

QUESTION BANK

CLASS – XII

SUBJECT: PHYSICAL EDUCATION (048)

NOTE: SUGGESTIVE VALUE POINTS ARE PROVIDED WITH EACH QUESTION FOR ANSWER

FORMULATION

CHAPTER – 1

	< 1 > MARK QUESTIONS	MAIN / COMPTT.	Year
1.	On what basis is seeding decided? (A) Past performance (B) Future performance (C) Present performance (D) Poor performance Appropriate option: Past performance (A)	Comp.	2025
2	"In a knock-out tournament, if the number of byes is odd, then the number of byes in the lower half is calculated as follows:" (A) $NB + 1/2$ (B) $NB - 1/2$ (C) $NB/2$ (D) $NB - 1$ Appropriate option: $NB - 1/2$ (B)	Comp.	2025
3.	Which of the following is a post-competition responsibility of the Technical Committee? (A) Requesting purchase of equipment (B) Arrangement of equipment and stationery (C) Arrangement of officials (D) Maintenance of the field Appropriate option: Maintenance of the field (D)	Main	2025
4.	Which of the following is an objective of Intramural tournaments? (A) To achieve high performance at the highest level of the tournament. (B) To develop the feeling of integration with other institutions. (C) To provide opportunities for choosing a career in sports. (D) To promote health and recreation at the institution. Appropriate option: To promote health and recreation at the institution (D)	Main	2025
5.	Given below are the options for number of participating teams in a tournament. Which option will have highest number of 'Byes' while drawing a fixture? (A) 17 (B) 18 (C) 19 (D) 20 Appropriate option: 17 (A)	Comp.	2024
6.	Preparing budget of the tournament and maintaining a record of income and expenditure of the tournament are the responsibilities of which committee? (A) Technical (B) Finance (C) Transport (D) Medical Appropriate option: Finance (B)	Comp.	2024
7.	Which of the following is the objective of Intramural competition? (a) To achieve high performance (b) To provide career opportunities (c) To promote health and fitness (d) To promote cultural and economic development Appropriate option: To promote health and fitness (c)	Main	2024

8.	Rules and regulations of a sports tournament are the responsibility of _____ Committee. (a) Technical (b) Logistics (c) Marketing (d) Finance Appropriate option: Technical (a)	Comp.	2023
9	How many matches will be played in the 2nd round of a knockout tournament if 17 teams are participating? (a) 6 (b) 7 (c) 8 (d) 5 Appropriate option: 8 (c)	Comp.	2023
10	How many total matches will be played in a knock-out fixture of 19 teams? (a) 18 (b) 17 (c) 20 (d) 16 Appropriate option: 18 (a)	Main	2023
11	Knock-out tournament is also known as _____. (a) Elimination tournament (b) Round-robin tournament (c) League tournament (d) Challenge tournament Appropriate option: Elimination tournament (a)	Main	2023
	< 2 > MARK QUESTIONS		
1.	Briefly explain 'Health Run'. Suggestive value points: 1. Health Run is a non-competitive community run or walk designed to promote health awareness 2. encourage mass participation 3. inspire regular physical activity	Comp.	2024
2.	Explain any two functions of marketing committee, before and during the sports competition. Suggestive value points: Two functions of the marketing committee <ul style="list-style-type: none"> Before: Publicity and outreach: Design posters, social media posts, school notices, and press releases to maximize participation and spectators. During: Branding and engagement: Manage announcements, sponsor displays, commentary, and crowd engagement (quizzes, spot prizes) to enhance the event experience. 	Comp.	2023
	< 3 > MARK QUESTIONS		
1.	Differentiate between Knock-out and League tournament Suggestive value points: Knockout vs. league tournament <ul style="list-style-type: none"> Format: Knockout eliminates a team after one loss; league (round-robin) has each team play all others. Time and cost: Knockout is faster and cheaper; league is time-intensive and costlier. 	Comp.	2025

	<ul style="list-style-type: none"> Fairness and performance assessment: Knockout may eliminate strong teams early; league reliably ranks teams by consistent performance. 		
2.	<p>“The organisation of its community sports reflects the progress of any country.” In the context of this statement, outline ‘Run for a specific cause’ and ‘Run for unity’.</p> <p>Suggestive value points: Run for a specific cause and run for unity</p> <ul style="list-style-type: none"> Run for a specific cause: A themed mass run to raise awareness/funds for issues like cancer, clean environment, or road safety; messaging, partnerships, and community mobilization align with the cause. Run for unity: A mass participation run to strengthen social cohesion and national integration; emphasizes inclusivity, diverse participation, shared symbols, and collective identity. 	Main	2025
3.	<p>Explain the responsibilities of any two committees during sports competitions</p> <p>Suggestive value points: Responsibilities of any two committees</p> <ul style="list-style-type: none"> Technical committee: Finalizes rules and regulations, prepares fixtures and seeding, appoints officials, and ensures fair conduct and result validation. Logistics/ground committee: Prepares and maintains the field, equipment distribution, seating, signage, water stations, and cleanliness before, during, and after the event. 	Main	2024
4.	<p>Briefly Explain the functions of Directing and Controlling to organize sports events.</p> <p>Suggestive value points: Directing and controlling in sports events</p> <ul style="list-style-type: none"> Directing: Guiding teams and committees through clear instructions, coordination meetings, role assignments, and on-the-spot decision-making to keep execution aligned with the plan. Controlling: Monitoring progress against the plan (time, quality, safety, budget), ensuring compliance with rules, solving deviations quickly, and documenting outcomes for evaluation. 	Main	2023
	< 4 > MARK QUESTIONS		
1.	<p>3 players were eliminated after they lost their matches. Based on this information and your prior knowledge, answer the following questions:</p> <p>(i) What type of tournament is mentioned above?</p> <p>(A) Round Robin Tournament (B) Knock-out Tournament (C) Challenge Tournament (D) Knock-out Cum League Tournament</p> <p>How many total matches will be played if it is a Round Robin tournament?</p>	Comp.	2025

	<p>(A) 18 (B) 17 (C) 21 (D) 16</p> <p>(iii) An advantage of knock-out tournament is: (A) It takes less time (B) Weak teams may enter the final (C) Strong teams may get eliminated (D) It is more expensive</p> <p>(iv) The formula to calculate byes in the upper-half in a knock-out tournament is: (A) $N + 1/2$ (B) $N - 1/2$ (C) $NB + 1/2$ (D) $NB - 1/2$</p> <p>Appropriate option: (i) Type of tournament: Knock-out Tournament (B) (ii) Total matches if round-robin: 21 (C) (iii) Advantage of knock-out: It takes less time (A) (iv) Upper-half byes formula: $NB + 1/2$ (C)</p>		
2.	<p>Aarti prepared a fixture of 11 teams to conduct Kho-Kho tournament in her locality as shown below: Based on the above given fixture, answer the following questions:</p> <p>(i) What is the number of Non-bye teams in this tournament ? (A) 06 (B) 07 (C) 08 (D) 09</p> <p>(ii) If the above fixture had been of 48 teams, then the number of byes would have been _____.</p> <p>(iii) 7th match will be played between team number _____ and _____.</p> <p>OR</p> <p>Write the formula to calculate byes in lower half.</p> <p>(iv) The provision in which good teams are placed in different half or pool, based on their ranking or previous performance not by allotment of draw, so that they do not play with other teams in the first round is known as _____. (A) Bye (B) British method (C) Seeding (D) American method</p>	Main	2025

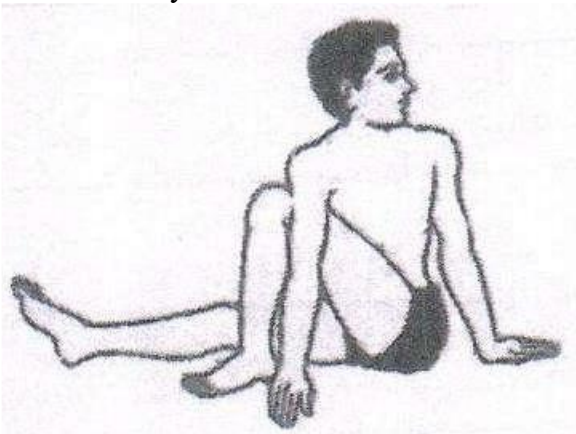
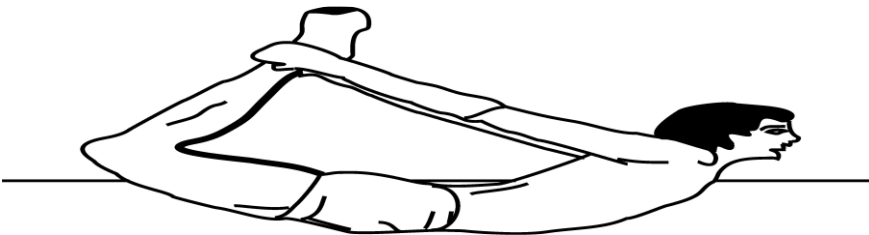
	<p>Appropriate option:</p> <p>(i) Number of non-bye teams: 06 (A)</p> <p>(ii) If 48 teams, number of byes: 16</p> <p>(iii) OR (formula for lower-half byes): $NB - 1/2$</p> <p>(iv) Provision name: Seeding (C)</p>																
3.	<p>Tarun’s physical education teacher gave him the responsibility of organizing a Kabaddi competition in school. Tarun along with his classmates formed several committees and prepared a knockout fixture of 17 teams for the Kabaddi tournament. He faced many challenges in organizing the match, but finally, he was successful. Answer the following questions based on the above case and your prior knowledge:</p> <p>(i) How many matches will be played in this tournament?</p> <p>(ii) _____ saves cost and time and makes each match intensive because of fear of elimination.</p> <p>(A) Knockout tournament (B) League tournament</p> <p>(C) Round robin tournament (D) Combination tournament</p> <p>(iii) Two team players got injured during the match, which committee will manage it ?</p> <p>(A) Logistics committee (B) Technical committee</p> <p>(C) Finance committee (D) Marketing committee</p> <p>(iv) Which formula was used to allot byes to the above teams in the lower half?</p> <p>OR</p> <p>Which formula was used to allot byes to the above teams in the upper half?</p> <p>Appropriate option:</p> <p>Kabaddi knockout fixture with 17 teams</p> <p>(i) Total matches: 16</p> <p>(ii) Saves cost and time: Knockout tournament (A)</p> <p>(iii) Injuries committee: Medical committee (D)</p> <p>(iv) Byes formula used: Lower half: $NB - 1/2$;</p> <p>OR Upper half: $NB + 1/2$</p>	Main	2025														
4.	<p>Study the table given below:</p> <table><tr><th>I Round</th><th>II Round</th><th>III Round</th><th>IV Round</th><th>V Round</th><th>VI Round</th><th>VII Round</th></tr><tr><td>7 Bye 6 1 5 2 4 3</td><td>6 Bye 5 7 4 1 3 2</td><td>5 Bye 4 6 3 7 2 1</td><td>4 Bye 3 5 2 6 1 7</td><td>3 Bye 2 4 1 5 7 6</td><td>2 Bye 1 3 7 4 6 5</td><td>1 Bye 7 2 6 3 5 4</td></tr></table> <p>Based on the above study and your knowledge, answer the following questions:</p> <p>(a) League Tournament is also known as _____.</p> <p>(b) Identify the method used in the above fixture.</p> <p>(c) How many rounds will be played if 6 teams are participating in a league tournament?</p> <p>(d) How many matches are played in the above fixture?</p>	I Round	II Round	III Round	IV Round	V Round	VI Round	VII Round	7 Bye 6 1 5 2 4 3	6 Bye 5 7 4 1 3 2	5 Bye 4 6 3 7 2 1	4 Bye 3 5 2 6 1 7	3 Bye 2 4 1 5 7 6	2 Bye 1 3 7 4 6 5	1 Bye 7 2 6 3 5 4	Comp.	2024
I Round	II Round	III Round	IV Round	V Round	VI Round	VII Round											
7 Bye 6 1 5 2 4 3	6 Bye 5 7 4 1 3 2	5 Bye 4 6 3 7 2 1	4 Bye 3 5 2 6 1 7	3 Bye 2 4 1 5 7 6	2 Bye 1 3 7 4 6 5	1 Bye 7 2 6 3 5 4											


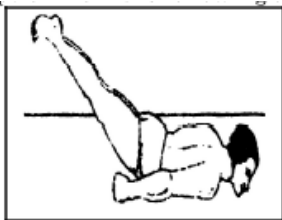
	<p>Suggestive value points: League tournament table (general)</p> <p>(a) Also known as: Round-robin tournament</p> <p>(b) Method used: Cyclic method</p> <p>(c) Rounds with 6 teams: 5 rounds (single round-robin)</p> <p>(d) Matches in the fixture: 15 matches (single round-robin)</p>		
5.	<p>What do you understand by intramural and extramural sports? Write any two objectives for each. Suggestive value points: Intramural vs. extramural sports with objectives</p> <ul style="list-style-type: none"> Intramural: Within one institution; builds participation, health, and campus community. Objectives: Promote health and recreation; provide broad participation and enjoyment. Extramural: Between different institutions; elevates competition and representation. Objectives: Foster inter-institution integration; provide competitive exposure and sportsmanship 	Comp.	2024
6.	<p>Study the fixture given below:</p> <p>On the basis of the above study and your knowledge, answer the following questions:</p> <p>(a) According to the above fixture total number of rounds will be _____.</p> <p>(b) As shown in the fixture if the winner team plays least number of matches, then which number of team is the winner?</p> <p>(c) What is the formula for calculating number of matches in a knockout tournament?</p> <p>(d) If 16 teams are participating in a knockout tournament, then how many byes will be given to draw a knockout fixture?</p> <p>OR</p> <p>(d) What is the formula for calculating total number of byes in a knockout tournament?</p> <p>Suggestive value points: Knockout fixture study (general principles)</p> <p>(a) Total number of rounds: For 16 teams, 4 rounds (Round of 16, QF, SF, Final).</p>	Main	2024

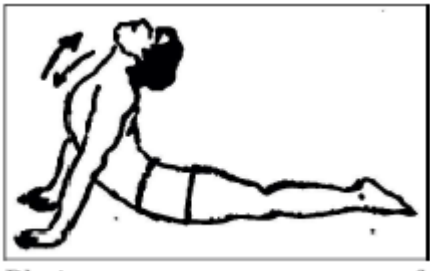
	<p>(b) Winner playing least matches: Typically a top-seeded team with a bye plays fewer matches; exact team number depends on the provided fixture.</p> <p>(c) Matches formula (knockout): $N - 1$</p> <p>(d) Byes with 16 teams: 0</p> <p>OR (d) Total byes formula: $2^k - N$, where 2^k is the next power of 2 $\geq N$</p>		
7.	<p>How 'Sports Day' and 'Health Run' contribute to spread health awareness and harmony? Explain.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> • Sports Day: Showcases inclusive participation, basic fitness tests, and informative stalls/talks; instills teamwork, discipline, and respect, strengthening school/community bonds. • Health Run: Mass, non-competitive participation normalizes active living; on-route messaging and health checkpoints deliver education; collective running fosters unity and mutual encouragement across age and backgrounds. 	Main	2024
	< 5 > MARK QUESTIONS		
1.	<p>Prepare a knockout fixture of 15 teams mentioning all the steps involved.</p> <p>Answer the following questions:</p> <p>(i) Calculate the number of matches if 15 teams are participating in a knockout tournament.</p> <p>(ii) What is the formula to calculate the number of Byes in a Knockout tournament?</p> <p>(iii) What do you understand by Seeding?</p> <p>(iv) Name the methods used to prepare the fixtures in league tournaments.</p> <p>(v) What is the formula to calculate the number of matches in a league tournament?</p> <p>Suggestive value points:</p> <p>Steps to prepare the fixture</p> <p>(i) Number of matches (15 teams): 14</p> <p>(ii) Formula for byes (knockout): $2^k - N$</p> <p>(iii) Seeding (meaning): Placing top teams in different halves/pools based on past performance/ranking to prevent early matchups between them.</p> <p>(iv) Methods for league fixtures: Cyclic method and tabular method</p> <p>(v) Matches formula in league:</p> <p>Single league: $N(N - 1)/2$</p> <p>Double league: $N(N - 1)$</p>	Comp.	2024

	< 1 > MARK QUESTIONS	MAIN / COMPTT.	Year
1.	If the menstrual cycle does not began at puberty, the condition is called: (A) Primary Amenorrhea (B) Secondary Amenorrhea (C) Oligomenorrhea (D) Menarche Appropriate option: (A) Primary Amenorrhea	Comp.	2025
2	Children aged 3 – 4 years should engage in physical activities for: (A) 120 minutes (B) 60 minutes (C) 180 minutes (D) 45 minutes Appropriate option: (C) 180 minutes	Comp.	2025
3.	Which of the following deformity is NOT related to lower extremities? (A) Knock-Knee (B) Scoliosis (C) Bow-legs (D) Flat-foot Appropriate option: (B) Scoliosis	Main	2025
4.	A girl is participating in sports for 2 years. Identify the psychological benefits for her from the following: (A) Helps in increasing bone density (B) Helps in improving muscle tone (C) Helps to improve self-esteem (D) Helps in improving communication Appropriate option: (C) Helps to improve self-esteem	Comp.	2024
5.	Given below are two statements labelled Assertion (A) and Reason (R): Assertion (A): Menarche is usually considered the point of sexual maturity for girls. Reason (R): Menstrual dysfunction is an abnormal condition in a woman's menstrual cycle. In the context of the above two statements which one of the following is correct? (A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A). (B) Both Assertion (A) and Reason (R) are true and Reason (R) is not the correct explanation of the Assertion (A). (C) Assertion (A) is true, but Reason (R) is false. (D) Assertion (A) is false, but Reason (R) is true. Appropriate option: (B) Both Assertion (A) and Reason (R) are true and Reason (R) is not the correct explanation of Assertion (A).	Comp.	2024
6.	According to W.H.O. (World Health Organisation) recommendations, children of _____ should be engaged in physical activities for 180 minutes and should have 10–13 hours of good quality sleep per day. (a) Less than 1 year (b) 1–2 year (c) 3–4 year (d) 5–17 year Appropriate option:	Main	2024
7.	First menstrual period in a young girl is called: (a) Menstrual dysfunction (b) Osteoporosis (c) Amenorrhea (d) Menarche Appropriate option: (c) 3–4 year	Comp.	2023
8.	'Flatfoot' postural deformity is also known as: (a) Genu varum (b) Pes planus (c) Genu valgum (d) Lateral curvature	Comp.	2023

	<ul style="list-style-type: none"> • Side lunges and step-ups • Use of braces/orthopaedic support • Practicing correct standing and walking posture 		
	< 3 > MARK QUESTIONS		
1.	<p>Explain any two common postural deformities with their corrective measures.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> • Kyphosis (hunchback): Correct with back extension exercises, lying flat posture practice. • Lordosis (excess inward curve): Correct with abdominal strengthening, avoiding high heels. 	Comp.	2025
2.	<p>Describe the physical and psychological benefits of women's participation in sports.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> • Physical: Improves fitness, bone density, muscle tone, reduces risk of lifestyle diseases. • Psychological: Boosts self-esteem, reduces stress, enhances social interaction and confidence. 	Main	2025
3.	<p>Write short note on female athlete triad.</p> <p>Suggestive value points:</p> <p>It is a syndrome involving three interrelated conditions:</p> <ul style="list-style-type: none"> • Disordered eating • Amenorrhea (absence of menstruation) • Osteoporosis (low bone density) 	Main	2024
4.	<p>Discuss about the female athlete triad.</p> <p>Suggestive value points:</p> <p>It is a syndrome involving three interrelated conditions:</p> <ul style="list-style-type: none"> • Disordered eating • Amenorrhea (absence of menstruation) • Osteoporosis (low bone density) 	Comp.	2023
5.	<p>What do you understand by Round shoulders deformity? Suggest any four corrective measures for round shoulders.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> • Definition: Shoulders slant forward due to weak back muscles and poor posture. • Corrective measures: (i) Shoulder retraction exercises, (ii) Wall push-ups, (iii) Strengthening back muscles, (iv) Practicing upright sitting/standing posture. 	Main	2023

	< 1 > MARK QUESTIONS	MAIN / COMPTT.	Year
1.	<p>In Ardha Chakrasana, which is the correct pose?</p> <p>(A) Back bend in standing position (B) Forward bend in standing position (C) Leg raised in sitting position (D) Head raised in lying position</p> <p>Appropriate option: (A) Back bend in standing position</p>	Comp.	2025
2.	<p>Identify the asana:</p>  <p>(A) Vakrasana (B) Gomukhasana (C) Shalabhasana (D) Urdhva Hastottanasana</p> <p>Appropriate option: (D) Urdhva Hastottanasana</p>	Comp.	2025
3.	<p>Which of the following is a prone line asana?</p> <p>(A) Shavasana (B) Saral Matsyasana (C) Makarasana (D) Uttanpadasana</p> <p>Appropriate option: (C) Makarasana</p>	Comp.	2025
4.	<p>As per prescribed syllabus, Suryabhedan Pranayam is recommended for _____.</p> <p>(A) Obesity (B) Hypertension (C) Asthma (D) Back pain</p> <p>Appropriate option: (C) Asthma</p>	Main	2025
5.	<p>Identify the asana:</p>  <p>(A) Chakrasana (B) Dhanurasana (C) Halasana (D) Ushtrasana</p> <p>Appropriate option: (B) Dhanurasana</p>	Main	2025
6.	<p>Which one of the following is the correct pose of Paschimottanasana?</p> <p>(A) Forward bending in a standing position. (B) Forward bending in the sitting position. (C) Head raised in the prone position. (D) Head raised in the supine position</p> <p>Appropriate option: (B) Forward bending in sitting position</p>	Main	2025

7.	<p>Identify the asana shown in the picture given below:</p>  <p>(A) Tadasana (B) Katichakrasana (C) Pawanmuktasana (D) Garudasana Appropriate option: (B) Katichakrasana</p>	Comp.	2024
8.	<p>In which of the following asanas does twist of the waist give a nice stretch to the waist and helps in making it more flexible and supple?</p> <p>(A) Tadasana (B) Garudasana (C) Pawanmuktasana (D) Katichakrasana Appropriate option: (D) Katichakrasana</p>	Comp.	2024
9.	<p>Which of the following asana is performed in a sitting position?</p> <p>(A) Bhujangasana (B) Matsyendrasana (C) Garudasana (D) Mandukasana Appropriate option: (B) Matsyendrasana</p>	Comp.	2024
10.	<p>Identify the asana shown in the picture given below and choose the correct option from the following:</p>  <p>Options: (a) Bhujangasana (b) Katichakrasana (c) Pawanmuktasana (d) Shalabhasana Appropriate option: (d) Shalabhasana</p>	Main	2024
11.	<p>Which of the following asana is useful for relaxation and removing fatigue?</p> <p>(a) Chakrasana (b) Shavasana (c) Makarasana (d) Uttanpadasana Appropriate option: (B) Shavasana</p>	Main	2024
12.	<p>Which of the following asana is not used to cure obesity?</p> <p>(a) Pawanmuktasana (b) Halasana (c) Shavasana (d) Paschimottanasana Appropriate option: (C) Shavasana</p>	Comp.	2023

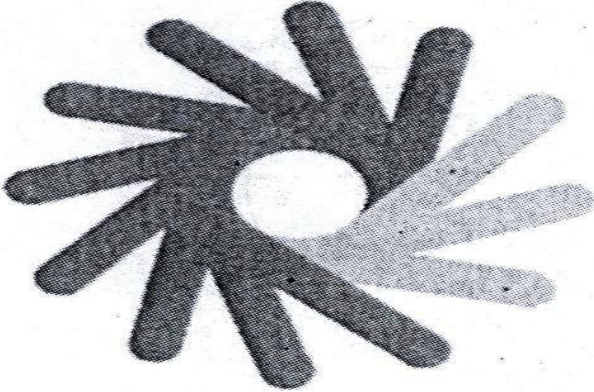
13.	<p>Suryabhedhi Pranayam is performed to control:</p> <p>(a) Obesity (b) Diabetes</p> <p>(c) Asthma (d) Hypertension</p> <p>Appropriate option: (C) Asthma</p>	Comp.	2023
14.	<p>Identify the Asana:</p>  <p>(a) Bhujangasana</p> <p>(b) Halasana</p> <p>(c) Vajrasana</p> <p>(d) Dhanurasana</p> <p>Appropriate option: (A) Bhujangasana</p>	Main	2023
15.	<p>_____ pose is like cobra.</p> <p>(a) Bhujangasana</p> <p>(b) Dhanurasana</p> <p>(c) Vajrasana</p> <p>(d) Ardhamatsyendrasana</p> <p>Appropriate option: (A) Bhujangasana</p>	Main	2023
16.	<p>Which of the following asana is NOT used to cure Asthma?</p> <p>(a) Tadasana</p> <p>(b) Dhanurasana</p> <p>(c) Parvatasana</p> <p>(d) Bhujangasana</p> <p>Appropriate option: (B) Dhanurasana</p>	Main	2023
< 2 > MARK QUESTIONS			
1.	<p>Explain the correct breathing pattern while performing Nadi-Shodhana Pranayama.</p> <p>Suggestive value points:</p> <p>Close right nostril, inhale through left; close left nostril, exhale through right; repeat alternately.</p>	Comp.	2025
2.	<p>Explain the procedure of Dhanurasana as a preventive measure for Asthma.</p> <p>Suggestive value points:</p> <p>Lie on stomach, bend knees, hold ankles, inhale and lift chest and thighs upward forming bow shape.</p>	Comp.	2024
3.	<p>Enlist four asanas those help to control asthma.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> • Bhujangasana • Makarasana • Shavasana • Paschimottanasana 	Main	2024
4.	<p>State any four benefits of Kapalabhati.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> • Strengthens lungs • Improves digestion • Reduces obesity • Enhances concentration 	Comp.	2023

	< 3 > MARK QUESTIONS		
1.	<p>Enlist any two asanas for back pain and explain the procedure of any one asana.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> Bhujangasana Makarasana <p>Procedure of Bhujangasana: Lie on stomach, place palms under shoulders, inhale and lift chest upward.</p>	Comp.	2025
2.	<p>Explain the procedure and benefits of any one asana for back pain.</p> <p>Suggestive value points:</p> <p>Makarasana</p> <p>Lie on stomach, rest head on hands, relax body.</p> <p>Benefits: Relieves spinal strain, reduces stress.</p>	Main	2024
3.	<p>Describe the procedure and any two benefits of Pavanmuktasana.</p> <p>Suggestive value points:</p> <p>Lie on back, bend knees, hold them with hands, press to chest.</p> <p>Benefits: Relieves gas and constipation, strengthens abdominal muscles.</p>	Comp.	2023
	< 5 > MARK QUESTIONS		
1.	<p>Describe the procedure and benefits of Mandukasana and Makrasana to control hypertension.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> Mandukasana procedure: Sit in Vajrasana, make fists, press against abdomen, bend forward. Benefits: Controls blood pressure, improves digestion. Makarasana procedure: Lie on stomach, rest head on hands, relax. Benefits: Relieves stress, calms heart and lungs. 	Main	2025
2.	<p>What do you understand by Obesity? Explain the procedure of any two asanas to manage obesity.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> Paschimottanasana: Sit, stretch legs forward, bend and hold toes → reduces belly fat. Pavanmuktasana: Lie on back, bend knees to chest, hold with hands → reduces fat and improves digestion. 	Comp.	2024
3.	<p>List down any four asanas used for prevention of Hypertension. Explain the procedure and contraindication of any one of them with help of a stick diagram</p> <p>Suggestive value points:</p> <ol style="list-style-type: none"> Shavasana Makarasana Vajrasana Mandukasana 	Main	2023

	< 1 > MARK QUESTIONS	MAIN / COMPTT.	Year
1.	Dr. Ludwig Guttmann is related to: (A) Paralympic Games (B) Olympic Games (C) Asian Games (D) Commonwealth Games Appropriate option: (A) Paralympic Games	Comp.	2025
2	Given below are two statements, one of which is labelled as Assertion (A) and other is labelled as Reason (R). Read both the statements carefully: Assertion (A): The International Paralympic Committee (IPC), has developed a classification process which can contribute “to sporting excellence for all athletes and sports in the Paralympic Movement, and provide equitable competition. Reason (R): The classification process serves two roles. The first is to determine who is eligible and the second is to grouping the sports people for the purpose of competitions. In the context of the above two statements, which one of the following is correct? (A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A). (B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A). (C) Assertion (A) is true, but Reason (R) is false. (D) Assertion (A) is false, but Reason (R) is true. Appropriate option: (A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).	Main	2025
3.	_____ are the colours, that represent the four regional confederation in the Deaflympic logo. (A) Red, blue, black and yellow (B) Blue, yellow, black and red (C) Red, blue, yellow and green (D) Blue, black, red and yellow Appropriate option: (C) Red, blue, yellow and green	Main	2025
4.	As per the division process of age in Special Olympics, which of the following is the appropriate age division for team games? (A) 13 and under (B) 8 – 11 years (C) 30 and above (D) 16 – 21 years Appropriate option: (D) 16 – 21 years	Comp.	2024
5.	There are _____ different types of physical impairment in Paralympics. (A) Seven (B) Six (C) Eight (D) Nine Appropriate option: (D) Nine	Comp.	2024
6.	International Paralympic Committee was formed in _____. (a) 1985 (b) 2003 (c) 1989 (d) 2001 Appropriate option: (c) 1989	Main	2024
7.	Which is the main governing body responsible for the organization of Deaflympics? (a) World Deaf Champions Committee (b) National Sports Federation (c) International Co-ordinating Committee Sports for Disabled (d) International Committee of Sports for the Deaf	Main	2024

	Appropriate option: (d) International Committee of Sports for the Deaf		
8.	The founder of Special Olympics is _____. (a) John F. Kennedy (b) Ludwig Guttman (c) Eugene Rubens (d) Eunice Kennedy Shriver Appropriate option: (d) Eunice Kennedy Shriver	Comp.	2023
9.	First Deaflympic Games was organized in the year _____. (a) 1896 (b) 1960 (c) 1924 (d) 1951 Appropriate option: (c) 1924	Main	2023
< 2 > MARK QUESTIONS			
1.	Enlist four benefits of participation in physical activities for children with special needs. Suggestive value points: <ul style="list-style-type: none"> • Improves physical fitness • Enhances social interaction • Builds self-confidence • Reduces stress and anxiety 	Main	2025
2.	Suggest any two strategies to make physical activities accessible for CWSN. Suggestive value points: <ul style="list-style-type: none"> • Provide modified equipment • Encourage peer support and inclusive participation 	Comp.	2024
3.	Write any two advantages of physical activities for Children With Special Needs (CWSN). Suggestive value points: <ul style="list-style-type: none"> • Improves Physical Health • Boosts Confidence and Social Skills 	Main	2024
< 3 > MARK QUESTIONS			
1.	What types of physical impairments are considered for grouping the athletes for Paralympics? Suggestive value points: <ul style="list-style-type: none"> • Impaired muscle power • Impaired passive range of movement • Limb deficiency • Leg length difference • Short stature • Hypertonia 	Comp.	2025
2.	“Participation in physical activities is advantageous for children with special need.” Briefly explain any six advantages. Suggestive value points: <ul style="list-style-type: none"> • Improves motor skills • Enhances cardiovascular fitness • Builds self-esteem • Promotes social inclusion • Reduces anxiety and depression • Encourages 	Main	2023

	< 4 > MARK QUESTIONS																																																																										
1.	<p>The 10th ‘Asia Pacific Deaf Games’ were held in Kuala Lumpur, Malaysia.</p> <p>The table given below shows the medals won by India in the tournament:</p> <table><caption>Medal Table</caption><tr><th>S.No.</th><th>Discipline</th><th>Men</th><th>Women</th><th>Gold</th><th>Silver</th><th>Bronze</th><th>Sum Total</th></tr><tr><td>1</td><td>Athletics</td><td>17</td><td>10</td><td>05</td><td>12</td><td>11</td><td>28</td></tr><tr><td>2</td><td>Badminton</td><td>04</td><td>04</td><td>00</td><td>03</td><td>03</td><td>06</td></tr><tr><td>3</td><td>Chess</td><td>04</td><td>03</td><td>00</td><td>01</td><td>02</td><td>03</td></tr><tr><td>4</td><td>Judo</td><td>02</td><td>04</td><td>02</td><td>00</td><td>05</td><td>07</td></tr><tr><td>5</td><td>Table Tennis</td><td>04</td><td>04</td><td>00</td><td>01</td><td>02</td><td>03</td></tr><tr><td>6</td><td>Taekwondo</td><td>01</td><td>01</td><td>00</td><td>00</td><td>00</td><td>00</td></tr><tr><td>7</td><td>Wrestling</td><td>10</td><td>00</td><td>01</td><td>01</td><td>06</td><td>08</td></tr><tr><td></td><td>Grand Total</td><td>42</td><td>26</td><td>08</td><td>18</td><td>29</td><td>55</td></tr></table> <p>Answer the following questions based on the above case and your prior knowledge:</p> <p>(i) The first Deaflympic Games were held in the year _____.</p> <p>(A) 1924 (B) 1984 (C) 1948 (D) 1954</p> <p>(ii) Which of the following is a social strategy for making physical activity accessible ?</p> <p>(A) Increasing interaction among CWSN (B) Providing modified equipment (C) Providing clear space (D) Conducting non-locomotor activity</p> <p>(iii) From where should the physical activity start first for CWSN students ?</p> <p>(A) From an inter-house competition (B) From an inter-class competition (C) From an indoor activity (D) From an outdoor activity</p> <p>(iv) An effective inclusive physical education programme includes _____.</p> <p>(A) Simple to complex activities (B) Complex to simple activities (C) Challenging activities (D) Competitive activities</p> <p>Appropriate option:</p> <p>i) (A) 1924 ii) (A) Increasing interaction among CWSN iii) (C) From an indoor activity iv) (A) Simple to complex activities</p>	S.No.	Discipline	Men	Women	Gold	Silver	Bronze	Sum Total	1	Athletics	17	10	05	12	11	28	2	Badminton	04	04	00	03	03	06	3	Chess	04	03	00	01	02	03	4	Judo	02	04	02	00	05	07	5	Table Tennis	04	04	00	01	02	03	6	Taekwondo	01	01	00	00	00	00	7	Wrestling	10	00	01	01	06	08		Grand Total	42	26	08	18	29	55	Comp.	2025
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2.	<p>During the Physical Education class, Vivek’s physical education teacher provided information about sports for children with special needs. He explained, how they are catered for the Paralympics, Deaflympics and Special Olympics. Additionally, he advised them to motivate such children to participate in physical activities to improve their performance.</p> <p>Answer the following questions based on the above case and your prior knowledge:</p>	Main	2024																																																																								

	<p>(i) To participate in Special Olympic, minimum age should be _____ years old.</p> <p>(A) 7 (B) 6 (C) 8 (D) 9</p> <p>(ii) The first Deaflympics was held in the year _____.</p> <p>(iii) Who was the founder of the Paralympics?</p> <p>(iv) Write any two strategies to make physical activities accessible for special children.</p> <p>Appropriate option:</p> <p>i) (A) 7 years ii) 1924 iii) Dr. Ludwig Guttman iv) Two strategies: Provide modified equipment, increase interaction among CWSN</p>		
3.	<p>Study the picture given below:</p>  <p>Based on the above study and your knowledge, answer the following questions:</p> <p>(a) The above logo incorporates four colours, red, blue, yellow and _____.</p> <p>(b) The logo of Deaflympics was designed in the year _____.</p> <p>(c) In the above logo, the hand shapes, “Ok”, “Good” and “_____” overlap each other.</p> <p>(d) The first Deaflympics were held in the year _____ in Paris.</p> <p>OR</p> <p>First Deaflympics Games were also known as _____.</p> <p>Suggestive value points:</p> <p>a) Colours: Red, blue, yellow and green b) 2003 c) Hand shapes overlap: “OK”, “Good” and Great d) 1924</p> <p>OR</p> <p>International Silent Games</p>	Comp.	2024
4.	<p>Explain any four advantages of physical activities for children with special needs.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> • Improves health and fitness • Enhances social skills • Builds confidence • Promotes inclusion 	Comp.	2024

5.	<p>A survey in an inclusive school setup found the discrepancies between the participation of normal and special child during annual sports meet. Study the table given below carefully —</p> <table border="1"> <thead> <tr> <th>S. No.</th><th>Event</th><th>Normal Child (150)</th><th>Special Child (10)</th></tr> </thead> <tbody> <tr> <td>1.</td><td>100 Mtr.</td><td>40</td><td>5</td></tr> <tr> <td>2.</td><td>400 Mtr.</td><td>25</td><td>2</td></tr> <tr> <td>3.</td><td>Long Jump</td><td>20</td><td>0</td></tr> <tr> <td>4.</td><td>High Jump</td><td>15</td><td>1</td></tr> <tr> <td>5.</td><td>Relay Race</td><td>8</td><td>4</td></tr> </tbody> </table> <p>Based on the above study and your knowledge, answer the following questions :</p> <p>(a) As per the above table, in _____ event, there is no participation of Special Child.</p> <p>(b) Participation of students with disabilities in regular physical education classes is known as _____.</p> <p>(c) Enlist any two strategies to make physical activities accessible for children with special needs.</p> <p>(d) Motto of Special Olympic is _____.</p> <p>OR</p> <p>(d) The motto of Paralympic is _____.</p> <p>Suggestive value points:</p> <p>a) Long Jump</p> <p>b) Inclusive education</p> <p>c) Two strategies: Modified equipment, peer support</p> <p>d) Motto of Special Olympics: “Let me win. But if I cannot win, let me be brave in the attempt.”</p> <p>OR Motto of Paralympics: “Spirit in Motion”</p>	S. No.	Event	Normal Child (150)	Special Child (10)	1.	100 Mtr.	40	5	2.	400 Mtr.	25	2	3.	Long Jump	20	0	4.	High Jump	15	1	5.	Relay Race	8	4	Main	2024
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4.	High Jump	15	1																								
5.	Relay Race	8	4																								
6.	<p>Write short notes on ‘Paralympics’ and ‘Special Olympic’.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> Paralympics: International multi-sport event for athletes with disabilities, started in 1960 Rome. Special Olympics: Founded by Eunice Kennedy Shriver in 1968, for athletes with intellectual disabilities. 	Main	2024																								
7.	<p>In relation to the pictures, answer the following questions:</p> <p>(a) Logo shown in picture _____ refers to Special Olympic.</p> <div style="text-align: center;"> <p>(A) (B) (C)</p> </div> <p>(b) Who was the founder of Special Olympics?</p> <p>(c) According to figure ‘B’, the hand shapes of ‘OK’, ‘Good’ and ‘Great’ that overlap each other in a circle, represent the original sign for _____.</p> <p>(d) How many countries participated in the first Paralympic Games in Rome (Italy) in 1960?</p> <p>OR</p> <p>The motto of Paralympics is _____.</p> <p>Suggestive value points:</p> <p>a) Special Olympics</p> <p>b) Eunice Kennedy Shriver</p> <p>c) Great</p>	Main	2023																								

	d) 23 countries OR Motto of Paralympics: “Spirit in Motion”		
8.	Explain any four strategies to make physical activities accessible for children with special needs. Suggestive value points: <ul style="list-style-type: none"> • Provide modified equipment • Ensure barrier-free environment • Encourage peer support • Use simple-to-complex activity progression 	Main	2023
	< 5 > MARK QUESTIONS		
1.	What is the need for inclusive education in India? What measures can be taken for the effective implementation of inclusive education? Suggestive value points: <ul style="list-style-type: none"> • Promotes equality and social justice • Provides opportunities for all children • Reduces discrimination • Builds empathy and cooperation Measures: Teacher training, barrier-free infrastructure, modified curriculum, awareness programmes, peer support.	Comp.	2025
2.	Suggest any five strategies to make physical activities accessible for children with special needs. Suggestive value points: <ul style="list-style-type: none"> • Provide modified equipment • Ensure clear and safe space • Encourage peer tutoring and cooperation • Organize simple-to-complex activities • Motivate participation through rewards and recognition 	Comp.	2023

Chapter – 5

	< 1 > MARK QUESTIONS	MAIN COMP.	/ Year
1.	Given below are two statements labelled as Assertion (A) and Reason (R). Read both the statements carefully: Assertion (A): Balanced diet is the diet which contains all the essential nutrients in adequate quantity and proportion. Reason (R): Requirement of food depends upon age, type of work, etc. In the context of the above two statements, which one of the following is correct? (A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A). (B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A). (C) Assertion (A) is true, but Reason (R) is false. (D) Assertion (A) is false, but Reason (R) is true. Appropriate option: (A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).	Comp.	2025

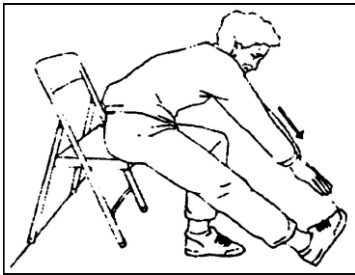
2	<p>The scientific name of Vitamin 'C' is _____.</p> <p>(A) Betadine acid (B) Ascorbic acid</p> <p>(C) Acetonic acid (D) Hydrochloric acid</p> <p>Appropriate option: (B) Ascorbic acid</p>	Main	2025
3.	<p>Given below are two statements, one of which is labelled as Assertion (A) and other is labelled as Reason (R). Read both the statements carefully:</p> <p>Assertion (A): The risk of cancer can be reduced by eating more colourful vegetables, fruits and other plant-foods that have certain phytochemicals in them.</p> <p>Reason (R): Non-nutritive components of diet are part of balance diet.</p> <p>In the context of the above two statements, which one of the following is correct?</p> <p>(A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).</p> <p>(B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).</p> <p>(C) Assertion (A) is true, but Reason (R) is false.</p> <p>(D) Assertion (A) is false, but Reason (R) is true.</p> <p>Appropriate option: (A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).</p>	Main	2025
4.	<p>Fat soluble vitamins include the following vitamins except _____.</p> <p>(A) Vitamin-B (B) Vitamin-D</p> <p>(C) Vitamin-A (D) Vitamin-E</p> <p>Appropriate option: (A) Vitamin-B</p>	Comp.	2024
5.	<p>Which of the following is a macro mineral?</p> <p>(A) Iodine (B) Copper</p> <p>(C) Iron (D) Sodium</p> <p>Appropriate option: (D) Sodium</p>	Comp.	2024
6.	<p>Which of the following is NOT the cause of Food Intolerance?</p> <p>A. Toxins formation due to food poisoning</p> <p>B. Absence of an enzyme</p> <p>C. Roughage</p> <p>D. Gluten</p> <p>Appropriate option: (C) Roughage</p>	Main	2024
7.	<p>Given below are two statements labelled Assertion (A) and Reason (R).</p> <p>Assertion (A): The Basal Metabolic Rate (BMR) is the number of calories needed to maintain body function at resting condition.</p> <p>Reason (R): A person who does not engage in any work, still requires energy for the functioning of their internal organs.</p> <p>In the context of the above two statements, which of the following option is correct?</p> <p>A. Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).</p> <p>B. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).</p> <p>C. Assertion (A) is true, but Reason (R) is false.</p>	Main	2024

	D. Assertion (A) is false, but Reason (R) is true. Appropriate option: (A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).		
8.	Body Mass Index is one of the common ways of assessing healthy body weight. Which of the following BMI range is considered for healthy weight? (a) 25.0 - 29.0 (b) 30.0 - 34.9 (c) 18.5 - 24.9 (d) 35.0 - 39.9 Appropriate option: (c) 18.5 – 24.9	Main	2024
9.	Fats and oils come under: (a) Bodybuilding foods (b) Protective foods (c) Routine foods (d) Energy-giving foods Appropriate option: (d) Energy-giving foods	Comp.	2023
	< 2 > MARK QUESTIONS		
1.	‘Roughage is an essential component for our body.’ Explain this statement by enumerating the functions of roughage. Suggestive value points: <ul style="list-style-type: none"> Helps in bowel movement and prevents constipation. Removes toxic substances and maintains digestive health. 	Comp.	2025
2.	Enumerate any two myths related to food items with their respective facts. Suggestive value points: <ul style="list-style-type: none"> Myth: Fat-free foods are always healthy. Fact: They may contain high sugar and calories. Myth: Carbohydrates cause weight gain. Fact: Complex carbs are essential for energy. 	Main	2025
3.	Enlist four non-nutritive food items. Suggestive value points: <ul style="list-style-type: none"> Spices Tea/Coffee Artificial sweeteners Flavouring agents 	Comp.	2024
	< 3 > MARK QUESTIONS		
1.	Describe three food myths and their related facts. Suggestive value points: <ul style="list-style-type: none"> Myth: Eating eggs increases cholesterol. Fact: Eggs are rich in protein and safe in moderation. Myth: Skipping meals helps in weight loss. Fact: It slows metabolism and causes overeating later. Myth: All fats are bad. Fact: Unsaturated fats are essential for health. 	Comp.	2024
2.	Briefly explain the non-nutritive components of diet. Suggestive value points: <ul style="list-style-type: none"> Roughage: Helps digestion and prevents constipation. Flavouring agents: Improve taste. Spices: Add aroma and aid digestion. Artificial sweeteners: Used as sugar substitutes. 	Comp.	2023
	< 5 > MARK QUESTIONS		
1.	What is Balanced Diet? What is the significance of pre and post competition meals for an athlete? Explain.	Main	2024

	<p>Suggestive value points: A diet containing all essential nutrients (carbohydrates, proteins, fats, vitamins, minerals, water, roughage) in proper proportion. Significance of Pre-competition meal:</p> <ul style="list-style-type: none"> Provides energy for performance. Prevents fatigue. Should be rich in carbohydrates, moderate in protein, low in fat. <p>Significance of post-competition meal:</p> <ul style="list-style-type: none"> Helps recovery of muscles. Replenishes glycogen stores. Should include proteins and fluids for rehydration. 		
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Chapter – 6

	< 1 > MARK QUESTIONS	MAIN / COMPTT.	Year
1.	<p>In arm curl test, weight of the dumbbell for women is _____.</p> <p>(A) 2·5 kg (B) 2·3 kg (C) 2·8 kg (D) 2·1 kg</p> <p>Appropriate option: (B) 2.3 kg</p>	Comp.	2025
2	<p>Back Scratch Test is used to measure:</p> <p>(A) Lower body strength (B) Lower body flexibility (C) Upper body flexibility (D) Upper body strength</p> <p>Appropriate option: (C) Upper body flexibility</p>	Main	2025
3.	<p>Brisk walking, running, bicycling and jumping are related to which activities?</p> <p>(A) Speed activities (B) Strength activities (C) Endurance activities (D) Co-coordinative activities</p> <p>Appropriate option: (C) Endurance activities</p>	Main	2025
4.	<p>In which test, score is recorded to the nearest centimetre between the initial and final score?</p> <p>(A) Partial curl-up (B) Back stretch test (C) Sit and reach test (D) Chair sit and reach test</p> <p>Appropriate option: (C) Sit and reach test</p>	Main	2025
5.	<p>The height of bench used in Harvard Step Test for men is _____.</p> <p>(A) 16 inches (B) 20 inches (C) 22 inches (D) 15 inches</p> <p>Appropriate option: (B) 20 inches</p>	Comp.	2024
6.	<p>Johnson-Metheny Test Battery does not consist of _____ motor stunt.</p> <p>(A) Front Roll (B) Side Roll (C) Back Roll (D) Jumping Full Turns</p> <p>Appropriate option: (D) Jumping Full Turns</p>	Comp.	2024
7.	<p>SAI Khelo India Fitness Test is introduced in schools for two groups, namely class 1 – 3 and class 4 – 12. Which of the following test item is common for both groups ?</p> <p>(A) Plate Tapping Test (B) Body Mass Index Test (C) Sit and Reach Test (D) 50 mts Dash</p> <p>Appropriate option: (B) Body Mass Index Test</p>	Comp.	2024

8.	<p>Which functional fitness component of senior citizens is determined in the test shown below ?</p>  <p>(a) Physical Mobility (b) Upper Body Flexibility (c) Lower Body Flexibility (d) Upper Body Strength Appropriate option: (c) Lower Body Flexibility</p>	Main	2024
9.	<p>In partial curl up test the difference between two parallel lines is _____.</p> <p>(a) 8 inches (b) 4 inches (c) 6 inches (d) 10 inches Appropriate option: (b) 4 inches</p>	Main	2024
10.	<p>In which of the following fitness component an athlete gives better performance, if he/she has more slow twitch fibre in comparison to fast twitch fibres.</p> <p>(a) Speed (b) Strength (c) Endurance (d) Flexibility Appropriate option: (c) Endurance</p>	Main	2024
11.	<p>Partial curl-up test is used to measure _____.</p> <p>(a) Speed (b) Strength (c) Reaction time (d) Flexibility Appropriate option: (b) Strength</p>	Comp.	2023
12.	<p>The purpose of Plate Tapping Test is:</p> <p>(a) To know the strength of hands (b) To know the cardiovascular efficiency (c) To know hand-eye quickness and co-ordination (d) To know the flexibility Appropriate option: (c) To know hand-eye quickness and co-ordination</p>	Comp.	2023
< 2 > MARK QUESTIONS			
1.	<p>What is the purpose of the abdominal partial curl up test?</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> To measure abdominal strength and endurance. 	Comp.	2025
2.	<p>Mention the fitness index score formula and its norms for the Harvard Step Test.</p> <p>Suggestive value points:</p> <div style="background-color: #f0f0f0; padding: 10px; margin: 10px 0;"> $\text{Fitness Index} = \frac{\text{Duration of exercise in seconds} \times 100}{2 \times \text{Sum of heart rates at recovery intervals}}$ </div> <p>Norms:</p> <ul style="list-style-type: none"> Excellent: > 90 Good: 80–89 Average: 65–79 Poor: < 65 	Main	2025




3.	<p>Enlist four test items of Johnson - Metheny Test of Motor Educability.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> • Front Roll • Side Roll • Back Roll • Jumping Half Turns 	Main	2024
< 3 > MARK QUESTIONS			
1.	<p>Describe the following: (a) Residual Volume (b) Stroke Volume</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> • Residual Volume: The amount of air left in lungs after maximum exhalation. • Stroke Volume: The amount of blood pumped by the heart in one beat. 	Main	2025
2.	<p>Enlist any two tests to measure functional fitness of senior citizens and describe the procedure of any one of them.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> • Chair Sit and Reach Test • Arm Curl Test <p>Procedure of Chair Sit and Reach Test: Sit on chair, extend one leg forward, bend and try to touch toes. Measures lower body flexibility.</p>	Comp.	2024
3.	<p>Mr. X performs the Harvard step test for 275 seconds and his pulse in 1 - 1.5 min after exercise was 100. Write the formula of fitness index score for Harvard step test and calculate the fitness index score of Mr. X.</p> <p>Suggestive value points:</p> $\text{Fitness Index} = \frac{\text{Duration (sec)} \times 100}{2 \times \text{Sum of heart rates}}$ <p>Given: Duration = 275 sec, Pulse = 100</p> $\text{Fitness Index} = \frac{275 \times 100}{2 \times 100} = \frac{27500}{200} = 137.5$ <p>Fitness Index Score = 137.5 (Excellent)</p>	Main	2024
4.	<p>Explain the purpose and procedure of 'Flamingo Balance Test'.</p> <p>Suggestive value points:</p> <p>Purpose: To assess static balance.</p> <p>Procedure: Stand on one leg on a beam, other leg bent, hands on hips. Count number of falls in 1 minute.</p>	Comp.	2023
< 5 > MARK QUESTIONS			
1.	<p>Write in detail the procedure and scoring of 'Flamingo Balance Test' and 'Plate Taping Test' recommended for the age group 5 – 8 years by SAI Khelo India.</p> <p>Suggestive value points:</p> <p>Flamingo Balance Test:</p> <ul style="list-style-type: none"> • Stand on beam with one leg, other leg bent. 	Main	2025

	<ul style="list-style-type: none"> Hands on hips, balance maintained. Score = Number of falls in 1 minute. <p>Plate Tapping Test:</p> <ul style="list-style-type: none"> Two discs placed 60 cm apart. One hand on middle plate, other hand taps alternately on discs as fast as possible. Score = Time taken to complete 25 taps. 		
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Chapter – 7

	< 1 > MARK QUESTIONS	MAIN / COMPTT.	Year																																					
1.	<p>Match List I with List II:</p> <table><tr><td>List I</td><td>List II</td></tr><tr><td>a. Size of muscle</td><td>i. Determines endurance</td></tr><tr><td>b. Fast Twitch Fibre</td><td>ii. Determines strength</td></tr><tr><td>c. Aerobic capacity</td><td>iii. Determines speed</td></tr><tr><td>d. Joint structure</td><td>iv. Determines flexibility</td></tr></table> <p>Choose the correct option from the following:</p> <p>(A) a-iii, b-iv, c-ii, d-i (B) a-ii, b-iii, c-i, d-iv</p> <p>(C) a-i, b-ii, c-iv, d-iii (D) a-iv, b-i, c-iii, d-ii</p> <p>Appropriate option: (B) a-ii, b-iii, c-i, d-iv</p>	List I	List II	a. Size of muscle	i. Determines endurance	b. Fast Twitch Fibre	ii. Determines strength	c. Aerobic capacity	iii. Determines speed	d. Joint structure	iv. Determines flexibility	Comp.	2025																											
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2	<p>Given below are types of fractures in List – I with their features in List – II : 1</p> <table><tr><td>List – I</td><td>List – II</td></tr><tr><td>Types of Fractures</td><td>Features</td></tr><tr><td>(a) Transverse</td><td>i. Bone breaks diagonally</td></tr><tr><td>(b) Oblique</td><td>ii. Bone is crushed into number of pieces</td></tr><tr><td>(c) Green stick</td><td>iii. Straight break right across a bone.</td></tr><tr><td>(d) Comminuted</td><td>iv. Soft bone, in which bone bends</td></tr></table> <p>Match the items of List – I with List – II and choose the correct option from the following:</p> <table><tr><td></td><td>(a)</td><td>(b)</td><td>(c)</td><td>(d)</td></tr><tr><td>(A)</td><td>iii</td><td>iv</td><td>ii</td><td>i</td></tr><tr><td>(B)</td><td>iii</td><td>i</td><td>iv</td><td>ii</td></tr><tr><td>(C)</td><td>i</td><td>ii</td><td>iii</td><td>iv</td></tr><tr><td>(D)</td><td>ii</td><td>iii</td><td>iv</td><td>i</td></tr></table> <p>Appropriate option: (B) a-iii, b-i, c-iv, d-ii</p>	List – I	List – II	Types of Fractures	Features	(a) Transverse	i. Bone breaks diagonally	(b) Oblique	ii. Bone is crushed into number of pieces	(c) Green stick	iii. Straight break right across a bone.	(d) Comminuted	iv. Soft bone, in which bone bends		(a)	(b)	(c)	(d)	(A)	iii	iv	ii	i	(B)	iii	i	iv	ii	(C)	i	ii	iii	iv	(D)	ii	iii	iv	i	Main	2025
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3.	<p>_____ are the colours, that represent the four regional confederation in the Deaflympic logo.</p> <p>(A) Red, blue, black and yellow (B) Blue, yellow, black and red</p> <p>(C) Red, blue, yellow and green (D) Blue, black, red and yellow</p> <p>Appropriate option: (C) Red, blue, yellow and green</p>	Main	2025																																					
4.	<p>Which of the following is a short-term effect of exercise on the muscular system?</p> <p>(A) Hypertrophy of muscles</p> <p>(B) Increase in glycogen storage</p> <p>(C) Increase in muscle temperature</p> <p>(D) Increase in lactic acid tolerance</p> <p>Appropriate option: (C) Increase in muscle temperature</p>	Comp.	2024																																					

5.	<p>Match List I with List II and select the correct answer from the codes given below:</p> <table><tr><td>List I</td><td>List II</td></tr><tr><td>A. Abrasion</td><td>(i) Joint</td></tr><tr><td>B. Fracture</td><td>(ii) Bone</td></tr><tr><td>C. Dislocation</td><td>(iii) Muscle</td></tr><tr><td>D. Strain</td><td>(iv) Skin</td></tr></table> <p>Choose the correct option:</p> <p>(a) A-(iv), B-(ii), C-(i), D-(iii)</p> <p>(b) A-(iv), B-(ii), C-(iii), D-(i)</p> <p>(c) A-(iv), B-(i), C-(iii), D-(ii)</p> <p>(d) A-(iii), B-(iv), C-(ii), D-(i)</p> <p>Appropriate option: (a) A-(iv), B-(ii), C-(i), D-(iii)</p>	List I	List II	A. Abrasion	(i) Joint	B. Fracture	(ii) Bone	C. Dislocation	(iii) Muscle	D. Strain	(iv) Skin	Comp.	2023
List I	List II												
A. Abrasion	(i) Joint												
B. Fracture	(ii) Bone												
C. Dislocation	(iii) Muscle												
D. Strain	(iv) Skin												
6.	<p>Sprain is related to _____.</p> <p>(a) Muscle (b) Ligament</p> <p>(c) Bone (d) Tendon</p> <p>Appropriate option: (b) Ligament</p>	Comp.	2023										
	< 2 > MARK QUESTIONS												
1.	<p>Briefly explain ‘R.I.C.E.’ Therapy to manage soft tissue injuries.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none">• R – Rest: Stop activity to prevent further injury.• I – Ice: Apply ice packs to reduce swelling and pain.• C – Compression: Use bandage to limit swelling.• E – Elevation: Raise injured part above heart level to reduce blood flow and swelling.	Comp.	2024										
	< 3 > MARK QUESTIONS												
1.	<p>Explain any three effects of exercise on the cardio-respiratory system.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none">• Increases lung capacity and efficiency of oxygen exchange.• Improves cardiac output (more blood pumped per minute).• Reduces resting heart rate and enhances endurance.	Comp.	2023										
	< 4 > MARK QUESTIONS												
1.	<p>A handball team from XYZ School reached the semifinals of the CBSE cluster-based tournament. The team reached the venue at the scheduled time of the match, so they did not get sufficient time for warming-up. As soon as the match started, Rohit took his place to reach the opponent’s court to make a goal but suddenly he fell prey to an injury and fell on the ground. His coach had some knowledge of first aid. He immediately rushed to him to avoid any serious injury.</p> <p>Answer the following questions based on the above case and your prior knowledge:</p> <p>(i) What was the cause of injury?</p> <p>(A) Lack of warming-up</p> <p>(B) Improper equipment</p> <p>(C) Collision with another player</p> <p>(D) Improper coaching</p> <p>(ii) Which of the following injury occurs due to tear of ligament?</p>	Comp.	2025										

	<p>(A) Contusion (B) Strain (C) Sprain (D) Abrasion</p> <p>(iii) Which of the following refers to any collection of blood outside of a vessel? (A) Incision (B) Abrasion (C) Contusion (D) Laceration</p> <p>(iv) Fracture of a bone without breaking is called _____. (A) Oblique fracture (B) Impacted fracture (C) Comminuted fracture (D) Green stick fracture</p> <p>Appropriate option: (i) (A) Lack of warming-up (ii) (C) Sprain (iii) (C) Contusion (iv) (D) Green stick fracture</p>		
2.	<p>Diya went to sports training centre for the first time. Her coach informed her that participation in sports not only promotes physical growth but also has social and psychological benefits. He highlighted numerous physical benefits for muscles, heart and respiratory systems. He advised her to continue daily practice to improve her health related and skill related fitness.</p> <p>Answer the following questions based on the above case and your prior knowledge:</p> <p>(i) Which is not a long-term effect of exercises on the muscular system? (A) Hypertrophy of muscle (B) Increase in glycogen stored (C) Ligament and tendon strengthen (D) Accumulation of lactate</p> <p>(ii) What is cardiac output? (iii) Choose the correct statement related to tidal volume: (A) Amount of air inhaled and exhaled in one breath. (B) Amount of air inhaled in one breath (C) Amount of blood pumped out by heart in one stroke. (D) Amount of air exhaled in one breath</p> <p>(iv) Lactic acid tolerance relates to _____. (A) Strength (B) Speed (C) Flexibility (D) Endurance</p> <p>Appropriate option: (i) (D) Accumulation of lactate (ii) Cardiac output → Amount of blood pumped by heart per minute (Stroke Volume × Heart Rate). (iii) (A) Amount of air inhaled and exhaled in one breath. (iv) (D) Endurance</p>	Main	2025
3.	<p>Study the picture given below:</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;">    </div> <p style="text-align: center;">(A) (B)</p>	Comp.	2024

	<p>Based on the above study and your knowledge, answer the following questions:</p> <p>(a) Identify the injury shown in picture 'A'.</p> <p>(b) The injury shown in picture 'A' occurs due to overstretching of _____.</p> <p>(c) Identify the type of fracture shown in picture 'B'.</p> <p>OR</p> <p>Fracture is a _____ tissue injury.</p> <p>(d) _____ is a joint injury that forces the ends of bones out of position.</p> <p>Appropriate option:</p> <p>(a) Strain</p> <p>(b) Muscle</p> <p>(c) Transverse fracture</p> <p>OR bone tissue injury</p> <p>(d) Dislocation</p>		
4.	<p>Study the pictures given below:</p> <div data-bbox="269 743 815 1003" data-label="Image"> </div> <p style="text-align: center;">Image-1 Image-2 Image-3</p> <p>Based on the above study and your knowledge, answer the following questions:</p> <p>(a) Which type of fracture you see in image-I?</p> <p>(b) When a <u>bone</u> breaks diagonally as shown in image-2, it is known as _____</p> <p>(c) _____ fracture occurs when the broken ends of the <u>bones</u> are jammed together by the force of the injury.</p> <p>(d) In which type of fracture bone is broken, splinted, or crushed into number of pieces?</p> <p>Appropriate option:</p> <p>(a) Transverse fracture</p> <p>(b) Oblique fracture</p> <p>(c) Impacted fracture</p> <p>(d) Comminuted fracture</p>	Main	2024
5.	<p>Describe types of fracture.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> • Transverse fracture: Straight break across bone. • Oblique fracture: Diagonal break. • Green stick fracture: Bone bends, common in children. • Comminuted fracture: Bone crushed into pieces. • Impacted fracture: Ends of bone jammed together. 	Main	2024

	< 5 > MARK QUESTIONS		
1.	<p>Explain any three effects of exercise on the cardio-respiratory system.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> Heart efficiency improves: Stroke volume increases, resting heart rate decreases. Lung capacity increases: Better oxygen intake and carbon dioxide removal. Improved endurance: Muscles receive more oxygen, delaying fatigue. 	Comp.	2025

Chapter – 8

	< 1 > MARK QUESTIONS	MAIN / COMPTT.	Year										
1.	<p>Given below are two statements labelled as Assertion (A) and Reason (R). Read both statements carefully: Assertion (A): Newton’s third law of motion concludes that forces occur in pairs of action and reaction. Reason (R): The action force is more than the reaction force. In the context of the above two statements, which one of the following is correct? (A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A). (B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A). (C) Assertion (A) is true, but Reason (R) is false. (D) Assertion (A) is false, but Reason (R) is true. Appropriate option: (C) Assertion (A) is true, but Reason (R) is false.</p>	Comp.	2025										
2	<p>Match the items of List I with List II : 1</p> <table><tr><td>List I</td><td>List II</td></tr><tr><td>a. Polishing</td><td>i. Makes surface slippery</td></tr><tr><td>b. Lubrication</td><td>ii. Makes surface smooth</td></tr><tr><td>c. Shoes and spikes</td><td>iii. Replaces sliding friction with rolling friction</td></tr><tr><td>d. Use of ball bearings</td><td>iv. Designed to increase friction so that better speed is generated</td></tr></table> <p>Choose the correct option from the following: (A) a-iv, b-iii, c-ii, d-i (B) a-ii, b-i, c-iv, d-iii (C) a-iii, b-iv, c-i, d-ii (D) a-i, b-ii, c-iii, d-iv Appropriate option: (B) a-ii, b-i, c-iv, d-iii</p>	List I	List II	a. Polishing	i. Makes surface slippery	b. Lubrication	ii. Makes surface smooth	c. Shoes and spikes	iii. Replaces sliding friction with rolling friction	d. Use of ball bearings	iv. Designed to increase friction so that better speed is generated	Main	2025
List I	List II												
a. Polishing	i. Makes surface slippery												
b. Lubrication	ii. Makes surface smooth												
c. Shoes and spikes	iii. Replaces sliding friction with rolling friction												
d. Use of ball bearings	iv. Designed to increase friction so that better speed is generated												
3.	<p>What type of lever has the load resistance between the fulcrum and the force? 1 (A) First class lever (B) Second class lever (C) Both (A) and (B) (D) Third class lever Appropriate option: (B) Second class lever</p>	Main	2025										
4.	<p>“The golf ball remains at rest until it is struck by a golf club.” This statement indicates – (A) Law of Inertia (B) Law of Acceleration (C) Law of Gravity (D) Law of Reaction</p>	Main	2025										

	Appropriate option: (A) Law of Inertia		
5.	Match the following: Column I I. Sliding friction II. Fluid friction III. Rolling friction IV. Static friction (A) I-2, II-1, III-3, IV-4 (C) I-2, II-4, III-1, IV-3 Appropriate option: (C) I-2, II-4, III-1, IV-3	Column II 1. Cycling 2. Ice skating 3. Try to push heavy object 4. Swimming (B) I-2, II-1, III-4, IV-3 (D) I-4, II-2, III-3, IV-1	Comp. 2024
6.	Friction can be increased by using _____. (a) Lubricant (c) Magnesium Powder Appropriate option: (c) Magnesium Powder	(b) Polishing (d) Ball Bearing	Comp. 2023
7.	Which Newton’s Law will apply while taking off in Long Jump? (a) Law of Acceleration (c) Law of Reaction Appropriate option: (c) Law of Reaction	(b) Law of Inertia (d) Law of Gravity	Comp. 2023
8.	The founder of Special Olympics is _____. (a) John F. Kennedy (c) Eugene Rubens Appropriate option: (d) Eunice Kennedy Shriver	(b) Ludwig Guttman (d) Eunice Kennedy Shriver	Comp. 2023
9.	First Deaflympic Games was organized in the year _____. (a) 1896 (c) 1924 Appropriate option: (c) 1924	(b) 1960 (d) 1951	Main 2023
	< 2 > MARK QUESTIONS		
1.	When wrestlers fall on the mat, why they spread their arms, knee and legs? Justify your answer. Suggestive value points: • To increase surface area and reduce impact pressure, minimizing injury.		Main 2025
	< 3 > MARK QUESTIONS		
1.	Why are the angles of release for shotput, javelin and discus throw different? Explain. Suggestive value points: • Shotput → ~45° for maximum distance. • Javelin → Lower angle (~30–35°) due to aerodynamics. • Discus → Higher angle (~40–42°) for lift.		Comp. 2025
2.	Elucidate any three factors, affecting projectile trajectory. Suggestive value points:		Comp. 2024
	< 5 > MARK QUESTIONS		
1.	Define friction. What are the advantages and disadvantages of friction in the field of games and sports? Explain with suitable examples. Suggestive value points: • Angle of release • Speed of release • Height of release		Comp. 2025

2.	<p>What do you mean by Equilibrium? Explain how Equilibrium increases with the influence of various factors by giving suitable examples from sports.</p> <p>Suggestive value points: Force resisting relative motion between surfaces.</p> <p>Advantages in sports:</p> <ul style="list-style-type: none"> • Helps grip in running (spikes). • Allows control in cycling, gymnastics. <p>Disadvantages:</p> <ul style="list-style-type: none"> • Causes wear of equipment. • Reduces speed in swimming, skating. 	Main	2025
3.	<p>Define Equilibrium. Explain Static and Dynamic Equilibrium by giving suitable examples from sports.</p> <p>Suggestive value points: State of balance between opposing forces.</p> <p>Factors increasing equilibrium:</p> <ul style="list-style-type: none"> • Larger base of support (wrestling stance). • Lower centre of gravity (gymnastics). • Proper body alignment (archery). 	Comp.	2024
4.	<p>Define Projectile. Describe any four factors that affect projectile trajectory.</p> <p>Suggestive value points:</p> <ul style="list-style-type: none"> • Static: Balance while stationary (yoga poses). • Dynamic: Balance while moving (running, skating). 	Comp.	2023

Chapter – 9

< 1 > MARK QUESTIONS		MAIN COMP.	Year
1.	Which one of the following is not a trait of Big Five Theory? (A) Openness to new ideas (B) Neuroticism (C) Extraversion (D) Submissiveness Appropriate option: (D) Submissiveness	Comp.	2025
2	A person who is bold and outgoing is a/an _____. (A) Introvert (B) Ambivert (C) Extrovert (D) Somatotype Appropriate option: (C) Extrovert	Comp.	2025
3.	Given below are traits of the big five theories of personality in List – I with their characteristics in List – II : List – I		

	<p>Match the items of List – I with List – II and choose the correct option from the following :</p> <table><tr><td></td><td>(a)</td><td>(b)</td><td>(c)</td><td>(d)</td></tr><tr><td>(A)</td><td>iii</td><td>i</td><td>iv</td><td>ii</td></tr><tr><td>(B)</td><td>iii</td><td>i</td><td>ii</td><td>iv</td></tr><tr><td>(C)</td><td>iv</td><td>ii</td><td>iii</td><td>i</td></tr><tr><td>(D)</td><td>iv</td><td>i</td><td>ii</td><td>iii</td></tr></table> <p>Appropriate option: (B) a-iii, b-i, c-ii, d-iv</p>		(a)	(b)	(c)	(d)	(A)	iii	i	iv	ii	(B)	iii	i	ii	iv	(C)	iv	ii	iii	i	(D)	iv	i	ii	iii		
	(a)	(b)	(c)	(d)																								
(A)	iii	i	iv	ii																								
(B)	iii	i	ii	iv																								
(C)	iv	ii	iii	i																								
(D)	iv	i	ii	iii																								
4.	<p>The concept of _____, generally refers to a person’s evaluation of, or attitude towards, him or herself.</p> <p>(A) Mental-imagery (B) Self-esteem</p> <p>(C) Self-talk (D) Goal-setting</p> <p>Appropriate option: (B) Self-esteem</p>	Main	2025																									
5.	<p>_____ is characterized by high sociability, if a person is outgoing and has a tendency to seek stimulation in the company of others.</p> <p>(A) Conscientiousness</p> <p>(B) Agreeableness</p> <p>(C) Extraversion</p> <p>(D) Neuroticism</p> <p>Appropriate option: (C) Extraversion</p>	Comp.	2024																									
6.	<p>Given below are two statements labelled Assertion (A) and Reason (R) :</p> <p>Assertion (A) : Self-esteem is centred around a belief in the self and respect for the self.</p> <p>Reason (R) : Mental imagery is a psychological skill, that can be created in the mind in the absence of any external stimuli.</p> <p>In the context of the above two statements which one of the following is correct ?</p> <p>(A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).</p> <p>(B) Both Assertion (A) and Reason (R) are true and Reason (R) is not the correct explanation of the Assertion (A).</p> <p>(C) Assertion (A) is true, but Reason (R) is false.</p> <p>(D) Assertion (A) is false, but Reason (R) is true.</p> <p>Appropriate option: (B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).</p>	Comp.	2024																									
7.	<p>Given below are two statements labelled Assertion (A) and Reason (R).</p> <p>Assertion (A) : Aggression is a type of hostile behaviour aimed to harm other persons.</p> <p>Reason (R) : Aggression is unintentional.</p> <p>In the context of the above two statements, which one of the following is correct ?</p> <p>(a) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).</p> <p>(b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of the Assertion (A).</p> <p>(c) Assertion (A) is true, but Reason (R) is false.</p> <p>(d) Assertion (A) is false, but Reason (R) is true.</p> <p>Appropriate option: (c) Assertion (A) is true, but Reason (R) is false.</p>	Comp.	2023																									
8.	<p>Which of the following is not Jung’s classification of personality?</p> <p>(a) Introvert (b) Endomorph</p> <p>(c) Extrovert (d) Ambivert</p>	Comp.	2023																									

	Appropriate option: (b) Endomorph		
	< 2 > MARK QUESTIONS		
1.	Differentiate between extroverts and introverts. Suggestive value points: <ul style="list-style-type: none"> • Extroverts: Outgoing, social, enjoy group activities. • Introverts: Reserved, prefer solitude, enjoy individual activities. 	Comp.	2025
2.	Mention any two strategies for enhancing adherence to exercise. Suggestive value points: <ul style="list-style-type: none"> • Set realistic and achievable goals. • Provide social support and motivation. 	Main	2025
3.	According to 'Big Five Theory', write any two traits of personality. Suggestive value points: <ul style="list-style-type: none"> • Openness • Agreeableness 	Comp.	2023
	< 3 > MARK QUESTIONS		
1.	Compare and contrast the hostile and instrumental aggression. Suggestive value points: <ul style="list-style-type: none"> • Hostile Aggression: Aim is to harm others physically or mentally. • Instrumental Aggression: Aggression used as a means to achieve a goal (e.g., winning in sports). Difference: Hostile is emotional and harmful, instrumental is purposeful and goal-oriented.	Main	2025
	< 5 > MARK QUESTIONS		
1.	Define Motivation. Differentiate between Intrinsic and Extrinsic Motivation. Suggestive value points: <ul style="list-style-type: none"> • Definition: Internal or external drive that stimulates individuals to act towards goals. • Intrinsic Motivation: Comes from within (e.g., enjoyment, personal satisfaction). • Extrinsic Motivation: Comes from external rewards (e.g., medals, money, recognition). 	Comp.	2024

Chapter – 10

	< 1 > MARK QUESTIONS	MAIN / COMPTT.	Year
1.	The duration of micro cycle is: (A) 3 to 6 weeks (B) 3 to 10 days (C) 3 to 12 months (D) 3 to 10 years Appropriate option: (B) 3 to 10 days	Comp.	2025
2	In which method is stretching done rhythmically? (A) Slow stretch (B) Slow stretch and hold (C) Ballistic method (D) PNF Appropriate option: (C) Ballistic method	Comp.	2025
3.	The Swedish word speed play is also known as _____. (A) Fartlek training (B) Interval method	Main	2025

	(C) Continuous method (D) Pace method Appropriate option: (A) Fartlek training		
4.	In which type of exercises movement can NOT be seen directly? (A) Iso-tonic (B) Iso-kinetic (C) Iso-metric (D) Plyometric Appropriate option: (C) Iso-metric	Main	2025
5.	In which of the following methods to develop flexibility, an individual performs the movement with swing and rhythm? (A) Slow stretching method (B) Slow stretch and hold method (C) PNF method (D) Ballistic method Appropriate option: (D) Ballistic method	Comp.	2024
6.	The ability to combine the movement of different body parts is known as: (a) Coupling ability (b) Reaction ability (c) Rhythm ability (d) Adaptation ability Appropriate option: (a) Coupling ability	Comp.	2023
7.	The duration of micro plan in sports training may be _____. (a) 3 - 7 days (b) 3 - 7 weeks (c) 3 - 4 months (d) 3 - 4 years Appropriate option: (a) 3 – 7 days	Comp.	2023
	< 2 > MARK QUESTIONS		
1.	Write any two physiological factors to determine strength. Suggestive value points: • Size of muscle • Muscle fibre composition	Comp.	2025
2.	What do you understand by Macro-cycle? Suggestive value points: A long-term training plan lasting 3–12 months, divided into smaller cycles (meso & micro).	Comp.	2024
3.	Write any two physiological factors determining speed. Suggestive value points: • Fast twitch muscle fibres • Neuromuscular coordination	Comp.	2023
	< 3 > MARK QUESTIONS		
1.	Define flexibility. Explain the methods to improve flexibility for a gymnast. Suggestive value points: • Definition: Ability of joints to move through full range of motion. • Methods for gymnasts: ○ Slow stretching ○ Ballistic stretching ○ PNF (Proprioceptive Neuromuscular Facilitation)	Main	2025
1.	Briefly explain the concept of Talent Identification in sports. Suggestive value points: Process of recognizing individuals with potential to excel in sports by assessing physical, psychological, and skill-related attributes.	Comp.	2024

	< 5 > MARK QUESTIONS		
1.	<p>What is speed? Explain any two methods of speed development. Suggestive value points:</p> <ul style="list-style-type: none"> • Definition: Ability to perform movement quickly. • Methods of development: <ul style="list-style-type: none"> ○ Interval training: Alternating high-intensity and rest periods. ○ Fartlek training: Speed play with varied pace and terrain. 	Comp.	2025
2.	<p>What do you understand by circuit training? How a coach will plan circuit training sessions with 6 stations to develop fitness of his new trainees? Explain. Suggestive value points:</p> <ul style="list-style-type: none"> • Training method with multiple exercise stations. • Planning with 6 stations: <ol style="list-style-type: none"> 1. Push-ups (strength) 2. Squats (leg strength) 3. Sit-ups (core) 4. Jumping jacks (endurance) 5. Shuttle run (speed) 6. Plank (stability) 	Main	2025
3.	<p>Define speed. Explain any two methods to develop it. Suggestive value points:</p> <ul style="list-style-type: none"> • Definition: Ability to cover distance in minimum time. • Methods: <ul style="list-style-type: none"> ○ Interval training ○ Acceleration sprints 	Comp.	2023