

GENERAL INSTRUCTIONS-

- 1- The question paper consists of 30 questions and all the questions are compulsory.
  - 2- Question 1-12 carrying 01 mark each and are multiple choice questions.
  - 3- Question 13-16 carrying 02 mark each and shall not exceed 40-60 words.
  - 4- Question 17-26 carrying 03 mark each and shall not exceed 80-100 words.
  - 5- Question 27-30 carrying 05 mark each and shall not exceed 150-200 words.
1. Seeding is a procedure by which good teams are placed in fixtures in such a way that stronger teams do not meet each other at the..... of a tournament
- a) Start
  - b) Middle
  - c) End
  - d) Never

OR

Which amongst these is not a method to improve flexibility?

- a) Ballistic
  - b) Static stretching
  - c) PNF
  - d) Fartlek
2. .... is not the form of league type tournament.
- a) Cyclic
  - b) Double League
  - c) Round Robin
  - d) Single League

**3. Symptom of food Intolerance are**

- a) Vomiting and Nausea
- b) Pain in joints, headache
- c) Unable to digest
- d) All

OR

The amount of Oxygen which can be absorbed and consumed by the working muscles from blood is called.....

- a) Oxygen intake
- b) Oxygen transport
- c) Oxygen uptake
- d) Energy reserve

**4. Fat soluble vitamins are**

- a) Vitamin A and B
- b) Vitamin B and C
- c) Vitamin D and E
- d) All

**5. The symptoms of diabetes are**

- a) Fatigue and prolonged healing time
- b) Pain at back
- c) Excess of fat in body
- d) Coughing

**6. Paschimottan Asana is performed**

- a) Bending Back
- b) Bending Forward and holding
- c) Bending sides ward
- d) Long breathing

**7.** Overstraining of ligaments cause:

- a) Strain
- b) Sprain
- c) Contusion
- d) Bruises

OR

Fracture where a part of broken bone enters another bone

- a) Simple fracture
- b) Compound fracture
- c) Impacted fracture
- d) Green stick fracture

**8.** The time taken by a swimmer to jump off the box quickly is known as

- a) Starting time
- b) Reaction time
- c) Swimming time
- d) All of these

**9.** Principles of Biomechanics are applied in.....

- a) Improving sports technique
- b) Designing sports equipment's
- c) Designing sports training
- d) All of these

**10.** When the angle between the two bones decreases it is termed as.....

- a) Flexion
- b) Extension
- c) Abduction
- d) Adduction

11.

Assertion (A): For improvement of performance in long distance running, continuous training is effective.

Reason (R): Continuous method of training improves basic endurance.

In the context of above statements, which one of the following statements is correct ?

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
- (c) (A) is true, but (R) is false.
- (d) (A) is false, but (R) is true.

12. Match List – I with List – II and select the correct option using the codes given below :

LIST – I		LIST – II	
(i)	Kyphosis	1.	Inward curve of the spine.
(ii)	Lordosis	2.	Sideways curve of the spine
(iii)	Scoliosis	3.	Rounding of Upper Back
(iv)	Round Shoulders	4.	Forward bending and rounding of shoulders

Codes				
	(i)	(ii)	(iii)	(iv)
(a)	1	2	3	4
(b)	2	3	4	1
(c)	4	2	3	1
(d)	3	1	2	4

13. Identify the below given asanas and write their names :

(a)



.....

(b)



.....

(c)



.....

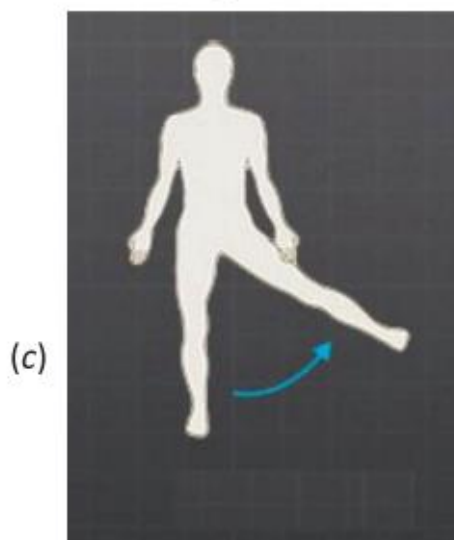
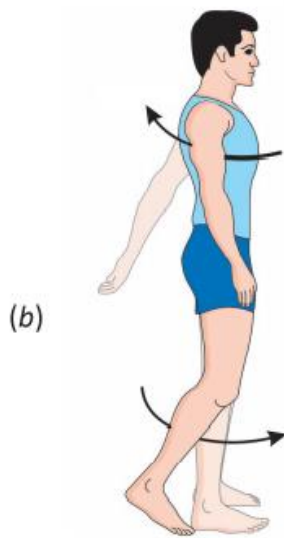
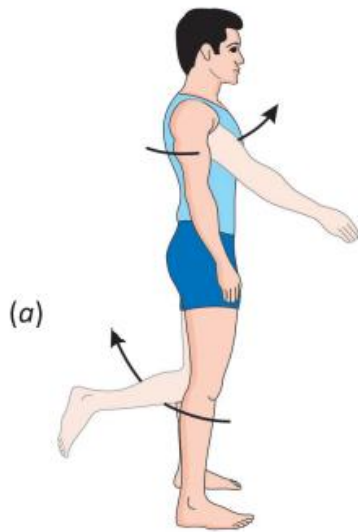
(d)



.....


14.

Identify the human movement and write the names :





C. Which category is related to overweight ?

- (a)  (b)  (c)  (d) 

18. Naman was a Class 12th student. He used to bring junk-food in his lunch-box daily. His teacher observed that he was becoming overweight, he was neither concentrating on his studies nor actively participating in physical activities. In this matter, he had a talk with his parents and came to know that he refuses to eat roti, dal, fruits and vegetables. Due to this he is facing these problems. Based on the above passage, answer the following questions :

(a) Which of the following is not true ?

1. He was not able to concentrate
2. He was not participating in debates
3. He was not participating in physical activities
4. He was becoming overweight

(b) Why should junk-food not be recommended ?

1. Because it is full of proteins
2. Because it is full of vitamins
3. Because it is full of minerals
4. Because it does not contain the required nutrients

(c) What is the ratio of carbon, hydrogen and oxygen in carbohydrates ?

- |          |          |
|----------|----------|
| 1. 1:3:1 | 2. 2:3:1 |
| 3. 1:2:1 | 4. 1:1:2 |

19. Explain Newton's First law of motion.

OR

Explain Newton's Second law of motion.

20. Create a flow chart for common sports injuries while enlisting the subparts.

21. What do you mean by SPD? Explain its symptoms.

OR

Asthma is a lifestyle disease. How will you manage life threatening effects of asthma?

22. Define Biomechanics. Explain its importance in sports.

23. Explain about first aid and the prevention of common sports injuries.

24. Enlist the spinal postural deformities. Explain the causes of kyphosis and the precautions to avoid it.

25. Mention all the calculation and steps involved . Draw a knock-out fixtures of 19 teams, where 4 teams are to be seeded.

26. Describe fortlek Training method.

OR



Explain Interval Training method.

27. Enlist the Big five theory personalities and describe any three of them while comparing their characteristics.

28. What do you mean by oxygen-Intake and oxygen-uptake? Explain the effects of exercise on Respiratory system.

OR

Classify sports injuries. Explain 'PRICE' procedure as a treatment of soft tissue injuries.

29. Describe procedure of conducting the rockport one mile walk test and write formula for calculating VO<sub>2</sub> max.

OR

Write short notes on any two of the following indicating the causes and corrective or remedial measures of the concerned deformity

- i) Flat feet
- ii) Knock knees
- iii) Bow legs

30. Rekha is working on a project to collect data for assessing cardio-vascular fitness amongst people at her residential complex using Rockport walk test.

List the purpose, equipment required, procedure of the test and also explain advantages and disadvantages along with scoring system.