

General Instructions :

- i) The question paper consists of 5 sections and 37 questions.
- ii) Section – A consists of questions 1 – 18 carrying 1 mark each and each is a multiple choice questions. All questions are compulsory.
- iii) Section – B consists of questions 19 – 24 carry 2 marks each and are very short answer type and should not exceed 60-90 words. Attempt any 5.
- iv) Section – C consists of questions 25 – 30 carrying 3 marks each and are short answer types, should not exceed 90-100 words. Attempt any 5
- v) Section – D consists of questions 31 – 33 carrying 4 marks each and case studies. There is internal choice available.
- vi) 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

1. The basic function of management is
a) controlling b) budgeting c) planning d) organizing
2. In a knock out tournament 4th bye will be given to
a) last team of lower half. b) last team of upper half.
c) first team of upper half. d) first team of lower half.
3. If n = 25 so teams in lower half will be
a) 12 b) 14 c) 13 d) 11

4. Match the following :

Column I		Column II	
i)	Food Intolerance	A)	Loss in body weight
ii)	Food Myths	B)	Vomitting
iii)	Dieting	C)	Healthy Weight
iv)	B.M.I 24	D)	Do not drink water with fish meals.

5. "A diet which consist of all the essential food elements is called
a) nutrition b) balance diet
c) growth d) maintenance of body
6. _____ elements is required to keep thyroid gland healthy.
a) Iron b) Iodine c) Cobalt d) Copper
7. The purpose of 600m Run / walk is
a) endurance b) flexibility c) strength d) fitness
8. The full form of BMR is
a) Body Mass Rate b) Body Mind Relationship
c) Body Movement Rate d) Basal Metabolic Rate
9. Name the test to determine fitness of senior citizen.
a) Queen Mary Test b) Rikli and Jones Test
c) Barrow motor ability Test d) Harvard Step Test
10. Sit and Reach test is conducted for
a) flexibility b) endurance c) motor fitness d) speed
11. Who started special Olympics International?
a) Eunice Kennedy Shriver b) John F Kennedy
c) Sir Ludwig Guttmann d) M. Mahadev

12. The oath of special Olympic is
 a) Let me run.
 b) Let me play but if I cannot win, let me be brave in the attempt.
 c) Let me win but if I cannot win, let me be brave in the attempt.
 d) None of the above.
13. Special Olympics, India was initiated in _____.
 a) 2001 b) 2003 c) 2005 d) 2007

14. Match the following :

Column I		Column II	
a)	Bhujang Asana	i)	Half
b)	Hast Asana	ii)	Hard
c)	Ardh Asana	iii)	Dead body
d)	Shav Asana	iv)	Cobra

15. "Yoga" has been derived from _____ Sanskrit word.
 a) YUJ b) YOG c) YUP d) YOJ
16. At what point is blood pressure considered high?
 a) 80/120 b) 130/80 c) 140/90 d) 210/120
17. Which asana is helpful in maintaining normal blood pressure?
 a) Shavasana b) Padmasana c) Shalabhasana d) Anulom-vilome
18. Menarche is defined as the
 a) ending of menstrual period in women b) beginning of menstrual period in women
 c) time of pregnancy d) beginning of pregnancy

SECTION – B (Any five)

19. Which type of deformity is kyphosis?
20. No arc in the foot is called _____. Define also.
 a) arch b) flexible c) cause hindrance d) flat foot
21. What is Bhujangasana?
22. What do you mean by the term 'Divyang'?
23. Explain the importance of fluid intake during competition.
24. How is Body Mass Index calculated?

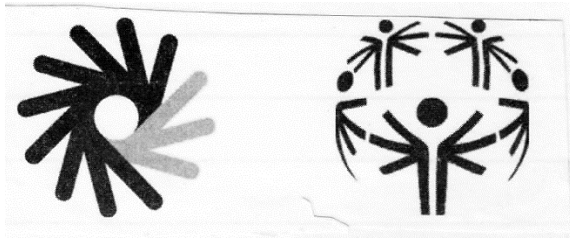
SECTION – C (Any five)

25. What is Menopause?
26. What is Bye? What is the method of fixing byes?
27. Explain Rikli and Jones Chair – stand test for lower body strength development.
28. Elaborate the important nutrients /elements of a balanced diet.
29. What do you mean by Deaflympics?
30. "Asanas can be used as a preventive measure." Comment.

SECTION – D

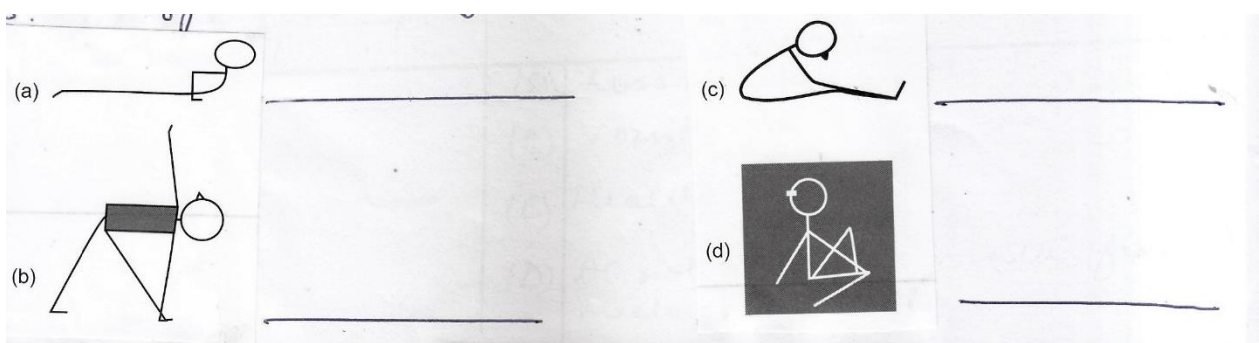
31. ABC School is one of the reputed schools in their location for the number of sports facilities it provides to its stakeholder. Keeping that in consideration CBSE Sports Cell has given them the responsibility of conducting CBSE Football Cluster. 35 teams have sent their entry for participation in the tournament.
- A. Due to large number of teams willing to participate the school is conducting the competition by _____ fixture.
 a) League b) Knock out c) Staircase d) Challenge
- B. The number of matches in the first round will be _____.
 a) 4 b) 5 c) 6 d) 3
- C. Total number of rounds will be _____.
 a) 2 b) 3 c) 6 d) 4
- D. Total number of matches will be _____.
 a) 34 b) 30 c) 28 d) 24

32. In relation to the pictures, answer the following :



- a) What is the mission of the first image organization?
 b) What is the motto of the first image organization?
 c) Until 1965 the games in the second image were known as _____.
 d) Second image games are conducted after every ____ years.

33. Identify the below given Asanas and write the names:



SECTION – D (Any three)

34. How can you check the fitness of senior citizens?
 35. Explain Macro-Nutrients and their role in our diet.
 36. How physical activities are helpful for children with special need? Explain strategies to make physical activities assessable for them.
 37. How can female athlete triad be prevented?