

Class 12

Physical Education

Set 2 with Solutions

Time Allowed: 3 Hours

AMaximum Marks: 70

General Instructions:

The question paper consists of 5 sections and 37 Questions.

Section A consists of Questions 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.

Section B consists of Questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.

Section C consists of Questions 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.

Section D consists of Questions 31-33 carrying 4 marks each and are case studies. There is internal choice available.

Section E consists of Questions 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

Section - A (18 Marks)

Question 1.

The total number of matches in a knockout tournament of 34 teams are: [1]

- (a) 31
- (c) 33
- (b) 32
- (d) 35

Answer:

- (c) 33

Explanation: In knockout tournament, no of matches is decided by $N-1$ formula so $34 - 1 = 33$ matches will be played.

Question 2.

What is meant by planning? [1]

- (a) Organizing a tournament
- (b) Deciding in advance what has to be done
- (c) Motivating participants for training
- (d) Thinking about the past

Answer:

- (b) Deciding in advance what has to be done

Explanation: Planning means deciding in advance what to do, why to do it, and when to do it.

Question 3.

The food component present in sugar is: [1]

- (a) Fats
- (b) Protein
- (c) Vitamin

(d) Carbohydrate

Answer:

(d) Carbohydrate

Explanation: All carbohydrates are broken down into simple sugars, which are absorbed into the bloodstream. As the sugar level rises, the pancreas release the hormone insulin, which is needed to move sugar from the blood into the cells, where the sugar can be used as energy.

Question 4.

The main source of Vitamin C is: [1]

(a) Guava

(b) Egg

(c) Milk

(d) Banana

Answer:

(a) Guava

Explanation: Guavas are an excellent source of dietary fiber. Therefore, eating more guavas may aid healthy bowel movements and prevent constipation. Just one guava can provide 12% of your recommended daily intake of fiber. It has double the amount of vitamin C as compared to oranges.

Question 5.

Which asana is helpful in maintaining normal blood pressure? [1]

(a) Shavasana

(b) Padmasana

(c) Shalabhasana

(d) Vakrasana

Answer:

(a) Shavasana

Explanation: It calms the brain and helps relieve stress and mild depression, relaxes the body, reduces headache, fatigue, and insomnia, helps to lower blood pressure.

Question 6.

Given below are the two statements labeled Assertion (A) and Reason (R). [1]

Assertion: Planning is the foremost function in sports.

Reason: Planning provides a view of future course of action.

In the context of the above two statements, which one of the following is correct?

(a) Both (A) and (R) are true and (R) is the correct explanation of (A).

(b) Both (A) and (R) are true but (R) is not the correct explanation of (A).

(c) (A) is true but (R) is false.

(d) (A) is false but (R) is true.

Answer:

(a) Both (A) and (R) are true and (R) is the correct explanation of(A).

Explanation: Planning is the most important function in sports as it provides a view of future course of action.

Question 7.

Which of the following committees selects various officials? [1]

(a) Announcement committee

(b) Reception Committee

(c) Finance committee

(d) Committee for officials

Answer:

(d) Committee for officials

Explanation: Committee for officials selects various officials like referees, judges, timekeepers, umpires etc.

Question 8.

Where is the headquarter of Paralympics? [1]

- (a) Denmark
- (b) Paris
- (c) New York
- (d) Germany

Answer:

(d) Germany

Explanation: The Paralympics is a periodic series of international multisport events involving athletes with a range of physical disabilities. Its headquarter is situated at both, Germany.

Question 9.

Menarche is defined as: [1]

- (a) Ending of menstrual period in women
- (b) Beginning of menstrual period in women
- (c) Time of pregnancy
- (d) Beginning of pregnancy

Answer:

(b) Beginning of menstrual period in women

Explanation: Menarche is the first menstrual cycle or first menstrual bleeding in female humans.

Question 10.

Scoliosis is a postural deformity related with: [1]

- (a) Foot
- (b) Leg
- (c) Vertebral column
- (d) Hand

Answer:

(c) Vertebral column

Explanation: Scoliosis is a condition in which the spine curves to the left or right, creating a C- or S-shaped curve.

Question 11.

Sit and reach test is conducted for: [1]

- (a) Flexibility
- (b) Motor fitness
- (c) Endurance
- (d) Speed

Answer:

(a) Flexibility

Explanation: The simple test is designed to measure the flexibility, and specifically measures the flexibility of the lower back and hamstring muscles.

Question 12.

Which out of the following is not a macro-nutrient? [1]

- (a) Protein
- (b) Chlorine
- (c) Carbohydrate
- (d) Fat

Answer:

- (b) Chlorine

Explanation: Macronutrients are nutrients that are required in large amounts. Humans require three macro-nutrients carbohydrates, fats and proteins. Chlorine is not a macronutrient.

Question 13.

Speech therapist helps a child in: [1]

- (a) grooming
- (b) playing
- (c) communication
- (d) academics

Answer:

- (c) Communication

Question 14.

Match list 1 and list 2, selecting correct option: [1]

S.No	List I	List II
(1)	Abrasion	Joint injury
(2)	Greenstick fracture	Soft tissue injury
(3)	Shoulder dislocation	Cause of sports injury
(4)	Lack of fitness	Bone injury

- (a) 2,4,1,3
- (b) 3,2,4,1
- (c) 4,3,2,1
- (d) 1,3,2,4

Answer:

- (a) 2,4,1,3

S.No	List I	List II
(1)	Abrasion	Soft tissue injury
(2)	Greenstick fracture	Bone injury
(3)	Shoulder dislocation	Joint injury
(4)	Lack of fitness	Cause of sports injury

Question 15.

Match the following: [1]

Column A

Column B

(A) Publicity Committee	(1) Makes announcements.
(B) Registration Committee	(2) Welcomes the chief guest and players.
(C) Reception Committee	(3) Register the normal and institute of participants.
(D) Announcement Committee	(4) Advertises the event

Codes:

A B C D

(a) 4 2 1 3

(b) 2 4 1 3

(c) 4 3 2 1

(d) 1 2 3 4

Answer:

(c) 4 3 2 1

Question 16.

The force of friction depends upon: [1]

(a) Nature of surface of contact

(b) Material of object in contact

(c) Both (a) and (b)

(d) None of the above

Answer:

(b) Material of object in contact

Explanation: Friction is a force that opposes the relative motion between two surfaces in contact.

Question 17.

Emotionally unstable, anxiety, sadness are attributes of which personality: [1]

(a) Extroversion

(b) Neuroticism

(c) Agreeableness

(d) Openness

Answer:

(b) Neuroticism

Explanation: Neuroticism is one of the Big Five higher-order personality traits in the study of psychology. Individuals who score high on neuroticism are more likely than average to be moody and to experience such feelings as anxiety, worry, fear, anger, frustration, envy, jealousy, guilt, depressed mood, and Loneliness.

Question 18.

The body structure of mesomorphic people is: [1]

(a) fatty

(b) large muscle and bones

(c) solid

(d) obese

Answer:

(b) Large muscle and bones

Explanation: A Mesomorphs have a large bone structure, large muscles and a naturally athletic physique. They are the best body type for bodybuilding. They find it quite easy to gain and lose weight They are naturally strong which is the perfect platform for building muscle.

Section – B (10 Marks)

Question 19.

Explain the procedure of Plate Tapping Test in detail. [2]

Answer:

Plate Tapping Test

The Plate Tapping Test is a reaction test using an alternating wall tapping action which measures upper body reaction time, hand-eye quickness and coordination.

Purpose: to assess the speed and coordination of limb movement.

Equipment required: table (adjustable height), yellow discs (20 cm diameter) rectangle (30 x 20 cm) stopwatch.

Procedure: If possible, the table height should be adjusted so that the subject is standing comfortably in front of the discs. The two yellow discs are placed with their centers 60 cm apart on the table.

The rectangle is placed equidistant between both discs the nonpreferred hand is placed on the rectangle. The subject moves the preferred hand back and forth between the discs over the hand in the middle as quickly as possible. This action is repeated for 25 full cycles (50 taps).

Results: The time taken to complete 25 cycles is recorded perform the test twice and the best result is recorded.

Question 20.

List down the test items of Rikli and Jones fitness test and explain the procedure [2]

Answer:

The Rikkli and Jones Senior Fitness Test is a series of simple tests that assess the functional fitness of elderly people. These tests are:

- (1) Chair Stand Test – To test lower body strength
- (2) Arm Curl Test – To test upper body strength
- (3) Chair Sit and Reach Test – To test lower body flexibility
- (4) Back Scratch Test – To test upper body flexibility
- (5) 8-Foot Up and Go Test – To test agility
- (6) Walk Test (6 minutes) or Step in Place (2 minutes) – To test aerobic fitness

Arm Curl Test for upper body strength measurement: This test measures upper body strength and endurance of the senior citizens.

It is a part of senior fitness test.

Equipments required:

Four pound weight (Women, APPHERD)

Five pound weight (Women, SFTj)

Eight pound weight (For men)

A chair without arm rests.

Stopwatch.

Administration of test:

The aim of test is to do as many arm curls as possible in 30 seconds. This test is conducted on the stronger/dominant arm side. The person sits on the chair holding the dumb-bell/weight and arm is vertically down position beside chair. Brace the upper arm against the body in such position so that only the lower arm is moving.

Curl the arm through a full range of motion, gradually turning the arm up. As the arm lowered through the full range of motion, return to the starting position. The arm must be fully bent and straight end at the elbow. Keep the upper arm stable throughout the test and don't swing it. Repeat the curls for 30 seconds. The number of complete curl actions (up and down considered as one) is score.

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Question 21.

League tournament is the best way to judge the best team of the tournament. Comment. [2]

Answer:

League tournament is also called Round Robin Tournament One team has to play with all other teams, irrespective of victory or defeat It is called the best type of tournament because of following reasons:

- (1) Every team has an opportunity to play every other team at least once.
- (2) Players can develop talent as it finds opportunity to play with multiple teams.
- (3) It is easier to rank the teams accurately as per their performance.
- (4) Spectators remain enthusiastic and interested, as they can see their favorite team in tournament for many matches.
- (5) Best teams have the maximum chances to win the game.

Question 22.

“Asana can be used as a preventive measure.” Comment. [2]

Answer:

Asana as preventive measure

Reduces Tension: Yoga helps to relax the body and mind. It reduces the stress and tension.

Relax from Fatigue: Modern age is the age of stress and tension. It is full of hard work. In this way, fatigue is common. Rest and relaxation are important for removing fatigue. Shavasana and Makarasana are the beneficial asana for relaxation.

Improves concentration: It is the best means to improve the concentration of a person. It helps in improving memory and mental set up.

Improves digestive systems: It helps in improving digestive system. A person with perfect digestion seldom gets sick. Thus, Yoga helps in keeping away the diseases.

Cures diseases: Yoga can cure diseases like asthma, high blood pressure, heart problems etc.

Improves the posture: Good postures are the identification of a personalized person. Yoga helps in maintaining good posture and improving the bad ones.

Reduces Obesity: Obesity is the most spread and dangerous disease of modern time. It is an invitation to many other diseases also. Obesity can be cured by various meditative asana – such as Dhanurasana, Paschimottanasana etc.

Increases Flexibility: Flexibility makes the body movements significant and graceful. Muscles can be flexible by performing various asana such as Chakrasana, Dhanurasana, and Halasana, Sarvangasana etc.

Question 23.

Mention any six advantages of physical activities for children with special needs. [2]

Answer:

Advantages of physical activities for children with special needs are following:

- (1) It strengthens the heart muscle, thereby improving cardiovascular and long efficiency and exercise endurance. This helps in controlling repetitive behavior among disabled children.
- (2) Physical activity develops social relationships with other children, teammates and teachers.
- (3) It brings positive changes in the social behavior of these children.

(4) It helps to improve energy level in the body. Regular physical activity makes children more energetic and allows them to become active.

(5) It regulates blood pressure, cholesterol level and diabetes. It reduces stress level.

(6) The children with disabilities are not physically active, so, may have deficit of calories, which lowers weight. Regular exercise helps in regulating weight.

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Question 24.

Explain the postural deformity-knock knee. [2]

Answer:

A person with knock knees has a large gap between their feet when they are standing. Many young children have knock knees, which is most obvious at around the age of 4. It's almost always just a normal part of their development and their legs will normally straighten by the age of 6 or 7. Slight knock knees can continue into adulthood but it anything to worry.

However knock knees can occasionally be a sign of an underlying condition that requires treatment, especially if the condition develops in older children or adults, or doesn't improve with age.

Symptoms: If someone with knock knees stands with their knees together, their lower legs will be spread out, so their feet and ankles are further apart than normal. A small distance between the ankles is normal but in people with knock knees, this gap can be up to 8 cm or more.

Although knock knees don't cause any other problems usually, a few severe cases may cause knee pain, a limp or difficulty in walking. Knock knees that don't improve on their own can also place your knees under extra pressure, which may increase the risk of developing arthritis.

Knock knees that develop later in childhood or don't improve with age can sometimes be associated with an underlying problem, such as rickets, excessive pressure on the knees an injury or infection or genetic conditions. If knock knees are caused by an underlying condition, treatment for this may be necessary.

Section - C (15 Marks)

Question 25.

What do you understand by the food myth? [3]

Answer:

A food myth is an advice that becomes popular, without facts to back it up. When it comes to weight loss, many popular beliefs are myths and others are only partly true. The most common food myths are stated below:

Myth 1: Carbohydrates make you fat.

Fact: Carbohydrates are the source of energy. Taking right amount of carbohydrates is not responsible for making you fat. Actually, having too much carbohydrates make you fat.

Myth 2: Eating eggs raises cholesterol level and, are therefore, bad for health.

Fact: One egg a day is not harmful.

Myth 3: Microwaving of food destroys nutrients.

Fact: Over cooking may destroy nutrient, whether it is cooked over burner or in microwave.

Myth 4: Low fat milk has less calcium than full fat milk.

Fact: Skimmed and Semi-skimmed milk have more calcium because calcium is in watery part and not in creamy part of milk.

Myth 5: Vegetarians cannot build muscles.

Fact: Vegetarians can be as muscular as meat eater, by getting their proteins from vegetable sources such as cheese, nuts, pulses and grains.

Myth 6: Healthy food is expensive.

Fact: Tinned, stored, packed, off-seasonal food is expensive, whereas, local, seasonal food is cheap and easily available, Moreover, it is more nutritious.

Myth 7: Only overweight persons need exercise

Fact: Many people think that exercises help to lose weight and they do not need to lose weight whereas, exercise helps to keep us healthy (Physically and mentally). Moreover, it manages stress of life and develops socialization.

Myth 8: Adding salt in food means adding sodium in food. This is harmful for health.

Fact: Salt is the source of Iodine. This is required in right amount to keep the body away from disease like goitre.

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Question 26.

What are the pitfalls of dieting? [3]

Answer:

The major pit falls of dieting are discussed below:

Lack of proper nutrients: Dieting leads to limit major nutrients severely. You cut out the carbohydrates, fats, proteins and other nutrients. To keep yourself healthy, understand how much amount of particular nutrients are required by your body and follow accordingly.

Skipping Meals: It is a fact that if you have good metabolic rate, you can maintain or lose weight. If it is low, you gain weight very easily. So, if you skip meals, it will lower your metabolism to conserve energy.

Liquid calories: Alcohol, fizzy drinks, squashes, cold drinks, packed juices etc. add a lot of calories.

Research suggests that drinking calories contribute a lot in weight gain. Be very careful by sticking to diet drinks.

Not performing exercise: If you keep on dieting and do not perform exercise, it will not work properly. Instead of losing weight, you are likely to gain weight. As a matter of fact, exercise has a positive effect on metabolism and also helps to burn some extra calories. Exercise increases metabolic rate, which ultimately reduces body weight. So, dieting is beneficial if you perform exercise along with it.

Infrequent eating: Dieting leads to infrequent eating. While cutting calories is important, you should try to eat a small, nutritive meal every 3 to 4 hours to keep your metabolism high. Always have breakfast within an hour of waking up to give a good start to your day.

Extreme reduction of calories: While dieting, intake of calories is reduced extremely. Research studies indicate that 1800 calories a day cannot meet all the nutritional requirements of an individual. If you reduce more intake of calories it will produce, a huge weight loss. It can be dangerous for you.

Not getting enough proteins: Dieting will cut down your protein intake. Proteins are very important for your healthy body. They help you to feel more alert. Adding peanut butter to your toast in the breakfast or a few walnuts to your cereal, or even a boiled egg, will supply you proteins. Weakness on body parts:

Muscles become weak and bone density decreases, and reduces joint and bone life.

Question 27.

Discuss the preventive measures of sports injuries. [3]

Answer:

Preventive measure for sports injuries:

Proper Warming up: Proper warm up is essential for the sportspersons before taking part in training or sports competition. It definitely reduces the chances of getting injury, because muscles remain in tone up position after getting proper warm-up. A proper warm up routine should be of at least ten minutes. Such type of warm-up is always helpful in reducing the chances of sports injury.

Balanced Diet: Balanced diet is necessary for all the players or athletes because the lack of essential minerals and vitamins like Calcium, Phosphorus and Vitamin 'D' etc. make bones weak. And weak bones cause sports injuries. So, balanced diet is helpful in the prevention of sports injuries.

Use of Protective Equipments: The best way to prevent sports injuries, is the use of protective equipments. Stress should be laid down on the quality of protective equipment.

Use of proper Technique: A sportsperson should learn the proper technique of sports or games from a qualified coach or trainer, so that the risk of getting injuries may be reduced.

Obeying the rules: The athletes or players should obey the rules of games/sports properly, so that the sports injuries can be prevented up to some extent.

Proper knowledge of sports skills: If a player has deep knowledge of sports skills and is efficient completely in performing those skills, you can prevent injuries up to some extent. For example, a high jumper should have proper knowledge and efficiency in landing skill. If he is not efficient in this skill, he may get injury while landing.

Proper Conditioning: It is a fact that many injuries are caused by weak muscles which are not ready to meet the demand of your sports or games. So, for getting proper muscular strength, proper conditioning of your body is essential. Weight training and circuit training methods are important methods of proper conditioning. These methods improve the neuro-coordination which is also helpful in preventing sports injuries.

Proper Sports Facilities: In fact sports injuries can be prevented, if good quality of sports equipments and proper sports grounds are available for practice and competition. If playgrounds are maintained properly, the chances of getting injury on the playground will be reduced.

Unbiased officiating: Good officiating is also essential in preventing sports injuries during a match. If the officials of the match are biased, there may be more chances of indiscipline among players which may further lead to injuries.

Proper Cooling Down: Cooling down should be proper. At least for 5 to 10 minutes, light aerobic activity, such as slow running or jogging should be performed. After that stretching exercises should be done for five minutes. Proper Cooling down helps in removing the waste products like lactic acid etc.

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Question 28.

With suitable examples, explain the application of Newton's law in sports. [3]

Answer:

Newton propounded three laws of motion which are as follow:

(1) **Law of Inertia:** It is the first law of motion. According to this law, a body at rest will remain at rest, and a body in motion will remain in motion at the same speed and in the same direction, unless acted on by an external force. Similarly, if an object which is in a state of motion, tries to remain in the same position, unless some external force is applied on, the tendency of bodies to resist a change in their state of motion is known as inertia.

Example: A cricket ball will continue to be in motion until it is not stopped by resistance of rough ground and air. Explanation: A thrown ball will not go on forever in a straight line with uniform velocity, because of gravity and air resistance, two external forces that slow the ball and pull it downward. In the same manner, a rolling ball will eventually come to rest because of frictional force, which always opposes the motion of one body over another.

(2) Law of Acceleration: It is the second law of motion. According to this law, "A change in acceleration of an object is directly proportional to the force producing it and inversely proportional to its mass." This law indicates that a greater force is required to attain a certain space given time. This Law is applicable to relay races, while exchanging zone.

Explanation: In cricket, while taking a high catch, the player is required to move hands backwards while taking the catch. This increases the time, thus decreasing the force required to stop the ball. This ensures that the player doesn't get hurt in the process.

(3) Law of Action-reaction: According to this law, for every action, there is an equal and opposite reaction or for every action force, there is an equal and opposite reaction force. All forces act in pairs, and one could say that for every force exerted by a body on another body, there is an equal and opposite force acting on the second body.

Two forces must be interacted for example, when a sprinter drives against the start blocks, the blocks push back against his/her feet. Carrying this further, the blocks must in turn push against the ground which then instantly applies an opposite force against the blocks. If the blocks were to slip, there would be inadequate reaction and the runner would have a poor start.

Example: In shooting, when a gun or pistol is fired the bullet moves forward (action). The gun or pistol jerks backward (reaction). When a person walks, he presses the ground in backward direction (action) by his feet. The ground pushes him in forward direction with an equal force (reaction).

Question 29.

Write a shorts note on Deaflympics. [3]

Answer:

The Deaflympics, also known as Deaflympics are a periodic series of multi-sport events sanctioned by the International Olympic Committee (IOC) at which deaf athletes compete at an elite level. The motto of Reaflympics is PER LUDOS AEQUALITAS (Equality through sports) and adhering to the ideals of Olympics.

Unlike the athletes in other IOC-sanctioned events, athletes cannot be guided by sounds such as starting pistols, or referee whistles etc. The first event was help in 1924 in Paris, France. The events occur every four years. The purpose of Deaflympics is provision of opportunities for deal persons to participate in elite sports.

Question 30.

Define balance diet. Explain any four Micro Nutrients. [3]

Answer:

Balance Diet: A diet which consists of all the essential food constituents viz. protein, carbohydrates, fats, vitamins, minerals and water in correct proportion is called balanced diet. In fact, every individual does not require same type of diet. It differs from person to person. Food is made up of specific elements – proteins, carbohydrates, fats, vitamins, minerals and water, which are necessary for life, growth, body function and tissue repair. Any one food may contain several of these essential nutrients, together with the substances needed to assist their absorption. These essential nutrients can be broken into two main groups.

Macronutrients: This includes fats, carbohydrates and protein. They produce energy, and are required in quantities easily measurable by a common scale. Micronutrients: This includes vitamins and minerals. They

are essential for helping our bodies work properly and strengthening our immune system, so that we can resist infections.

They are only required in very small or “microscopic” amounts. Fat Soluble Vitamins as Micronutrients: These vitamins are easily dissolved in fat. They come into our body through fats and they are stored in liver and fatty tissues. These vitamins are A, D, E and K.

Vitamin A: Dr. McCollum discovered vitamin ‘A’. This vitamin is yellow in colour. This vitamin is needed for normal growth and development of eyes and skin. Night blindness and xerophthalmia are main diseases which are caused by the deficiency of vitamin ‘A’. This vitamin also has a negative effect on kidneys, nervous system and digestive system.

Sources: Vitamin A is mainly found in ghee, milk, curd, egg, yolk, fish, papaya, tomato, orange, green vegetables, spinach, carrot and pumpkin etc.

Vitamin D: This vitamin is important for formation of strong bones and teeth. This vitamin is also known as sunshine vitamin as sunlight provides this vitamin. Deficiency of this vitamin causes rickets, in which the bones of the children are deformed.

Sources: The source of vitamin ‘D’ are milk, butter, green vegetables, sunlight, cod liver oil, tomato, carrot, egg yolk, fish etc.

Vitamin E: This vitamin is important to protect the cell membrane and acts as antioxidant. Its deficiency causes the death of the child in the womb of the mother, abortions and miscarriages happen, with the result that women lose their reproductive ability. This vitamin is also essential for proper functioning of adrenal and sex glands.

Sources: The rich sources of vitamin ‘E’ are wheat germ, nuts, vegetable oils, dark green leafy vegetables like spinach and turnip, mustard, sweet potatoes sprout seeds, sunflower seeds, jams etc.

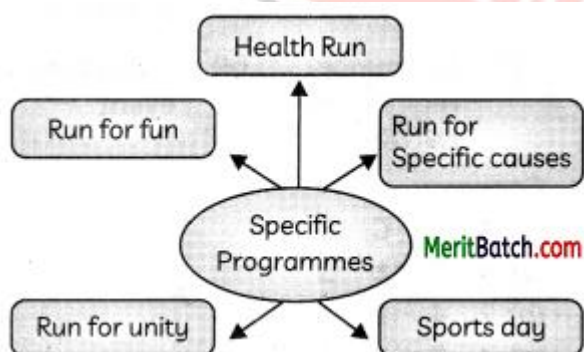
Vitamin K: Naturally produced by the bacteria in the intestine, vitamin K is very important for normal blood clotting. It also promotes health of the bones. Its deficiency leads to excessive bleeding. Generally, blood continues to flow for longer time. The requirement of this vitamin is more for pregnant ladies. Its deficiency also causes anemia.

Sources: This vitamin is mainly found in cauliflower, spinach, cabbage, tomato, potato, green vegetables, wheat, egg and meat etc.

Section - D (12 Marks)

Question 31.

Look at the flow chart: [4]



- (A) What are specific sports programmes?
- (B) Objectives of specific sports programme include _____.
- (C) Sports days deserve a prominent place in the _____ and _____ programmes of any school, collage or other organization.
- (D) Health run is organized in almost every part of the world to create awareness about _____ and _____ for social cause.

OR

By participating in sports day activities, _____ qualities are developed among the players.

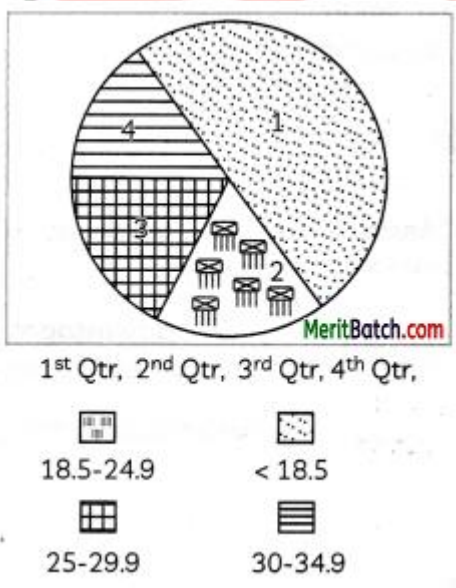
Answer:

- (A) Specific sports programmes are those programmes of sports which are not usually related to competition.
- (B) Creating awareness, creating a sense of integration among people and raising funds for charitable organizations.
- (C) intramurals and extra murals
- (D) deadly diseases and raising funds

OR

leadership

Question 32.



Based on the above data answer the following questions: [4]

- (A) Major student population falls into which category?
- (B) Which category is related to underweight and write the full form of BMI.
- (C) The school has to develop an activity based programme to reduce the number of _____.
- (D) What will be your advice to students struggling with obesity?

OR

What does eating the right amount of food mean?

Answer:

- (A) Normal weight
- (B) Body Mass Index
- (C)

(D) Students struggling with obesity should exercise regularly and follow a balance diet in order to control their weight.

OR

Eating the right amount means taking adequate amount of nutrients i.e., carbohydrates, proteins, vitamins and minerals.

Question 33.



- (A) The above pose can be identified as which asanas? [4]
- (B) The above asanas is used to cure what?
- (C) What is the normal blood pressure in an adult?
- (D) What is the BMI index for an obese person?

Answer:

- (A) Vajrasana
- (B) Obesity
- (C) 120/80 mm
- (D) > 30

Section - E (15 Marks)

Question 34.

Define flexibility and mention its types. [5]

Answer:

Flexibility: It refers to the range of motion for a given joint. The degree of flexibility, that a person has, is influenced by muscles and connective tissues, like ligaments and tendons. Stretching is a form of exercise that can lead to an increase in flexibility.

Types of flexibility:

On the basis of movement, flexibility can be divided into following categories:

- (1) Passive flexibility
- (2) Active flexibility
 - (i) Static flexibility

(ii) Dynamic flexibility Different types of flexibility are classified according to various type of activities involved in athletic training. Let us consider these types of flexibility in brief, in order to understand their motion. The flexibility which involve motion is called dynamic and which does not involve motion is known as static flexibility.

(1) Passive flexibility: Passive flexibility is also known as static flexibility. It is the ability to have extended positions and maintain them only by using the support of limbs or any other object like table or chair etc. and by using weight. A split is the example of this kind of flexibility. This is also known as static-passive flexibility.

(2) Active flexibility: It is the flexibility which involves motion. It can be classified further in two parts i.e. static flexibility and dynamic flexibility.

(i) Dynamic flexibility: It is also known as kinetic movement. As the name shows it is the ability to perform dynamic or kinetic movements of the muscles to bring a limb through its full range of motion in the joints.

(ii) Static active flexibility: It is the ability to assume and maintain extended positions using only the tension of ageists and synergists. For example: lifting a fall and then keeping it in high position without using an external support.

Question 35.

How physical activities are helpful for children with special needs? Explain strategies to make physical activities assessable for them. [5]

Answer:

Physical activity is important for children with and without disability as it promotes healthy lifestyle: Reduced level of anxiety, stress and depression: Physical activities may help in reducing the level of anxiety, stress and depression of children with disabilities.

Improved social interaction: Physical activities provide ample opportunities for improving the social interaction among children with special needs. Social relations are developed during involvement in physical activities.

Better emotional and psychological health: Physical activities are beneficial for children with special needs because such activities improve psychological and emotional health.

Cognitive benefits: Physical activities lead to cognitive skill improvement in children with disabilities. These activities allow them to discover and access strengths that cannot be challenged in the classroom setting.

Control weight: Activity helps to control weight of children. Children with disability are not physically active or may have deficit of calories, which take fat away and lower weight, but regular exercise helps in regulating weight.

Improves social relations: Besides improving fitness, physical activity develops social relationships with other children, teammates and teachers. This brings positive change in the social behavior of child.

Strategies for Physical activities: Strategies to make physical education assessable for children with special need are following :

Fun activities for children: Craft activity is fun for everyone, the opportunity to explore; color, shape and sensory experiences can stimulate attention and faster calmness.

Adaptive Physical Activity: When putting adaption into place, the planning, equipment and environment for physical education classes should be such that ensure enjoyment and success for a child.

Help Reduce Hyperactivity in children: To help a child learn to manage or reduce hyperactivity includes strategies to help lower physical activity levels and to calm thoughts.

Selecting and Adapting toys and Games as per their Interest: An adapted toy, can provide children with disability the same play opportunities. Simplify the rules of the game and setting up the play environment.

Different Methods of Instructions: Teachers must adjust and vary their approach based on the skills and unique learning needs. Instructions should be focused on the abilities of each student.

Universal Design for Learning: The universal design approach provides a framework for creating instructional goals, methods, materials and assessment that work for everyone.

Consider different Approaches to Mobility: Making outdoor programs accessible for disabled. Once you gain some regularity in getting children out in green environments you will start seeing the results in their level of self-esteem focus and participation in social settings.

Arranging Positive learning Environment: Children who have additional needs often require the environment to be adopted to maximize their participation in the planned manner.

Question 36.

Give your outlook on participation of Indian women in sports. [5]

Answer:

Participation of Indian women in sports:

For women's participation in sports, we have a look at ancient period. Regarding participation in the first modern Olympic (1896 Athens), there was no participation of women. Women participated first time in 1900 Olympics. (22 women participated in). In 1904, only six women participated, and after 100 years of modern Olympics, in 2000 Sydney Olympics, 4069 women had participated. In 2008 Beijing Olympics, 4637 women participated. Participation in India:

- (1) In 1984, performance of P.T. Usha was very good in Athletics.
- (2) In 2000, Karnam Malleshwari was the first woman who won bronze medal in Sydney Olympic, from India.
- (3) In 2012, London Olympics, Saina Nehwal and M.C. Merrycom got bronze medal.
- (4) In 2016, Rio Olympics, Sakshi Malik won bronze medal, P.V. Sindhu won silver medal whereas Deepa Karmakar opened new dimensions in gymnastics. Over the past several decades the participation of women in sports field has increased tremendously. But really, it is a matter of regret for all of us to know that sports is such a field where gender inequality is strongly evident.

The general social environment has not only inhibited women from participation in sports, but has also criticized them when they participate. Many people comment for women, "Why don't they stay in the kitchen where they belong"? But now, time has changed. Women are capable of changing society. Now, the ideology suggests that women are participating in every sphere of life and proving themselves globally.

The following factors are responsible for less participation of women in sports:

Time constraints: Women find less time for sports due to their domestic duties.

Social constraints: The attitude of society towards participation of women in sports is negative.

Lack of sports infrastructure: This is particularly so for infrastructure, exclusively less for women.

Absence of skill: There are very few female coaches available to develop the skills of women. Sociological constraints limit the success of male coaches with female athletes.

Concerns for personal safety: Women are more afraid to venture in a 'male' field (perceived) as they are concerned more about safety from harassment or exploitation.

Question 37.

Which asanas will you suggest for getting rid of obesity. Explain the procedure, benefits, and contraindications of the asana recommended for getting rid of obesity. [5]

Answer:

Surya Bhadana Pranayam Surya Bhadana is a warming pranayama, or breathwork, focused on one nostril. The right surya, or sun, refers to the right nostril of the nose, which is connected to the ping-ala Nadi of the body. Bhadana means to pierce or pass through. By closing one nostril and forcing prana to pass through just one side, a warming affect is achieved on the body appropriate for correcting an imbalanced coolness, which is more common during the cooler vata and kapha seasons.

Procedure:

Sit in a comfortable seated position with a straight spine and neck.

Close your eyes and focus your attention at your third eye, at the point between your brows.

Become aware of your breath and proceed to breathe for several counts deeply, allowing the air to fill your lungs deeply, expanding your abdomen on the inhale and contracting it on the exhale.

Allow the left arm to relax by your side. Using the right hand, block the left nostril with the ring finger.

Inhale slowly and deeply through the right nostril.

Retain the breath for a few seconds.

Open the left nostril and close the right nostril with the thumb exhaling slowly.

Repeat steps 6-7 for one to three minutes.

Release the right arm to the side and take several regular breaths before opening your eyes.

Benefits:

(1) It increases the flow of blood and reduces phlegm and gas in the body.

(2) It improves blood circulation and purification.

(3) This yoga posture improves digestion and delays aging.

(4) It benefits our body by awakening the kundalini shakti.

Surya Bhedana Pranayama is contraindicated in epilepsy, heart disease, anxiety and high blood pressure.

Avoid it at night as it may lead to difficulty in falling asleep. Consult a yoga instructor and physician before starting a new practice, if you have any chronic health conditions.

