

Strength & Endurance are the components of:-

- a) Wellness
- b) Health
- c) Recreation Activity
- d) Physical Fitness

Q.8 Endurance is the ability of person to:- 1

- a) Activity with high speed
- b) Powerful activity
- c) Work for long duration
- d) various actions & movement

Q.9 Which of the following is a type of strength:- 1

- a) Static strength
- b) Dynamic Strength
- c) Strength Endurance
- d) both (a) & (b)

Q.10 Adaptive physical education is for:- 1

- a) School Students
- b) college students
- c) CWSN
- d) Girls only

Q.11 Who said "Yoga Chitta Vritti Nirodha"?. 1

- a) Agam
- b) Bharti Krishan Tirth
- c) Patanjali
- d) Mentioned in Bhagwad

Q.12 Which organ is benefitted from Tratak. 1

- a) Liver
- b) Kidneys
- c) Digestion system
- d) Eyes

Or

Sukhasana is a:-

- a) Relaxing Pose
- b) Meditative pose
- c) Palm tree pose
- d) Both (a) & (b)

Q.13 Which of the following is leadership quality? 1

- a) Attractive personality
- b) Intelligence
- c) Assertiveness
- d) All of these

Or

Which of the following is not considered as a leadership quality:-

- a) Communication skill
- b) Emotional Stability
- c) organising ability
- d) Fair complexion

Q.14 In an individual a test is conducted to evaluate. 1

- a) Skill
- b) Knowledge
- c) Ability
- d) All of the above

Q.15 Waist – hip ratio is calculated to find. 1

- a) Size of waist
- b) Fat stored around waist & hip
- c) size of hip
- d) fat stored around waist & thigh

- Q.16 What is the objective of evaluation? 1
 a) To assess merit b) To appreciate the subject
 c) To understand the subject d) None of these
- Q.17 Which of the following is not the component of health – related fitness. 1
 a) speed b) muscular strength
 c) muscular endurance d) flexibility
- Q.18 Khelo India programme supports. 1
 a) Sports for women b) Sports for CWSN
 c) Promotion of rural games d) All of these
- Q.19 In which year Khelo India programme started? 1
 a) 2014 b) 2016
 c) 2018 d) 2019
- Q.20 How many types of endurance are there:- 1
 a) 5 b) 4
 c) 3 d) 2
 Or
 Acceleration – ability means.
 a) To run at a slowpace b) To gain highest speed
 c) To react promptly d) To complete activity in minimum time

Section – B

- Q.21 What do you understand by the term physical education? Explain. 3
 Or
 Highlight the Aim & objective of physical education.
- Q.22 Highlight three objective of Khelo India program. 3
- Q.23 State the Olympic motto. 3
- Q.24 What are the objectives of modern Olympic games. 3
 Or
 What are the functions of IOC?
- Q.25 Discuss any three components of physical fitness. 3
- Q.26 State flexibility & its types. 3
- Q.27 Explain the concept of Adaptive physical education. 3
- Q.28 Highlight the elements of Yoga. 3
 Or
 Explain the meaning of Yoga & give its Importance.
- Q.29 Define adventure sports. List down some common sports. 3
- Q.30 Explain the testing procedure of body mass index. 3

Section – C

- Q.31 Discuss the career option through Physical Education. 5
- Or
- Highlight the main features of modern Olympic games. 5
- Q.32 How do you improve your concentration through yogic technique? Explain the relaxative technique used in yoga. 5
- Q.33 Explain any 5 qualities of good leader. 5
- Or
- Discuss the safety measures that should be taken while adventures sports.
- Q.34 Define test, measurement & evaluation. Highlight their importance in sports. 5