

## General Instructions:

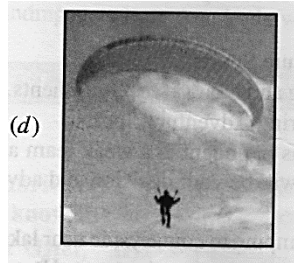
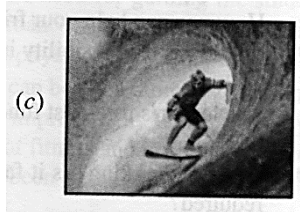
- i) All questions are compulsory.
- ii) Attempt the paper neatly.
- iii) Write the question numbers against each answer clearly.
- iv) Questions 1-12 carry one mark each.
- v) Questions 13-16 carry two marks each and shall not exceed 50-60 words.
- vi) Questions 17-26 carry three marks each and shall not exceed 80-100 words.
- vii) Questions 27-31 carry four marks each and shall not exceed 150-200 words.

**SECTION – A**

1. The important principle of sports training
  - a) Continuity and regularity
  - b) Principle of proper overloading
  - c) Principle of individual difference
  - d) All of these
2. Change in memory and perception are indicators of
  - a) Social development
  - b) Physical development
  - c) Mental development
  - d) Emotional development
3. Anatomy and Physiology:
  - a) Give knowledge about body structure and body working.
  - b) Improve health and overcome health problems.
  - c) Improve efficiency by its knowledge.
  - d) All of these.
4. The formula for getting BMI is:
  - a)  $\text{Height}^2/\text{Weight}$
  - b)  $\text{Weight}/\text{Height}^2$
  - c)  $\text{Weight}^2/\text{Height}$
  - d)  $\text{Height}/\text{Weight}^2$
5. Sports injuries can be prevented through:
  - a) Proper warming up
  - b) Using safety equipments
  - c) Proper technique of skill
  - d) All of these
6. Khelo India programme started in India:
  - a) 2020
  - b) 2018
  - c) 2016
  - d) 2014
7. What is the new word added in Olympic Motto?
  - a) Citius
  - b) Communter
  - c) Altius
  - d) Fortius
8. Which is not a health related physical fitness component?
  - a) Muscular endurance
  - b) Cardiorespiratory endurance
  - c) Speed
  - d) Flexibility
9. Which is the governing body responsible for deaflympics?
  - a) World Deaf Committee
  - b) International Olympic Committee
  - c) International Olympic Committee
  - d) Special Olympic Committee
10. To stabilize and focus the mind on one object/image/sound/idea is called?
  - a) Dharana
  - b) Dhayana
  - c) Samadhi
  - d) Pratyhara
11. Cardiac output is the amount of:
  - a) Blood pumped out by heart in one minute.
  - b) Air breath out from lungs.
  - c) Heart size
  - d) Blood pressure
12. Sports psychology deals with?
  - a) Human behaviour
  - b) Behaviour of sports person
  - c) Body and its organs
  - d) Forces acting on body

**SECTION – B**

13. Identify the adventure sports and write their names:



14. Which component is required for these activities?

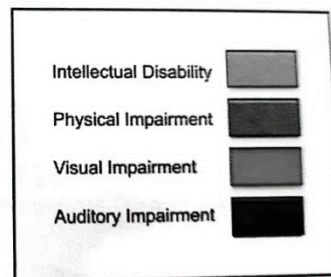
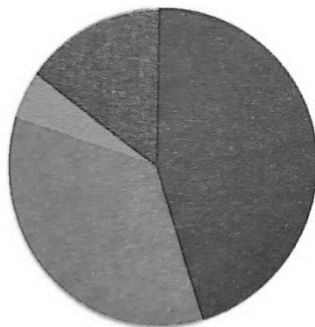
- a) Aerobic endurance
- b) Speed
- c) Maximal strength
- d) Wellness

15. What is the difference between Arteries and veins?

16. What is the role of school counselor in inclusive education?

**SECTION – C**

17. Given below is the data which depicts the number of participants with disability under different categories in Paralympic Games 2020:



On the basis of the pie chart given above, answer the following questions:

- i) Under which category does the maximum number of participants fall?
  - a) Physical impairment
  - b) Visual impairment
  - c) Auditory Impairment
  - d) Intellectual impairment
- ii) Under which category does the minimum number of participants fall?
  - a) Physical impairment
  - b) Visual impairment
  - c) Auditory impairment
  - d) Intellectual impairment
- iii) Which of the following categories is related to defect in hearing?
  - a) Physical impairment
  - b) Visual impairment
  - c) Auditory impairment
  - d) Intellectual impairment

18. Sohan, a new student in the school was very much interested in taking part in the school sports events. He was taught the latest rules and regulations of football game. In due course, he learnt biomechanical aspects of the game including various movements.



- i) The type of movement in which the angle between joint decreases is called?  
 a) Flexion    b) Extension  
 c) Gliding    d) Sliding
- ii) Straightening parts of a joint so that the angle increases  
 a) Flexion    b) Extension  
 c) Abduction    d) Adduction
- iii) Moving a part away from the mid line is  
 a) Flexion    b) Extension  
 c) Abduction    d) Adduction
- iv) Moving a part towards mid line is  
 a) Flexion    b) Extension  
 c) Abduction    d) Adduction
- v) Flexion and Extension comes under \_\_\_\_\_ movement.  
 a) Gliding    b) Angular  
 c) Rotation    d) Adduction
19. Explain the cognitive disability.
20. List down some good lifestyle habits.
21. Define circulatory system.                      (OR)                      What do you mean by blood circulation?
22. Define kinesiology.
23. Define 'Adolescents' as per W.H.O.
24. What is the aim of Khelo India Program?
25. Write down any two objectives of Physical Education.
26. What is 'Yama'?

### SECTION – D

27. How can physical education contribute in moral and character building?
28. Doping at the Olympic is not a new phenomenon. Discuss.  
 (OR)  
 Specify the factors that should be kept in mind while preparing a training plan.
29. Explain the circulatory system.                      (OR)                      Explain the skeleton of the human body.
30. How does the special educator help the Divyang children? Explain in detail.
31. Define wellness. Define the physical components of wellness.  
 (OR)  
 What is the importance of traditional games?