

Time :

Mm:70

Part -A

Multiple choice questions each carry one mark

1. In a knockout tournament ,if byes are in odd numbers then number of byes in lower half is calculated by :
(a) $NB+1/2$. (B) $NB-1/2$. (C) $NB/2$ (D) $NB-1$
2. How many matches will be played in 2nd round , if 14 teams are participating in knockout tournament?
(a) 3 (b)2 (C) 4 (d) 6
3. Factors affecting motor development.
(a) Personal (b) psychological. (C) Genetics. (d). All of the above
4. Weakening of bones due to loss of bone density and improper bone formation is :
(a) Amenorrhea. (b) Anorexia nervosa. (C)Osteoporosis. (d) Lordosis
5. Which amongst this is a sitting asana ?
(a) Ardh matsyendrasana (b) Padahastasana (c) Ardh -chakrasana
6. Which asana is suggested 2 relax muscles after performing vajrasana?
(a) SUKHASANA. (b) SAVASANA (c) Sarvangasana. (d) VIRABHADRAHAN
7. In which year did Olympic Games are organised?
(a) 1896. (b) 1960. (C) 1924 (d) 1951
8. Grouping process associated with Paralympics is referred as?
(a) Divisioning. (b) classification (c) Grouping (d) Categorisation
9. Which of the following is a Macro mineral?
(a) Iodine (b) iron (c) Copper. (d). Calcium
10. One gram of fat provide
(a) 3kcal. (b) 4kcal. (C). 5 kcal. (d) 9kcal
11. Rock port is used to measure?
(a) VO3 max (b) VO4 Max. (C) VO5 Max. (d) VO2 Max
12. Which of the following is conducted to measure cardiovascular fitness?
(a) Back scratch test. (b) Rock port one mile test.
(c) Harvard step test (d) Both B&C
13. What is the normal respiratory rate of an adult?
(a) 10 to 12 breath per second (b) 40 to 60 breath per second
(c) 12 to 13 breath per second (d) 30 to 40 breath per second
14. The process of converting glucose into energy without utilising oxygen is known as
(a) Anaerobic respiration. (b) aerobic respiration
(c) Stroke volume (d) Pulmonary diffusion
15. Mechanical analysis of javelin throw by Neeraj Chopra will be done under
(a) Biology (b) Biomechanics (c). Physiology (d) Anatomy
16. Newton's first law of motion is also called
(a) Law of inertia (b) Law of acceleration
(c) Law of action and reaction (d) None of the above
17. Meso cycle is training of?
(a) One week (b) 4 to 10 days (c) 3 to 6 weeks (d) 3 months
18. Which of the Following factor does not determine flexibility?
(a) Joint structure (b) Previous injury (c) Efficiency of lungs (d) Age and gender

Part B

Very short question answers each carry 2 mark

19. Name the following diseases ?



A. _____ . B. _____

20. Define test?

21. What is diabetes?

22. List the various type of tournament?

23. Define endurance?

24. Explain the term sports training?

Part-c

short answer type question each carry Each carry 3 mark .

25. explain briefly about eating this bulimia?

26 What is directing? Explain.

27. What is the importance of body mass index?

28. How composition of muscle fibre effect speed?

29. Friction is categorised into how many types? Explain them in brief.

Part-D

Long answer type question each Carry 5 marks

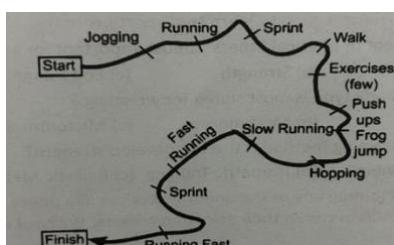
30. What is friction? Write the advantages and disadvantages of friction by giving suitable example by giving suitable example from sports.

31 . What are the types of vitamins ? Describe their source and function.

32. Define circuit training. Draw a diagram of 8 station and explain it advantages?

Part-E

Case study each carry 4 marks



33. Mr Nikhil is the renowned hockey coach. Recently he joined our school. He selected our hockey team and design our training program., during the training, he noted that some player were good attackers but due to lack of endurance they were unable to play up to the last moment. He used various method to enhance their endurance.

1. From the above Picture, it is identified as which training method?

(A) pace runs. (B) Fartlek. (C).Isometric. (D) isotonic

2. The above training method help in increasing the _____.

(A).strength (B) speed. (C) endurance (D)flexibility

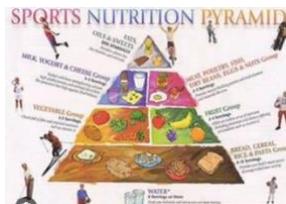
3. This Swedish word meaning speed play is_____.

(A) cities. (B) fartlek. (C) pace. (D) altius

4. In the above training method, plays an important role

(A) self discipline (B) coach. (C) Guidance (D) support

34. Food is the best requirement of every individual to fulfil the energy need and to meet the development of the body. The nutritious diet directly affect the Health of an individual. It contains various types of nutrients in it.



1. The bottom most part of the food pyramid is occupied by _____ Indicating by large quantity of intake.

(A) Carbohydrate (B) Vitamins (C) Minerals (D) Fats

2. Major portion of individuals diet is constituted by _____ Nutrients.

(A) Macro (B) Micro (C) Water (D) Roughage

3. Fat soluble vitamins are _____.

(A) Vitamin A and D. (B) Vitamin A and K (C) Vitamin E&D (D) Vitamin A D ,E &K

4. The body building nutrient is _____.

(A) Fat (B) Vitamin (C) Protein (D) Mineral

35., The Harvard step test is the test of aerobic fitness, developed by Brouha and And his associates(1943) for the purpose of measuring physical fitness for work and the ability to recover from work in the Harvard fatigue laboratories During ww 2 for college student. It was a very simple and promising field test for measuring cardiovascular endurance of human being by using easily available and inexpensive equipment. There are many other day variation of step test too.

1. Harvard step test was developed by.

(a) Harvard and his associates. (B) Brouha and his associates
(C) Robert Rikli. (D)None of the above

2. Harvard Step test was developed in.

(A) 1943. (B) 1945. (C) 1948. (D) 1949

3. Harvard step test was developed for measuring.

(A) Physical fitness of work (B) Physical fitness to recover from work
(C) Both A and B (D) None of the above

4. Harvard step test used to measure.

(A) Speed and balance (B) Speed and agility. (C) Cardiovascular endurance (D) None of the above