muscular
b) Soft and fat
c) thin and bony
d) None of the above
- Q14 What is the duration of meso cycles of training? 1
a) 3-12 months
b) 3-6 weeks
c) 3-10 months
d) 1-2 weeks
- Q15 Sit and Reach Test is used to measure? 1
a) Flexibility
b) Flexibility
c) Agility
d) All of the above
- Q16 Myofibrils consist of which proteins? 1
a) Actin and Myosin
b) Sarcolemma
c) Osteocalcin
d) Epimysium
- Q17 Which term is used for sitting in a position that is firm, but relaxed for extended, or timeless periods? 1
a) Kapalbhathi
b) Anlom-Vilom
c) Bhramari Pranayama
d) Sheetali Pranayam
- Or
- The concentration of mind on an impulse without any divergence is known as: 1
a) Yoga
b) Pranayama
c) Vritti
d) Meditation
- Q18 It is also called as Isometric strength.
a) Maximum Strength
b) Explosive Strength
c) Static Strength
d) Strength Endurance
- Q19 Olympic flame was first introduced in 1
a) 1896
b) 1928
c) 1956
d) 2008
- Q20 Which out of these is the age group for infancy? 1
a) 12-18 years
b) 6-9 years
c) 9-12 years
d) 0-5 years

SECTION –B

- Q21. Write down the importance of Limbering down. 3
Or
Explain the benefits of Limbering down.
- Q22. Describe the structure and working of heart with the help of diagram. 3
- Q23. Discuss any three problems of adolescence. 3
- Q24. Describe the doping test procedure. 3
- Q25. What is Sukhasana? What are the procedure, benefits, precautions and contraindications? 3
- Q26. Discuss about the closing ceremony of Modern Olympic Games? 3
Or
Mention the rules for competitions in Ancient Olympic Games.
- Q27. What are the benefits of Yoga for Concentration? 3
- Q28. Describe the management of adolescent problems. Any three? 3
- Q29. What do you understand by Mountaineering? 3

Or

- Describe any four qualities of a good leader.
- Q30. What are the functions of muscles? 3

SECTION C

- Q31. Define Physical Education. Explain the aims and objectives of physical education. 5
- Or
- Explain in detail the career options in Physical Education

- Q33. Explain in detail about Somatotypes. How can we measure Somatotype? 5

- Q34. What are the components of Health Related Fitness? Explain. 5

Or

What are the components of Wellness? Explain in detail.

SAMPLE PAPER

Time: 3 Hrs.

Marks: 70

- Q.1. What is the aim of Physical Education? (1)
- (a) Physical development
(b) Wholesome development of an individual
(c) Growth and development
(d) Mental Development
- Q.2. Which competition is also known as ASIAD? (1)
- (a) Commonwealth games (b) Youth Olympics
(c) Paralympics Games (d) Asian Games
- Q3. The Olympic flag consists of - (1)
- (a) White background with no border and Olympic symbol in the center
(b) White background with black border and Olympic symbol in the center
(c) Yellow background with black border and Olympic symbol on the top right corner
(d) Grey background with no border and Olympic symbol in the center
- Q.4. "Altius" in the Olympic motto "Citius Altius Fortius" stand for- (1)
- (a) Faster (b) Stronger
(c) Higher (d) Deeper
- Q.5. What is the primary cause of lifestyle diseases such as high blood pressure, Diabetes, heart attack? (1)
- (a) Poor eating habits (b) Lack of exercise
(c) Sedentary lifestyle (d) All of the above
- Q.6. What is the ability to perform same pattern of movement at a faster rate? (1)
- (a) Speed (b) Endurance
(c) Strength (d) Flexibility

Or

What is flexibility ?

- Q.7. Which diversified programme includes developmental activities, games and sports? Suited to interests, capacities and limitations of students with disabilities? (1)
- (a) Modified Physical Education
(b) Diversified Physical Education
(c) Adaptive Physical Education
(d) None of the above
- Q.8. When and where did the first Para Olympic Games take place? (1)
- (a) Rome, 1960 (b) Mandeville, 1976
(c) Albertville, 1992 (d) Holland, 1968
- Q.9. Elements of Yoga can be explained in terms of: (1)
- (a) Ashtanga Yoga (b) Neti
(c) Yama (d) Kapala bhati
- Q.10. The concentration of mind on an impulse without any divergence is known as: (1)
- (a) Yoga (b) Pranayama

(c) Vritti

(d) Meditation

Or

What is Yama?

Q.11. Which out of the following is a water sport? (1)

(a) Surfing

(b) Mountaineering

(c) Para Gliding

(d) Trekking

Q.12. Which water sport involves use of an inflatable raft to navigate a river or other? Water bodies? (1)

(a) Surfing

(b) River rafting

(c) Paragliding

(d) All of the above

Q.13. Sheldon's body types classification (1)

(a) Endomorph

(b) Mesomorph

(c) Ectomorph

(d) All of the above

Q.14. A test should be: (1)

(a) Valid

(b) Reliable

(c) Repeatable

(d) All of the above

Or

Define the term measurement

Q.15. Ligament connects- (1)

(a) Bone to bone

(b) Bone to muscle

(c) Blood to cartilage

(d) Cartilage to muscle

Q.16. What is the study of motion known as? (1)

(a) Biomechanics

(b) Physiology

(c) Kinesiology

(d) Anatomy

Or

Which is the hardest working muscle in our body?

Q.17. The orderly and coherent serial changes towards the goal of maturity are known as: (1)

(a) Growth

(b) Development

(c) Both growth and development

(d) None of the above

Q.18. When does the first tooth appear in a child? (1)

(a) 1 year

(b) Six months

(c) 10 months

(d) 3 months

Q.19. Warming-up and cooling-down help exercisers and athletes to (1)

(a) Improve their performance skills.

(b) Avoid being ill and sick

(c) Prevent injury and enhance performance

(d) Keep their body and mind relaxed

Q.20. Which principle focuses on training according to specific requirements of particular sports? (1)

(a) Principle of Progression

(b) Principle of Continuity

(c) Principle of Specificity

(d) Principle of Individual Difference

Q.21. Write in brief about the objectives of Physical Education. (3)

Q.22. Discuss about the closing ceremony of Modern Olympic Games. (3)

Or

Describe briefly about Indian Olympic Association.

Q.23. Discuss briefly about the importance of Physical fitness. (3)

Q.24. What is the role of physical education teacher for educating children with Special needs? (3)

Or

Write briefly about Deaf Olympics.

Q.25. What is the procedure of Padmasana. (3)

Q.26. Leaders can be trained through physical education. Justify your answer. (3)

Q.27. What is BMI? How will you calculate it? (3)

Or

What is the importance of test and measurement?

- Q.28. Explain the functions of respiratory system. (3)
Q.29. Mention the importance of sports psychology. (3)
Q.30. Write down the importance of Limbering down. (3)
Q.31. Discuss in detail about the structure of Khelo India Programme. (5)
Q.32. What are Ancient and Modern Olympics? Explain in detail. (5)

Or

What are the components of Health Related Fitness? Explain.

- Q.33. How a special education counselor, occupational therapist, speech therapist and Special educator helps children with special needs? (5)
Q.34. Explain in detail the Somatotypes. How can we measure Somatotype? (5)

Or

Define Physiology? Elucidate the importance of