



DATE: 13/01/2019

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

Q.1 Knock out tournaments is less expensive in comparison to the other forms of tournaments.

(True/False).

Q.2 How many methods can be used for preparing fixtures in a league tournament?

- a) 2 b) 4 c) 3 d) 5

Q.3 Glucose, fructose, sucrose and maltose are called complex carbohydrates. (True/False)

Q.4 which disease is caused by the deficiency of vitamin B5?

- a) Beri – beri b) Pellagra c) Rickets d) Night blindness

Q.5 Shavasana is performed in supine position. (True/False)

Q.6 Give the full form of ADHD & OCD.

Q.7 Autism spectrum is a disorder that affects the development of an individual. (True/False)

Q.8 Krishna Poonia is related to athletics. (True/False)

Q.9 Which one of the fibers' percentage depend upon biological or heredity factors?

- a) Fast twitch fibers b) slow twitch fibers c) both types of fibers d) none of them.

Q.10 In which Olympic Games, Saina Nehwal and M.C. Mary Kom secured one bronze medal?

- a) 2008 Olympics b) 2012 Olympics c) 2016 Olympics d) None of the above.

Q.11 4*10 m shuttle run is used to measure agility. (True / False)

Q.12 Harvard step test is used to measure cardiovascular fitness/aerobic fitness. (True/False)

Q.13 White muscle fibers are better adopted to perform:

- a) Slow contraction b) Fast contraction c) Medium contraction d) No contraction

Q.14 The functional efficiency of a muscle depends upon its:

- a) Nerve stimulation b) Girth c) Fiber Quality d) Tonus

Q.15 Reaction time can be improved if exercises are performed regularly. (True/ False)

Q.16. Sliding friction and rolling friction are the types of.....friction.

Q.17 Biomechanics helps in one of the following:

- a) In improving technique
- b) in improving design of sports equipment
- c) in improving teaching & learning
- d) All the above

Q.18 In continuous training method, the rate of heart beat remains in between tobeats per minute.

Q.19 Circuit training provides maximum results in minimum time. (True/ False)

Q.20 Which types of exercise was developed by Perrine?

- a) Isotonic exercise
- b) Isometric exercise
- c) Isokinetic exercise
- d) None of the above.

Q.21 Which one of the following methods is helpful in improving flexibility?

- a) Ballistic Method
- b) Static stretching method
- c) Dynamic stretching method
- d) All the above.

Q.22 Which one of the following is not the strategy for enhancing adherence to exercise?

- a) Simple exercise in the beginning
- b) Set appropriate goal
- c) Same pattern of exercise
- d) Always remain punctual

Q.23 Modified push up test can be used to measure the strength and endurance of the upper body of men. (True /False)

SECTION B

Q.21.What are the benefits of physical activities for children with special needs? Explain.

OR

Elaborate any three methods to prevent asthma.

Q22.What do you mean by motivation? Explain the different techniques of motivation to achieve high goals in sports.

Q23.Describe the method of Sit and Reach Test.

Q24. What is interval training method?

Q.25. Explain any three physiological factors determining speed.

Q26. Discuss the objectives of First Aid in brief.

OR

Elaborate any three methods to prevent Obesity.

Q27. What do you mean by League Tournament? Write any two advantages of it.

Q28. "Friction is a necessary evil." Justify your answer with suitable examples from sports.

Q29. Discuss any three psychological traits of women athlete.

OR

Draw a fixture of 6 teams with Knock –out method.

Q30.Explain about Sensory Processing Disorder (SPD).

SECTION –C

Q31. How are the important system of our body such as the respiratory system, cardiovascular system and nervous system affected by ageing?

OR

Following the suggested guideline, draw a fixture of 12 teams in league cum knock out tournament.

Q32. State the various types of fractures and explain how each of them can be managed.

Q33. Why it is essential to apply first aid immediately in soft tissue injuries? Explain application of first aid for incision.

Q34. I) List any four reasons for obesity. Which yogic asana are helpful in controlling obesity and explain its procedure for performing.

OR

Justify the statement, " Participation in games & sports results in all round development of personality".
