

**SECTION – A (One mark each)**

1. Which of the following is not an objective of Khelo India programme?
  - a) Political organization in games and sports.
  - b) Providing coaching to players.
  - c) Searching new talented players.
  - d) Development of playfield.
2. Adaptive physical education is to develop
 

a) disabled person fitness	b) to train divyang to adjust in society
c) modify social attitude to adjust disabled	d) all of these.
3. Yoga is
 

a) performing asanas	b) union of atma and parmatma
c) performing pranayama	d) to be honest
4. Which of the following is not the objective of physical education?
 

a) Physical development	b) Psychological development
c) Social development	d) Spiritual development
5. Physical education is the activities related with
 

a) reading and writing	b) playing video games
c) activities of muscles	d) watching sports matches.
6. The career options through physical education are :
 

a) Physical Education Teacher	b) Sports Journalist
c) Administrator	d) All of the above.
7. NBA is associated with which game?
 

a) Badminton	b) Basketball	c) Tennis	d) Handball
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8. A competition played within the walls of an institution is known as
 

a) Intramural Competition	b) Extramural Competition
c) Inter-district Competition	d) Inter State Competition
9. Olympic torch symbolizes:
  - a) link between ancient and modern Olympic games
  - b) lighten the stadium
  - c) to welcome athletes
  - d) None of these.
10. Which of the following activities are a part of Paralympic Games?
 

a) Football and Rowing	b) Wheelchair basketball and Bocce
c) Wheelchair tennis and shooting	d) All of these
11. Bhujang Asana is good for improving
 

a) digestive functioning	b) spine flexibility
c) back pain	d) leg strength
12. The prime role of physiotherapist is to
 

a) correct the speech of the player.	b) develop fitness of disabled.
c) minimize the injury or deformity through exercises.	d) council and guide player for good behavior.
13. IOC stands for
 

a) International Olympic Committee	b) International Olympic Council
c) Indian Olympic Committee	d) None of these
14. The meaning of CWSN is
 

a) Children with Special Needs	b) Children with Sensory Needs
c) DIVYANG	d) Children with Social Needs.
15. Which of the following does not improve balance?
 

a) Vriksh Asana	b) Tada Asana
c) Garud Asana	d) Vajra Asana
16. Where did the Ancient Olympic Games were played?
 

a) Olympiad	b) Greece	c) London	d) Paris
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17. Inclusion education is
  - a) divyang person is not suitable for education process.
  - b) divyang person should be included in normal education process.
  - c) divyang person should be given special type of education.
  - d) divyang person should be given special equipments to continue their education process.
18. Cleansing of internal and external organs is also known as
  - a) Pranayam
  - b) Dhyana
  - c) Asana
  - d) Kriya
19. Full form of WADA is
  - a) World Association of Drug Analyse
  - b) World Anti Doping Agency
  - c) Women Anti Doping Agency
  - d) World Against Drug Agency
20. The term Divyang is referred as
  - a) Children with Sensory Needs.
  - b) Children with Special Needs.
  - c) Disabled Persons Needs.
  - d) Speech Language Communication Needs.
21. To stabilize and focus the mind on one object / image / sound/ idea is called
  - a) Dharana
  - b) Dhayana
  - c) Samadhi
  - d) Pratyhara
22. The agency which checks the doping in India
  - a) WADA
  - b) NADA
  - c) IOA
  - d) SAI
23. Match List I with List II.

List I		List II	
a)	Lotus Pose	i)	Vriksha Asana
b)	Rock Pose	ii)	Shav Asana
c)	Dead Pose	iii)	Padma Asana
d)	Tree Pose	iv)	Vajra Asana

24. Olympic flag consist of interlock of
  - a) Red, Blue, Black Rings
  - b) Red, Green, Black Rings
  - c) Red, Black, Blue, Green, Yellow Rings
  - d) Black, Brown, Blue, Green, Yellow Rings
25. Which of the following tournament is not recognized by IOA?
  - a) Olympic Games
  - b) Asian Games
  - c) CBSE Cluster Games
  - d) Inter-School Friendly Matches
26. The motto of Paralympic is
  - a) Citius, Altius, Fortius
  - b) Spirit in Motion
  - c) Ever onward
  - d) Fight for Justice

**SECTION – B (Two marks each)**

27. List the importance of Physical Education in school.
28. Define Yogic Kriyas.
29. Write any 2 basic steps to modify sports or physical education for children with special needs.
30. What do you mean by special Olympics?
31. What is the role of Yoga in reducing stress?

**SECTION – C (Three marks each)**

32. What is the role of physical education to produce an effective citizen for the country?
33. What are the values of Paralympic Games?
34. What are the benefits of practicing Dhyana?

**SECTION – D (Five marks each)**

35. List/How many different kinds of courses and career options in Physical Education are available in India?
36. What is the need of sports competition in school? Discuss in detail.
37. Explain the three values of Olympics.
38. Explain the merits of Asana and Pranayama.
39. What is adaptive physical education? Explain the methods of adaptive physical education for divyang students?

