



DATE: 29/10/2019

MAX. MARKS: 70

TIME ALLOWED: 3HRS

**GENERAL INSTRUCTIONS:**

- 1) The question paper consists of 34 questions.
- 2) All questions are compulsory.
- 3) Question 1-20 carry 1 mark and are multiple choice questions.
- 4) Question 21-30 carry 3 marks each and should not exceed 80-100 words each.
- 5) Question 31-34 carry 5 marks and should not exceed 150-200 words.

**SECTION –A**

- Q1. Which amongst these is not a method to improve strength?  
a) Isokinetic exercises b) kinetic exercises c) Isometric exercises d) Isotonic exercises.
- Q2. Knock- cum knock out is part of which tournament.  
a) Combination b) round robin c) consolation d) knock out
- Q3. Which of the following is a Macro Nutrient?  
a) Proteins b) fats c) water d) vitamins
- Q4. Which of the following asana should not performed for curing obesity.  
a) Trikonasana b) Ardhamatsyendrasana c) Bhujangasana d) vajrasana
- Q5. A disorder related to brains trouble in receiving and responding to information can be term as .....?  
a) ODD b) OCD c) ADHD d) SPD
- Q6. Avoiding eye contact and preferring to stay alone are common to which disorder?  
a) SPD b) ADHD c) ASD d) ODD
- Q7. Which amongst these is not a method to improve flexibility?  
a) Ballistic b) Static stretching c) PNF d) Fartlek

**OR**

- Which of the following is not involved in Barrow three item tests?  
a) Standing Broad jump b) Zig Zag Run c) Medicine Ball Put d) Shuttle Run
- Q8. Which of the following is not a cognitive disability?  
a) Dyslexia b) Hyperactivity c) Memory disorder d) Sensory impairment
- Q9. Newton's First law of motion known as \_\_\_\_\_.  
a) Law of Inertia b) Law of acceleration c) Law of reaction d) Gravitational pull

Q10. What is the height of the box used by boys in Harvard step test?

- a) 16inch b) 18inch c) 20inch d) 22inch

Q11. The amount of oxygen which can be absorbed and consumed by the working muscles from Blood is called\_\_\_\_\_.

- a) Oxygen intake b) oxygen transport c) oxygen uptake d) energy reserve

Q12. Acceleration runs are used to improve \_\_\_\_\_.

- a) Strength b) Endurance c) Speed d) Flexibility

Q13. When the angle between the two bones decreases it is termed as\_\_\_\_\_.

- a) Flexion b) Extension c) Abduction d) Adduction

**OR**

Overstretching of ligament cause:

- a) Strain b) Sprain c) Contusion d) Bruises

Q14. Gaumukhasana and Padmasana are performed to rectify which postural deformity?

- a) Flatfoot b) Scoliosis c) Knock-knees d) Bow legs

Q15. Person with emotional instability and negative emotions are termed as\_\_\_\_\_.

- a) Neuroticism b) Agreeableness c) Openness d) Conscientiousness

Q16. Which of the following is a macro mineral?

- a) Iodine b) Iron c) Copper d) Calcium

Q17. AAHPER General Fitness test consists of:

- a) Pull Ups Boys b) Sit-Ups (Flexed Leg), Boys and Girls c) Shuttle Run (Boys and Girls)  
d) All of these

**OR**

Which amongst these is a sitting asana?

- a) Ardh-Matsyendrasana b) Padahasthasana c) Ardh Chakrasana d) Trikonasana

Q18. A person having both traits of introvert and extrovert is known as?

- a) Mesomorph b) Extroversion c) Ambiverts d) Endomorph

Q19. Which of the following is not a spinal curvature deformity?

- a) Kyphosis b) Scoliosis c) Lordosis d) Flatfoot

Q20. Which one of these is a long term effect of exercise on cardiovascular system?

- a) ↑ Heart rate b) ↑ Body temperature c) ↑ Cardiac output d) ↑ B

### **SECTION B**

Q.21. what is circuit training? Discuss the advantages of circuit training?

**OR**

Explain, what is strength and write the methods of improving strength?

Q22. Explain any three techniques of motivation for higher achievement in sports.

Q23.What do you mean by friction? Describe various types of friction.

Q24.Classify the soft tissue injuries and mention the causes and preventions of any one of them.

Q25.Discuss any three effects of exercise on cardiorespiratory system.

Q26. Explain General motor fitness test.

**OR**

Briefly discuss about hypertension, discuss the benefits and contraindication of vajrasana and ArdhaChakrasana.

Q27. What do you mean by amenorrhoea? Discuss any two factors which enhance the chances of amenorrhoea.

Q28. What do you mean by gross motor development and fine motor development?

Q29. What do you mean by Attention Deficit Hyperactivity Disorder and its causes in details?

**OR**

Briefly explain any three food myths.

Q30. 'Women face certain hindrance in sports due to their biological cycle'. Explain these issues in brief.

### **SECTION –C**

Q31.What do you mean by knock- out method? Draw a fixture for 14 teams.

**OR**

Explain Round Robin method. Draw a fixture for 11 teams.

Q32.what do you mean by first aid? Discuss the aims & objectives of first aid in details.

Q33. Discuss fartlek training method as a means of developing endurance.

Q34.'Regular physical activity can delay your ageing process.' Justify your answer in light of the effect of activities on physiological changes.

**OR**

Explain common postural deformities.

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