

Series & RQPS

Set-4

प्रश्न-पत्र कोड
Q.P. Code

75

रोल नं.
Roll No.

परीक्षार्थी प्रश्न-पत्र कोड को उत्तर-पुस्तिका के मुख-पृष्ठ पर अवश्य लिखें।
Candidates must write the Q.P. Code on the title page of the answer-book.



शारीरिक शिक्षा (सैद्धान्तिक)

PHYSICAL EDUCATION (Theory)

निर्धारित समय : 3 घण्टे

Time allowed : 3 hours

अधिकतम अंक : 70

Maximum Marks : 70

नोट	NOTE
(I) कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 15 हैं।	(I) Please check that this question paper contains 15 printed pages.
(II) कृपया जाँच कर लें कि इस प्रश्न-पत्र में 37 प्रश्न हैं।	(II) Please check that this question paper contains 37 questions.
(III) प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए प्रश्न-पत्र कोड को परीक्षार्थी उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें।	(III) Q.P. Code given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
(IV) कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, उत्तर-पुस्तिका में प्रश्न का क्रमांक अवश्य लिखें।	(IV) Please write down the serial number of the question in the answer-book before attempting it.
(V) इस प्रश्न-पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है। प्रश्न-पत्र का वितरण पूर्वाह्न में 10.15 बजे किया जाएगा। 10.15 बजे से 10.30 बजे तक परीक्षार्थी केवल प्रश्न-पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर-पुस्तिका पर कोई उत्तर नहीं लिखेंगे।	(V) 15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the candidates will read the question paper only and will not write any answer on the answer-book during this period.

2175

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P.T.O.



सामान्य निर्देश :

- (i) प्रश्न-पत्र में पाँच खण्ड हैं तथा 37 प्रश्न हैं।
- (ii) खण्ड-अ में प्रत्येक 1 अंक वाले 1-18 बहुविकल्पी प्रश्न हैं। सभी प्रश्न अनिवार्य हैं।
- (iii) खण्ड-ब में 19-24 तक अति लघु-उत्तरीय प्रकार के प्रश्न हैं, जिसमें से 5 प्रश्न करने हैं। प्रत्येक प्रश्न 2 अंक का है और 60-90 शब्दों में होना चाहिए।
- (iv) खण्ड-स में 25-30 तक लघु-उत्तरीय प्रकार के प्रश्न हैं, जिसमें से 5 प्रश्न करने हैं। प्रत्येक प्रश्न 3 अंक का है और 100-150 शब्दों में होना चाहिए।
- (v) खण्ड-द में 31-33 प्रकरण अध्ययन प्रश्न हैं। प्रत्येक प्रश्न 4 अंक का है। आन्तरिक विकल्प उपलब्ध है।
- (vi) खण्ड-य में 34-37 दीर्घ-उत्तरीय प्रश्न हैं, जिसमें से 3 प्रश्न करने हैं। प्रत्येक प्रश्न 5 अंक का है और 200-300 शब्दों से अधिक नहीं होना चाहिए।

खण्ड – अ

(सभी प्रश्न अनिवार्य हैं)

1. निम्नलिखित में से कौन सा प्राणायाम मोटापे को कम करने में सहायक है ? 1
(a) कपालभाति प्राणायाम (b) अनुलोम-विलोम प्राणायाम
(c) सूर्यभेदन प्राणायाम (d) शीतली प्राणायाम
2. अंतर्राष्ट्रीय पैरालंपिक समिति का गठन _____ में किया गया था। 1
(a) 1985 (b) 2003
(c) 1989 (d) 2001
3. निम्न में से कौन सा भोजन असहिष्णुता का कारण नहीं है ? 1
(a) खाद्य विषाक्तता के द्वारा टॉक्सिन बनना (b) एंजाइम्स का न होना
(c) रुक्षांश (रफेज) (d) ग्लूटेन
4. नीचे दो कथन दिए गए हैं जो कि अभिकथन (A) तथा कारण (R) के रूप में हैं। 1
अभिकथन (A) : आराम की स्थिति में शरीर के कार्य को बनाए रखने के लिए आवश्यक कैलोरी की संख्या 'बेसल चयापचय दर' है।
कारण (R) : एक व्यक्ति जो कि किसी भी कार्य में संलग्न नहीं होता है, उसे भी आन्तरिक अवयवों के कार्यों के लिए ऊर्जा की आवश्यकता होती है।
उपर्युक्त दो कथनों के संदर्भ में निम्नलिखित में से कौन सा विकल्प सही है ?
(a) अभिकथन (A) और कारण (R) दोनों सही हैं और कारण (R), अभिकथन (A) की सही व्याख्या करता है।
(b) अभिकथन (A) और कारण (R) दोनों सही हैं, परन्तु कारण (R), अभिकथन (A) की सही व्याख्या नहीं करता है।
(c) अभिकथन (A) सही है, परन्तु कारण (R) गलत है।
(d) अभिकथन (A) गलत है, परन्तु कारण (R) सही है।

General Instructions :

- (i) The question paper consists of **5** sections and **37** questions.
- (ii) **Section-A** consists of question **1-18** carrying **1** mark each and are multiple choice questions. **All** questions are compulsory.
- (iii) **Section-B** consists of question **19-24** carrying **2** marks each and are Very Short Answer Types and should not exceed **60-90** words. Attempt any **5**.
- (iv) **Section-C** consists of question **25-30** carrying **3** marks each and are Short Answer Types and should not exceed **100-150** words. Attempt any **5**.
- (v) **Section-D** consists of question **31-33** carrying **4** marks each and are case studies. There is internal choice available.
- (vi) **Section-E** consists of question **34-37** carrying **5** marks each and are Long Answer types and should not exceed **200-300** words. Attempt any **3**.

SECTION – A

(All Questions are compulsory)

1. Which of the following pranayama is helpful to reduce obesity ? 1
(a) Kapalbhati Pranayama (b) Anulom Vilom Pranayama
(c) Suryabhedan Pranayama (d) Sitili Pranayama
2. International Paralympic Committee was formed in _____. 1
(a) 1985 (b) 2003
(c) 1989 (d) 2001
3. Which of the following is **NOT** the cause of Food Intolerance ? 1
(a) Toxins formation due to food poisoning
(b) Absence of an enzyme
(c) Roughage
(d) Gluten
4. Given below are two statements labelled Assertion (A) and Reason (R). 1
Assertion (A) : The Basal Metabolic Rate (BMR) is the number of calories needed to maintain body function at resting condition.
Reason (R) : A person who does not engage in any work, still requires energy for the functioning of their internal organs.
In the context of the above two statements, which of the following option is correct ?
(a) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).
(b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
(c) Assertion (A) is true, but Reason (R) is false.
(d) Assertion (A) is false, but Reason (R) is true.

5. सूची-I में खेल प्रबन्धन के कार्य तथा सूची-II में उनका स्पष्टीकरण दिया गया है : 1

सूची-I

सूची-II

- | | |
|---------------|---|
| I. योजना | 1. यह संगठनात्मक लक्ष्यों को पूरा करने के लिए लोगों को मार्गदर्शन, प्रेरणा और निर्देश देने का कार्य है। |
| II. नियंत्रण | 2. भविष्य में होने वाले कार्य की रूपरेखा तैयार करना। |
| III. निर्देशन | 3. यह सुनिश्चित करना कि उचित प्रतिभा उस विशिष्ट कार्य को पूरा कर रही है। |
| IV. स्टाफिंग | 4. प्रदर्शन मानकों की स्थापना करना, वास्तविक प्रदर्शन को मापना और अनियमितताओं की तुलना करना। |

सूची-I की मदों का मिलान सूची-II से कीजिए तथा निम्नलिखित में से सही विकल्प का चुनाव करें :

	I	II	III	IV
(a)	1	2	3	4
(b)	1	2	4	3
(c)	2	4	1	3
(d)	2	4	3	1

6. नीचे दो कथन दिए गए हैं जो कि अभिकथन (A) तथा कारण (R) के रूप में हैं। 1

अभिकथन (A) : सामान्य खड़े होने की स्थिति में दोनों घुटने एक-दूसरे को छूते हैं जबकि टखनों के बीच 3-4 इंच का अंतर होता है।

कारण (R) : यह जेनू वेलगम के कारण होता है और यह घुटने या पैर में चोट या संक्रमण, रिकेट्स, विटामिन-डी और कैल्सियम की गंभीर कमी, मोटापा या घुटने में गठिया के कारण विकसित हो सकता है।

उपर्युक्त दो कथनों के संदर्भ में निम्नलिखित में से कौन सा विकल्प सही है ?

- (a) अभिकथन (A) और कारण (R) दोनों सत्य हैं और कारण (R), अभिकथन (A) की सही व्याख्या करता है।
- (b) अभिकथन (A) और कारण (R) दोनों सत्य हैं, परंतु कारण (R), अभिकथन (A) की सही व्याख्या नहीं करता है।
- (c) अभिकथन (A) सत्य है, परन्तु कारण (R) गलत है।
- (d) अभिकथन (A) गलत है, परन्तु कारण (R) सत्य है।

7. निम्नलिखित पुष्टि घटकों में से एक धावक किसमें बेहतर प्रदर्शन करता है, यदि उसमें तीव्र ट्विच तन्तुओं (फास्ट ट्विच फाइबर) की तुलना में धीमे ट्विच तन्तुओं (स्लो ट्विच फाइबर) की संख्या अधिक है ? 1

- | | |
|---------------|-------------|
| (a) गति | (b) शक्ति |
| (c) सहनक्षमता | (d) लचीलापन |

8. उस कारक को पहचानें जो संतुलन को कम करता है। 1

- | | |
|---------------------------------|--------------------------------|
| (a) बड़ा आधार | (b) अधिक वजन |
| (c) निम्न गुरुत्वाकर्षण केन्द्र | (d) उच्च गुरुत्वाकर्षण केन्द्र |



5. Given below are functions of Sports Management in List-I and their Explanation in List-II : 1

List - I

List - II

- | | |
|-----------------|--|
| I. Planning | 1. It is a function of guiding, inspiring and instructing people to accomplish organizational goals. |
| II. Controlling | 2. Preparing a layout for the future course of action. |
| III. Directing | 3. Ensuring that proper talent is serving that specific job. |
| IV. Staffing | 4. Establishing performance standards, measuring actual performance and comparing them for irregularities. |

Match the items of List-I with List-II and choose the correct option from the following :

- | | I | II | III | IV |
|-----|---|----|-----|----|
| (a) | 1 | 2 | 3 | 4 |
| (b) | 1 | 2 | 4 | 3 |
| (c) | 2 | 4 | 1 | 3 |
| (d) | 2 | 4 | 3 | 1 |

6. Given below are two statements labelled Assertion (A) and Reason (R). 1

Assertion (A) : In a normal standing posture, both knees touch each other, while there is a gap of 3-4 inches between the ankles.

Reason (R) : It is due to Genu Valgum and it can develop due to an injury or infection in the knee or leg, rickets, severe lack of vitamin D and calcium, obesity, or arthritis in the knee.

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

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

7. In which of the following fitness component an athlete gives better performance, if he/she has more slow twitch fibre in comparison to fast twitch fibres. 1

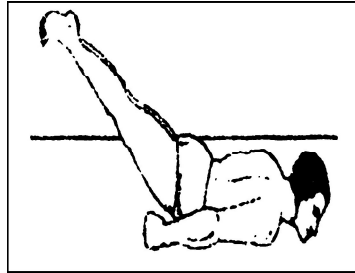
- | | |
|---------------|-----------------|
| (a) Speed | (b) Strength |
| (c) Endurance | (d) Flexibility |

8. Identify the factor which decreases equilibrium. 1

- | | |
|-----------------------------|------------------------------|
| (a) Larger base | (b) Greater weight |
| (c) Lower centre of gravity | (d) Higher centre of gravity |



9. अंतर्मुखी व्यक्ति के व्यक्तित्व की विशेषता को पहचानें । 1
 (a) अनजान लोगों से आसानी से मिलना (b) आत्म-केन्द्रित
 (c) अत्यधिक सामाजिक (d) अभिव्यक्त प्रकृति
10. वॉलीबॉल में स्मैश मारने के लिए उछलना _____ का एक उदाहरण है । 1
 (a) स्थैतिक शक्ति (b) अधिकतम शक्ति
 (c) विस्फोटक शक्ति (d) शक्ति सहनक्षमता
11. निम्न में से कौन सा अंतःप्राचीर प्रतियोगिता का उद्देश्य है ? 1
 (a) उच्च प्रदर्शन को प्राप्त करना ।
 (b) रोजगार के अवसर प्रदान करना ।
 (c) स्वास्थ्य एवं पुष्टि को बढ़ावा देना ।
 (d) सांस्कृतिक एवम् आर्थिक विकास को बढ़ावा देना ।
12. विश्व स्वास्थ्य संगठन (W.H.O.) की अनुशंसा अनुसार _____ के बच्चों को प्रतिदिन 180 मिनट तक शारीरिक गतिविधियों में शामिल होना चाहिए और 10-13 घंटे की अच्छी गुणवत्ता वाली नींद लेनी चाहिए । 1
 (a) 1 वर्ष से कम (b) 1 – 2 वर्ष
 (c) 3 – 4 वर्ष (d) 5 – 17 वर्ष
13. नीचे दिए गए चित्र में आसन की पहचान कीजिए तथा निम्न में से सही विकल्प चुनिए : 1



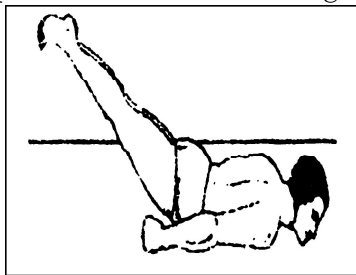
- (a) भुजंगासन (b) कटिचक्रासन
 (c) पवनमुक्तासन (d) शलभासन

(केवल दृष्टिबाधित छात्रों के लिए प्रश्न)

- शिथिलीकरण व थकान को दूर करने के लिए निम्न में से कौन सा आसन उपयोगी है ? 1
 (a) चक्रासन (b) शवासन
 (c) मकरासन (d) उत्तानपादासन
14. डेफलिम्पिक के आयोजन के लिए जिम्मेदार मुख्य प्रबंध निकाय कौन सा/सी है ? 1
 (a) विश्व बधिर चैम्पियन्स समिति
 (b) राष्ट्रीय खेल महासंघ
 (c) दिव्यांग खेलों के लिए अंतर्राष्ट्रीय समन्वयक समिति
 (d) बधिरों के लिए अंतर्राष्ट्रीय खेल समिति



9. Identify the characteristic of introvert personality. 1
 (a) Meet unknown people easily (b) Self - centered
 (c) Highly socialized (d) Expressive nature
10. Jump for smash in volleyball is an example of _____. 1
 (a) Static strength (b) Maximum strength
 (c) Explosive strength (d) Strength endurance
11. Which of the following is the objective of Intramural competition ? 1
 (a) To achieve high performance
 (b) To provide career opportunities
 (c) To promote health and fitness
 (d) To promote cultural and economic development
12. According to W.H.O. (World Health Organisation) recommendations, children of _____ should be engaged in physical activities for 180 minutes and should have 10-13 hours of good quality sleep per day. 1
 (a) Less than 1 year (b) 1 – 2 year
 (c) 3 – 4 year (d) 5 – 17 year
13. Identify the asana shown in the picture given below and choose the correct option from the following : 1



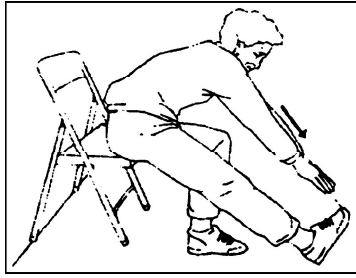
- (a) Bhujangasana (b) Katichakrasana
 (c) Pawanmuktasana (d) Shalabhasana

(For Visually Impaired Candidates Only)

- Which of the following asana is useful for relaxation and removing fatigue ? 1
 (a) Chakrasana (b) Shavasana
 (c) Makarasana (d) Uttanpadasana

14. Which is the main governing body responsible for the organization of Deaflympics ? 1
 (a) World Deaf Champions Committee
 (b) National Sports Federation
 (c) International Co-ordinating Committee Sports for Disabled
 (d) International Committee of Sports for the Deaf

15. बॉडी मास इंडेक्स (BMI), स्वस्थ शरीर के वजन का आँकलन करने के सामान्य तरीकों में से एक है। स्वस्थ-भार के लिए निम्नलिखित में से कौन सी बी.एम.आई. श्रेणी को लिया जाता है ? 1
- (a) 25.0 – 29.0 (b) 30.0 – 34.9
(c) 18.5 – 24.9 (d) 35.0 – 39.9
16. आंशिक कर्ल अप परीक्षण में दो समानांतर रेखाओं के बीच का अंतर _____ होता है। 1
- (a) 8 इंच (b) 4 इंच
(c) 6 इंच (d) 10 इंच
17. प्रेरणा तकनीक के अंतर्गत, लक्ष्य निर्धारण एक _____ दृष्टिकोण है। 1
- (a) संज्ञानात्मक (b) शैक्षणिक
(c) सामाजिक (d) सुविधाजनक
18. नीचे दिखाए गए परीक्षण में, वरिष्ठ नागरिकों का कौन सा कार्यात्मक पुष्टि घटक निर्धारित किया जाता है ? 1



- (a) शारीरिक गतिशीलता (b) शरीर के ऊपरी भाग का लचीलापन
(c) शरीर के निचले भाग का लचीलापन (d) शरीर के ऊपरी भाग की शक्ति

(केवल दृष्टिबाधित छात्रों के लिए प्रश्न)

- निम्न में से कौन सा परीक्षण वरिष्ठ नागरिकों के शरीर के ऊपरी भाग की शक्ति निर्धारित करता है ? 1
- (a) चेयर स्टैंड परीक्षण (b) बैक स्ट्रेच परीक्षण
(c) आर्म-कर्ल परीक्षण (d) चेयर सिट एण्ड रीच परीक्षण

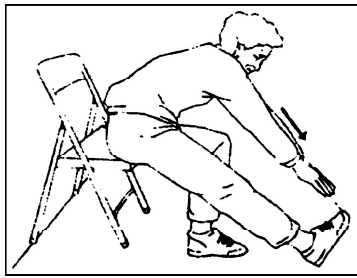
खण्ड – ब

(किन्हीं पाँच प्रश्नों के उत्तर दें)

19. खेलों से उचित उदाहरण देते हुए, द्वितीय श्रेणी उत्तोलक (लीवर) की व्याख्या कीजिए। 2
20. गामक शिक्षणीयता (मोटर ऐडुकेबिलिटी) के जॉनसन-मेथेनी परीक्षण के चार परीक्षण मर्दों को सूचीबद्ध करें। $\frac{1}{2} \times 4$



15. Body Mass Index is one of the common way of assessing healthy body weight. Which of the following BMI range is considered for healthy weight ? 1
- (a) 25.0 – 29.0 (b) 30.0 – 34.9
(c) 18.5 – 24.9 (d) 35.0 – 39.9
16. In partial curl up test the difference between two parallel lines is _____. 1
- (a) 8 inches (b) 4 inches
(c) 6 inches (d) 10 inches
17. Goal setting is a _____ approach, under motivational technique. 1
- (a) Cognitive (b) Pedagogical
(c) Social (d) Facilitation
18. Which functional fitness component of senior citizens is determined in the test shown below ? 1



- (a) Physical Mobility (b) Upper Body Flexibility
(c) Lower Body Flexibility (d) Upper Body Strength

(For Visually Impaired Candidates Only)

Which of the following test determines the upper body strength of a senior citizen ? 1

- (a) Chair Stand Test (b) Back Scratch Test
(c) Arm-Curl Test (d) Chair sit and Reach test

SECTION – B

(Attempt any 5 questions)

19. Describe the second class lever with suitable example from sports. 2
20. Enlist four test items of Johnson – Metheny Test of Motor Educability. $\frac{1}{2} \times 4$

21. 'रजोदर्शन' पर संक्षिप्त टिप्पणी लिखिए। 2
22. चार आसनों को सूचीबद्ध करें जो अस्थमा को नियंत्रित करने में मदद करते हैं। $\frac{1}{2} \times 4$
23. विशेष आवश्यकता वाले बच्चों (सी.डब्ल्यू.एस.एन.) के लिए शारीरिक गतिविधियों के कोई दो लाभ लिखिए। 1+1
24. खेलों से उचित उदाहरण देते हुए, घर्षण के किन्हीं दो प्रकारों का उल्लेख कीजिए। 1+1

खण्ड – स

(किन्हीं पाँच प्रश्नों के उत्तर दें)

25. मिस्टर X ने 275 सेकण्ड के लिए हार्वर्ड स्टेप टेस्ट किया और व्यायाम के बाद 1 – 1.5 मिनट में उसकी पल्स (हृदय दर) 100 थी। हार्वर्ड स्टेप टेस्ट के लिए फिटनेस इंडेक्स स्कोर का सूत्र लिखें और मिस्टर X के फिटनेस इंडेक्स स्कोर की गणना करें। 1+2
26. 'प्रतिभा पहचान' व 'प्रतिभा विकास' की अवधारणा की विवेचना कीजिए। $1\frac{1}{2}+1\frac{1}{2}$
27. खेल प्रतियोगिता के दौरान किन्हीं दो समितियों के दायित्वों की व्याख्या करें। $1\frac{1}{2}+1\frac{1}{2}$
28. कमर दर्द के लिए किसी एक आसन की प्रक्रिया व लाभों का वर्णन कीजिए। 2+1
29. महिला-धावक त्रय पर संक्षिप्त टिप्पणी लिखिए। 3
30. बुढ़ापे के कारण होने वाले किन्हीं तीन शारीरिक परिवर्तनों का वर्णन करें। 1+1+1

खण्ड – द

(आंतरिक विकल्प उपलब्ध हैं)

31. एक सर्वेक्षण में एक समावेशी विद्यालय की वार्षिक खेल प्रतियोगिता के दौरान सामान्य और विशेष बच्चों की भागीदारी के बीच विसंगतियाँ पाई गईं। नीचे दी गई तालिका का ध्यानपूर्वक अध्ययन करें – $4 \times 1 = 4$

क्रम संख्या	प्रतियोगिता	सामान्य छात्र (150)	विशेष छात्र (10)
1.	100 मी.	40	5
2.	400 मी.	25	2
3.	लम्बी कूद	20	0
4.	ऊँची कूद	15	1
5.	रिले दौड़	8	4

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21. Write a short note on 'Menarche'. 2
22. Enlist four asanas those help to control asthma. $\frac{1}{2} \times 4$
23. Write any two advantages of physical activities for Children With Special Needs (CWSN). 1+1
24. Mention any two types of friction by giving suitable examples from sports. 1+1

SECTION - C

(Attempt any 5 questions)

25. Mr. X performs the Harvard step test for 275 seconds and his pulse in 1 – 1.5 min after exercise was 100. Write the formula of fitness index score for Harvard step test and calculate the fitness index score of Mr. X. 1+2
26. Comment on the concept of Talent Identification and Talent Development. $1\frac{1}{2}+1\frac{1}{2}$
27. Explain the responsibilities of any two committees during sports competition. $1\frac{1}{2}+1\frac{1}{2}$
28. Explain the procedure and benefits of any one asana for back pain. 2+1
29. Write short note on Female Athlete Triad. 3
30. Describe any three physiological changes due to ageing. 1+1+1

SECTION - D

(Internal choices available)

31. A survey in an inclusive school setup found the discrepancies between the participation of normal and special child during annual sports meet. Study the table given below carefully – $4 \times 1 = 4$

S. No.	Event	Normal Child (150)	Special Child (10)
1.	100 Mtr.	40	5
2.	400 Mtr.	25	2
3.	Long Jump	20	0
4.	High Jump	15	1
5.	Relay Race	8	4

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P.T.O.

उपरोक्त अध्ययन व अपने ज्ञान के आधार पर निम्न प्रश्नों के उत्तर दीजिए :

- उपरोक्त तालिका के अनुसार _____ की प्रतियोगिता में विशेष छात्रों की कोई भागीदारी नहीं है ।
- नियमित शारीरिक शिक्षा कक्षाओं में दिव्यांग छात्रों की भागीदारी को _____ कहा जाता है ।
- विशेष आवश्यकता वाले बच्चों के लिए शारीरिक गतिविधियों को सुगम बनाने की किन्हीं दो रणनीतियों को सूचीबद्ध कीजिए ।
- विशेष ओलिम्पिक का आदर्श वाक्य _____ है ।

या

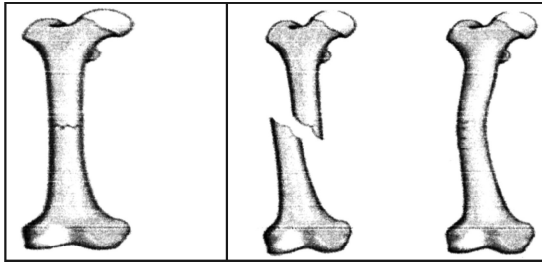
- पैरालिम्पिक का आदर्श वाक्य _____ है ।

(केवल दृष्टिबाधित छात्रों के लिए प्रश्न)

‘पैरालिम्पिक’ व ‘विशेष ओलिम्पिक’ पर संक्षिप्त टिप्पणी लिखिए ।

32. नीचे दिए गए चित्र का अध्ययन करें :

4 × 1 = 4



चित्र-1

चित्र-2

चित्र-3

उपरोक्त अध्ययन व अपने ज्ञान के आधार पर निम्न प्रश्नों के उत्तर दीजिए :

- चित्र-1 में आप किस प्रकार का अस्थिभंग (फ्रैक्चर) देख रहे हैं ?
- जब कोई हड्डी तिरछी टूटती है, जैसा कि चित्र-2 में दिखाया गया है, तो इसे _____ के रूप में जाना जाता है ।
- _____ अस्थिभंग तब होता है जब चोट के बल से हड्डियों के टूटे हुए सिरे आपस में धँस जाते हैं ।
- किस प्रकार के अस्थिभंग (फ्रैक्चर) में हड्डी टूट जाती है, विभाजित हो जाती है या कई टुकड़ों में कुचली जाती है ?

(केवल दृष्टिबाधित छात्रों के लिए प्रश्न)

अस्थिभंगों के प्रकारों की व्याख्या कीजिए । (कोई चार)

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Based on the above study and your knowledge, answer the following questions :

- (a) As per the above table, in _____ event, there is no participation of Special Child.
- (b) Participation of students with disabilities in regular physical education classes is known as _____.
- (c) Enlist any two strategies to make physical activities accessible for children with special needs.
- (d) Motto of Special Olympic is _____.

OR

- (d) The motto of Paralympic is _____.

(For Visually Impaired Candidates Only)

Write short notes on 'Paralympics' and 'Special Olympic'.

32. Study the pictures given below :

4 × 1 = 4

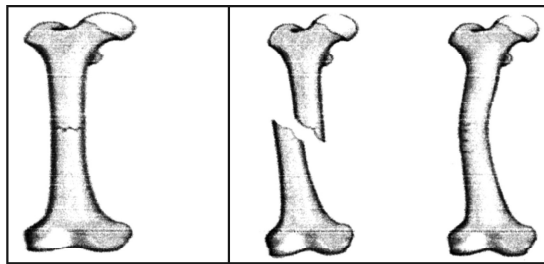


Image-1 Image-2 Image-3

Based on the above study and your knowledge, answer the following questions :

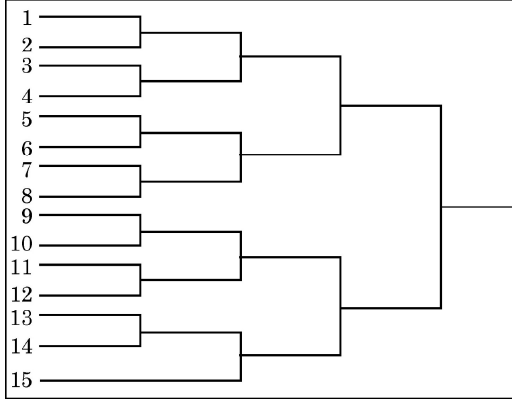
- (a) Which type of fracture you see in image-1 ?
- (b) When a bone breaks diagonally as shown in image-2, it is known as _____.
- (c) _____ fracture occurs when the broken ends of the bones are jammed together by the force of the injury.
- (d) In which type of fracture bone is broken, splinted, or crushed into number of pieces ?

(For Visually Impaired Candidates Only)

Describe types of fracture. (Any Four)

33. नीचे दिए गए फिक्सचर का अध्ययन करें :

4 × 1 = 4



उपरोक्त अध्ययन व अपने ज्ञान के आधार पर निम्न प्रश्नों के उत्तर दीजिए :

- उपरोक्त फिक्सचर के अनुसार राउंड्स की कुल संख्या _____ होगी ।
- उपरोक्त फिक्सचर के अनुसार यदि प्रतियोगिता की विजेता टीम सबसे कम मैच खेलती है, तो किस क्रमांक की टीम विजेता होगी ?
- नॉकआउट टूर्नामेंट में मैचों की संख्या की गणना करने का सूत्र क्या है ?
- यदि एक नॉक-आउट प्रतियोगिता में 16 टीमों भाग ले रही हैं, तो नॉक-आउट फिक्सचर बनाते समय कितनी बाई दी जाएंगी ?

या

- नॉक-आउट प्रतियोगिता में बाई की कुल संख्या की गणना करने का सूत्र क्या है ?

(केवल दृष्टिबाधित छात्रों के लिए प्रश्न)

‘खेल दिवस’ व ‘स्वास्थ्य दौड़ें’ किस प्रकार स्वास्थ्य जागरूकता व सौहार्द फैलाने में मदद करते हैं ? वर्णन कीजिए ।

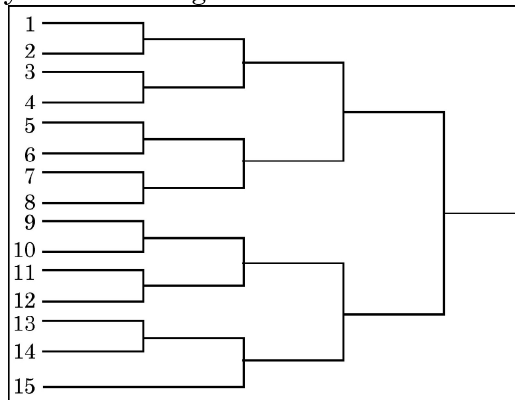
खण्ड – य

(किन्हीं तीन प्रश्नों के उत्तर दें)

- खेलों में आक्रामकता से आपका क्या तात्पर्य है ? खेलों से उपयुक्त उदाहरण देते हुए किन्हीं दो प्रकार की आक्रामकता की व्याख्या कीजिए । 1+2+2
- संतुलित आहार क्या है ? किसी खिलाड़ी के लिए प्रतियोगिता से पूर्व व उसके पश्चात् आहार का क्या महत्त्व है ? वर्णन कीजिए । 1+2+2
- प्रक्षेप्य-पथ से आप क्या समझते हैं ? खेलों में प्रक्षेप्य-पथ को प्रभावित करने वाले कारकों की व्याख्या करें । 1+4
- सहनक्षमता क्या है ? गतिविधि की अवधि के आधार पर सहनक्षमता के किन्हीं दो प्रकारों का खेलों से उचित उदाहरण देते हुए वर्णन कीजिए । 1+2+2

33. Study the fixture given below :

$4 \times 1 = 4$



On the basis of the above study and your knowledge, answer the following questions :

- According to the above fixture total number of rounds will be _____.
- As shown in the fixture if the winner team plays least number of matches, then which number of team is the winner ?
- What is the formula for calculating number of matches in a knockout tournament ?
- If 16 teams are participating in a knockout tournament, then how many byes will be given to draw a knockout fixture ?

OR

- What is the formula for calculating total number of byes in a knockout tournament ?

(For Visually Impaired Candidates Only)

How 'Sports Day' and 'Health Run' contribute to spread health awareness and harmony ? Explain.

SECTION - E

(Attempt any 3 questions)

- What do you understand by Aggression in sports ? Explain any 2 types of Aggression by giving suitable examples from sports. **1+2+2**
- What is Balanced Diet ? What is the significance of pre and post competition meals for an athlete ? Explain. **1+2+2**
- What do you understand by projectile trajectory ? Explain the factors affecting projectile trajectory in sports. **1+4**
- What is Endurance ? Explain any two types of Endurance on the basis of duration of the activity with suitable examples from sports. **1+2+2**





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16

Marking Scheme
Strictly Confidential
(For Internal and Restricted use only)
Senior School Certificate Examination, 2024
SUBJECT NAME: PHYSICAL EDUCATION (Q.P. CODE 75)

General Instructions: -

1	You are aware that evaluation is the most important process in the actual and correct assessment of the candidates. A small mistake in evaluation may lead to serious problems, which may affect the future of the candidates, education system and teaching profession. To avoid mistakes, it is requested that before starting evaluation, you must read and understand the spot evaluation guidelines carefully.
2	“Evaluation policy is a confidential policy as it is related to the confidentiality of the examinations conducted, Evaluation done and several other aspects. Its’ leakage to public in any manner could lead to derailment of the examination system and affect the life and future of millions of candidates. Sharing this policy/document to anyone, publishing in any magazine and printing in News Paper/Website etc may invite action under various rules of the Board and IPC.”
3	Evaluation is to be done as per instructions provided in the Marking Scheme. It should not be done according to one’s own interpretation or any other consideration. Marking Scheme should be strictly adhered to and religiously followed. However, while evaluating, answers which are based on latest information or knowledge and/or are innovative, they may be assessed for their correctness otherwise and due marks be awarded to them. In class-XII, while evaluating two competency-based questions, please try to understand given answer and even if reply is not from marking scheme but correct competency is enumerated by the candidate, due marks should be awarded.
4	The Marking scheme carries only suggested value points for the answers. These are in the nature of Guidelines only and do not constitute the complete answer. The students can have their own expression and if the expression is correct, the due marks should be awarded accordingly.
5	The Head-Examiner must go through the first five answer books evaluated by each evaluator on the first day, to ensure that evaluation has been carried out as per the instructions given in the Marking Scheme. If there is any variation, the same should be zero after deliberation and discussion. The remaining answer books meant for evaluation shall be given only after ensuring that there is no significant variation in the marking of individual evaluators.
6	Evaluators will mark (√) wherever answer is correct. For wrong answer CROSS ‘X’ be marked. Evaluators will not put right (✓) while evaluating, which gives an impression that answer is correct, and no marks are awarded. This is most common mistake, which evaluators are committing.
7	If a question has parts, please award marks on the right-hand side for each part. Marks awarded for different parts of the question should then be totaled up and written in the left-hand margin and encircled. This may be followed strictly.
8	If a question does not have any parts, marks must be awarded in the left-hand margin and encircled. This may also be followed strictly.
9	If a student has attempted an extra question, answer of the question deserving more



	marks should be retained and the other answer scored out with a note “ Extra Question ”.
10	No marks to be deducted for the cumulative effect of an error. It should be penalized only once.
11	A full scale of marks _____(example 0 to 80/70/60/50/40/30 marks as given in Question Paper) has to be used. Please do not hesitate to award full marks if the answer deserves it.
12	Every examiner has to necessarily do evaluation work for full working hours i.e., 8 hours every day and evaluate 20 answer books per day in main subjects and 25 answer books per day in other subjects (Details are given in Spot Guidelines).This is in view of the reduced syllabus and number of questions in question paper.
13	Ensure that you do not make the following common types of errors committed by the Examiner in the past:- <ul style="list-style-type: none"> ● Leaving answer or part thereof unassessed in an answer book. ● Giving more marks for an answer than assigned to it. ● Wrong totaling of marks awarded on an answer. ● Wrong transfer of marks from the inside pages of the answer book to the title page. ● Wrong question wise totaling on the title page. ● Wrong totaling of marks of the two columns on the title page. ● Wrong grand total. ● Marks in words and figures not tallying/not same. ● Wrong transfer of marks from the answer book to online award list. ● Answers marked as correct, but marks not awarded. (Ensure that the right tick mark is correctly and clearly indicated. It should merely be a line. Same is with the X for incorrect answer.) ● Half or a part of answer marked correct and the rest as wrong, but no marks awarded.
14	While evaluating the answer books if the answer is found to be totally incorrect, it should be marked as cross (X) and awarded zero (0)Marks.
15	Any unassessed portion, non-carrying over of marks to the title page, or totaling error detected by the candidate shall damage the prestige of all the personnel engaged in the evaluation work as also of the Board. Hence, in order to uphold the prestige of all concerned, it is again reiterated that the instructions be followed meticulously and judiciously.
16	The Examiners should acquaint themselves with the guidelines given in the “ Guidelines for Spot Evaluation ” before starting the actual evaluation.
17	Every Examiner shall also ensure that all the answers are evaluated, marks carried over to the title page, correctly totaled and written in figures and words.
18	The candidates are entitled to obtain photocopy of the Answer Book on request on payment of the prescribed processing fee. All Examiners/Additional Head Examiners/Head Examiners are once again reminded that they must ensure that evaluation is carried out strictly as per value points for each answer as given in the Marking Scheme.

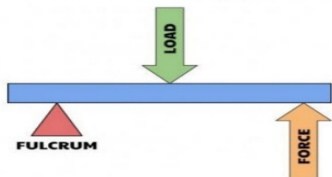


General instruction

- a. The marking scheme carries only suggested value point for the answers.
- b. These are only guidelines and do not constitute the complete answer.
- c. The student can have their own expression and if the expression is correct, the marks be awarded accordingly
- d. The candidates would be permitted to obtain a photocopy of the answer book on request on payment of the prescribed processing fee. All evaluator /Additional head examiners/Head examiners are once again reminded that they must ensure that evaluation is carried out as per value point for each answer as given in the marking scheme.
- e. All Head examiners/Additional head examiners/Evaluators are instructed that while evaluating the answer book if the answer found to be totally incorrect, (X) should be marked on the incorrect answer and awarded '0' marks

Q.NO	ANSWER	MAR KS
1.	(c) Suryabhedan Pranayama	1
2.	(c) 1989	1
3.	(c) Roughage	1
4.	(a) Both Assertion (a) and Reason (r) are true and Reason (r) is the correct explanation of the Assertion (a).	1
5.	(c) I-2, II-4, III-1, IV-3	1
6.	(a) Both Assertion (a) and Reason (r) are true and Reason (r) is the correct explanation of the Assertion (a).	1
7.	(c) Endurance	1
8.	(d) Higher centre of gravity	1
9.	(b) Self-Centered	1
10.	(c) Explosive strength	1
11.	(c) To promote health and fitness	1
12.	(c) 3 – 4 year	1
13.	(d) Shalabhasana For visually impaired Candidates (b) Shavasana	1
14.	(d) International Committee of Sports for the Deaf	1
15.	(c) 18.5 – 24.9	1
16.	(c) 6 inches	1
17.	(a) Cognitive	1
18.	(c) lower body flexibility For visually impaired Candidates (c) arm curl test	1
	SECTION B	
19. Ans.	Describe the second-class lever with suitable example from sports. Second Class lever: It has the load resistance between the fulcrum and the force. So, there is always mechanical advantage as force arm is always greater than resistance arm.	2

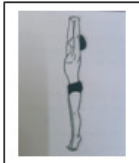

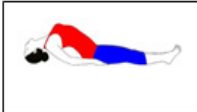






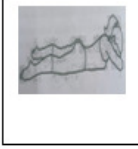


	<p style="text-align: center;">2nd CLASS LEVER</p>  <p>Example: Full body push up/Wheel barrow/ wall climbing/ taking off for a jump/pushing against starting blocks in sprints (or any other relevant example)</p>	
20.	Enlist four test items of Jhonson-Metheny test of motor educability.	½x4
Ans.	I. Front Roll II. Back Roll III. Jumping Half-Turns IV. Jumping Full-Turns	
21.	Write a short on ‘Menarche’.	2
Ans.	-First menstruation cycle of a girl -Point of sexual maturity of girl -Average age for a girl to get her first period ranges from 8-15yrs.age. (Or any other relevant description)	
22.	Enlist four asanas those help to control asthma.	½x4
Ans.	Tadasana, Urdhwahastottansana, Uttan Mandukasana, Ushtrasana, Vakrasana, Matsyasana, Gomukhasana, Dhanurasana, Bhujangasana (any four asanas out of the above mentioned asanas)	
23.	Write any two advantages of physical activities for children with special Needs. (CWSN)	1+1
Ans.	Advantages of physical activities for children with special needs: 1.Physical benefits 2.Fun and recreation 3.Improved emotional health 4.Active lifestyle 5.Behavioural benefits 6.Increased independence 7.Psychological benefits 8.Improvement in cognitive and intellectual ability 9.Increase in sleep and appetite 10.Improvement in social skill (any 2 relevant advantages)	
24.	Mention any two types of friction by giving suitable examples from sports.	1+1
Ans.	Types of Friction: Static friction: Weightlifting, Holding the parallel bar	



	<p><u>Sliding friction</u>: Icehockey, ice skating, <u>Rolling friction</u>: Rolling of the football, cricket ball, tennis ball <u>Air friction</u>: Riding a bicycle, skydiving <u>Water friction</u>: Swimming in water, diving (any 2 types with relevant example)</p>	
SECTION C		
25.	<p>Mr. X performs the Harvard step test for 275 seconds and his pulse in 1-1.5 min after exercise was 100. Write the formula of fitness index score for Harvard step test and calculate the fitness index score of Mr.X.</p>	1+2
Ans.	<p>Harvard step test fitness index score: Duration of exercise = 275 seconds pulse count of 1–1.5 min after exercise = 100 Formula = Duration of the exercise in seconds \times 100/5.5 \times pulse count of 1–1.5 min after exercise $= (275 \times 100) / (5.5 \times 100)$ $= 27500 / 550 = 50$</p>	
26.	<p>Comment on the concept of the talent identification and talent development.</p>	1½ +1½
Ans.	<p><u>Talent Identification</u>: Recognizing participants with the potential at an earlier age to become elite performers in the future. For the talent identification process Physiological, Physical Fitness, Psychological, and Technical Components are taken into consideration. For the identification, various methods such as drills, test batteries, electronic gadgets, parameters, standard norms, performance and other techniques are adopted. <u>Talent Development</u>: Providing athletes with a suitable learning environment to accelerate or realize their potential. It is a complete systematic, scientific and long-term process.</p>	
27.	<p>Explain the responsibilities of any one committee during sports competition.</p>	1½ +1½
Ans.	<p>Committees during sport competition 1.Reception committee 2.First aid committee 3.Refreshment committee 4.Technical committee 5. Media reporting committee 6. Announcement committee 7. Ground and equipment committee</p>	



	8. Transportation committee 9. Finance committee 10. Boarding and loading committee (Explanation of any 2 from the above /relevant committees)	
28. Ans.	<p>Explain the procedure and benefits of any one asana for back pain.</p> <p>Following are the asanas beneficial for back pain: Tadasana, Vakrasana, Sarala Matsyendrasana, Urdhwahastottansana, Ardh Chakrasana, Ushtrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana (Write the procedure and benefits of any one, of the above mentioned asanas – the figs. given for reference)</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around; text-align: center;"> <div style="margin: 5px;"> Tadasana</div> <div style="margin: 5px;"> Vakrasana</div> <div style="margin: 5px;"> Saralmatyasana</div> <div style="margin: 5px;"> Urdhwahastottasana</div> <div style="margin: 5px;"> ArdhChakrasana</div> <div style="margin: 5px;"> Bhujangasana</div> <div style="margin: 5px;"> Gomukhasana</div> <div style="margin: 5px;"> Bhadrasana</div> <div style="margin: 5px;"> Ushtasana</div> <div style="margin: 5px;"> Makarasana</div> </div>	2+1
29. Ans.	<p>Write short note of Female Athlete Triad.</p> <p>Female athlete triad</p> <p>1. Eating disorders (Low Energy Availability) Eating disorders are mainly of two types: Anorexia nervosa Anorexia nervosa is one type of eating disorder in which a person severely limits the amount of food he or she eats to prevent weight gain or lose weight. Bulimia nervosa Bulimia nervosa is an eating disorder in which a person eats a large amount of food in a short amount of time and gets rid of the food consumed. This may be done by vomiting or taking laxatives.</p> <p>2. Amenorrhea (Disruption of Menstrual and Endocrine Function) Long absence of no menstrual periods is called amenorrhea. It is the state</p>	3

	<p>of a woman, where there is no monthly cycle despite reproductive age, or absence of menstrual cycle for three or more months.</p> <p>There are two main types of amenorrhea:</p> <p>Primary amenorrhea. When the first menstrual bleeding at puberty does not start by the age 15 years.</p> <p>Secondary amenorrhea. When normal menstrual bleeding stops for 3 months or more.</p> <p>3.Osteoporosis (Loss of Bone Mineral Density)</p> <p>This is the condition when bones lose minerals such as calcium, more quickly than the body can replace them leading to a loss of bone thickness (bone density). Any bone can be affected by osteoporosis but the most common sites are the hip, spine, wrist, upper arm, forearm or ribs.</p> <p>(Explain all 3)</p>	
30. Ans.	<p>Describe any three physiological changes due to ageing.</p> <p>Physiological changes due to ageing: -</p> <ol style="list-style-type: none"> 1.Changes in metabolism and body composition 2.Changes in respiratory system 3.Changes in brain and nervous system 4. Changes in digestive system 5. Changes in excretory system 6. Changes in sensory organs 7. Changes in endocrine system 8. Decline in muscle strength 9. Diminishes memory 10.Decrease in cardiovascular function, 11.Loss of bone density 12.Decrease in body mass 13.Decrease in mobility <p>(Explain any 3 points out of the above mentioned point, or any other relevant points)</p>	1+1+1
SECTION D (Case study based)		
31. Ans. Ans.	<p>a) As per the above table in ____event, there is no participation of special child</p> <p>Long Jump</p> <p>b) Participation of student with disabilities in regular physical education classes is known as _____</p> <p>Inclusion/ Adaptive Physical Education .</p> <p>Enlist any two strategies to make physical activities accessible for</p>	4 ×1= 4



<p>Ans.</p>	<p>children with special needs.</p> <p>Any two strategies from the following: ($\frac{1}{2} \times 2=01$)</p> <ul style="list-style-type: none"> ✓ To Create Specific Environment ✓ To assess physical and mental ability ✓ To assess the interest of child ✓ Plan for different strategies for instruction ✓ Modified Rules ✓ Use of modified equipment ✓ Plan activity as per need ✓ Plan for implementation from easy to difficult ✓ Extra Care or Concern for safety ✓ Plan for additional support of parents and trained assistants <p>c) Motto of special Olympics is _____</p> <p>“Let me win. But if I cannot win, let me be brave in the attempt.”</p>	
<p>Ans.</p>	<p>(OR) “Joy and Happiness for all the children of the world.”</p> <p>OR</p> <p>d) The motto of Paralympic is _____</p>	
<p>Ans.</p>	<p>“Spirit in motion.”</p> <p><u>For Visually Impaired</u></p> <p>Write short notes on “Paralympic” and “Special Olympic”.</p> <p>Paralympics</p> <p>The Paralympic Games is a periodic series of international multisport events involving athletes with a range of disabilities. These were held for the first time in 1960 in Rome. They are held immediately after the respective summer and winter Olympic games. The international Paralympics Committee governs all Paralympics games. The Paralympics athletes compete in six different disability groups- Amputee, cerebral palsy, visual impairment, spinal cord injuries, intellectual disability and ‘Les autres’ i.e. Dwarfism</p> <p style="text-align: right;">(or any other relevant points.)</p> <p>Special Olympic</p> <p>Eunice Kennedy Shriver, founder of Special Olympics, was a pioneer in the worldwide struggle for rights and acceptance for people with intellectual disabilities</p> <p>The first special Olympic games were held in July 1968 at Chicago. They were recognized by IOC in 1988. Special Olympic is the world’s largest sports event for children and adult with intellectual and physical disability comprising of 5 million participants from unified sports partner from 172 countries. These games provide opportunities to develop fitness, demonstrate courage and participate in competition and experience joy. The special Olympic world games are organized with interval of two years alternatively as summer and winter games.</p> <p style="text-align: right;">(Or any other relevant information)</p>	<p>2+2=4</p>

32.	(a) Which type of fracture you see in image -1?	4 ×1=
Ans.	Transverse fracture	4
	(b) When a bone breaks diagonally as shown in image-2,it is known as _____.	
Ans.	Oblique fracture	
	(c) _____ fracture occur when the broken ends of the bones are jammed together by the force of the injury.	
Ans.	Impacted fracture	
	(d) In which type of fracture bone is broken, splinted, or crushed into number of pieces?	
Ans.	Comminuted fracture	
	For Visually Impaired candidates only	
	Describe types of fractures. (Any four)4 ×1= 4	
	<u>Stress Fracture</u> — Stress fractures are tiny cracks in a bone	
	<u>Green stick Fracture</u> -- A fracture in a soft bone, in which the bone bends.	
	<u>Oblique Fracture</u> -- Oblique fracture occurs when a bone is broken at an angle/diagonally.	
	<u>Impacted Fracture</u> -- An impacted fracture occurs when the force of the injury jams the broken ends of the bone together.	
	<u>Comminuted Fracture</u> -- A comminuted fracture is one in which the broken ends of the bone are shattered into many pieces.	
	<u>Transverse Fracture</u> -- Transverse fracture occurs when the bone is broken perpendicular to its length.	
	(Explain any 4 fractures from the above mentioned fractures)	
33.	a) According to the above fixture total number of round will be _____	4 ×1=
Ans.	4 (four)	4
	b) As shown in the fixture if the winner team plays least number of matches, then which number of team is the winner?	
Ans.	Serial no 15	
	c) What is the formula to calculate number of matches in a knockout tournament?	
Ans.	No of matches =N-1 where N=Number of teams	
	d) If 16 teams are participating in a knockout tournament, then how many byes will be given to draw a knockout fixture?	
Ans.	If the number of participating team is 16, the answer will be 0(zero) byes If the number of participating team is 19, the answer will be 13 byes	
	(OR)	
	d) What is the formula for calculating total number of byes in a knockout tournament?	
Ans.	No. of byes = (Next higher Power of 2– Number of Teams)	



Ans.	<p><u>For Visually Impaired</u> How ‘Sports day’ and ‘Health Run’ contribute to spread health awareness and harmony? Explain.</p> <p>Sports day Modern day challenges and needs of today in education give emphasis on other aspects rather than academics for all round development of students. With this objective in mind, each school celebrates sports day as a mark of focus on physical and mental health awareness. It encourages leadership qualities, management and co-ordination among students, teachers and other staff members. Participation in Sports day is an ongoing process to provide recreation, generate awareness and development of ethical values.</p> <p>Health Run The health runs are conducted by various Social, Govt., Non-Govt. Organisations, Health and Sports departments to create awareness about health and fitness.</p>	2+2=4
SECTION E		
34. Ans.	<p>What do you understand by Aggression in sports? Explain any 2 types of aggression by giving suitable example from sports.</p> <p>Aggression is a type of behaviour aimed at causing physical or psychological harm to another person.</p> <p style="text-align: center;">or</p> <p>The term aggression refers to a range of behaviour that can result in both physical and psychological harm to one self, others or objects in the environment.</p> <p style="text-align: right;">(any other relevant definition)</p> <p>Types of Aggression:</p> <p>1. Instrumental Aggression: This type of aggression is necessary to achieve performance goals and is displayed in a planned manner. The purpose of this aggression is not to cause harm to the opponent but to achieve one’s goals.</p> <p>For example, in Football, the player moves ahead and snatches the ball from the opponent with great aggression to score a goal and not to harm the opponent. This type of aggression is visible in contact games such as Wrestling, Kabaddi and Boxing, aggressive attack can help the player to win.</p> <p>2. Hostile Aggression: In this type of aggression, the purpose is to cause physical or psychological harm. This aggression is usually caused as a reaction to someone’s action. The main aim is to injure the opponent in order to be able to win. In this type of aggression, the person is biased</p>	1+2+2



	<p>and this is caused due to hopelessness.</p> <p>For example, in the game of Kabaddi, after catching the raider, the players try to inflict injury upon him or in a game of hockey or football, hitting with the stick or kicking purposely to make the other person fall, displays hostile aggression.</p> <p>3. Assertive behaviour: Assertive behaviour can also be called aggression, when a player uses it to improve sports performance. These are forceful behaviour not intended to injure the opponent and are within the rules of the games. The intention is to establish dominance rather than harm.</p> <p>Example: A rugby player using aggression to tackle his opponent to win the ball.</p> <p style="text-align: right;">(explain any 2 types)</p>	
35.	<p>What is balanced diet? What is the significance of pre and post competition meals for an athlete? Explain.</p> <p>A Balanced diet consists of all the essential food elements i.e. Proteins, Carbohydrates, Vitamins, Fats, minerals and water in correct proportion.</p> <p style="text-align: center;">OR</p> <p>A Balanced diet contains an adequate amount of all the nutrients required by the body to grow, remain healthy and be disease free. (any other relevant definition)</p> <p><u>Importance of pre competition meals for an athlete</u></p> <ol style="list-style-type: none"> 1. The focus is to fuel up muscle glycogen stores to provide /obtain energy. Therefore, meal should have moderate proteins, low fat, low fibre and high carbohydrate containing food. 2. Proper hydration is must to control fatigue, hunger. 3. It should be light to provide athlete a comfortable gastro intentional state for sports performance. 4. Pre competitive meal should be taken about 2-4 hour before competition. 5. New food/food with known allergies should be avoided. <p><u>Importance of post competition meals for an athlete</u></p> <ol style="list-style-type: none"> 1. The main focus is on recovery of body and reduce chances of injury. 2. Fluids lost during competition have to be replenished. 3. Carbohydrates store i.e. muscle glycogen have to be refilled. 4. Electrolytes i.e. sodium, potassium chloride lost during competition have to be recovered. 5. Within two hour of completion of event a balanced meal including carbohydrates and good quality proteins should be eaten by the athlete. 	1+2+2



36. Ans.	<p>What do you understand by projectile trajectory? Explain the factors affecting projectile trajectory in sports.</p> <p>A projectile is a force that acts under the influence of gravity and air resistance. When any object is projected in the air, these force result into a curved or parabolic path, known as projectile trajectory.</p> <p><u>Factors that affect projectile trajectory:</u></p> <ol style="list-style-type: none"> 1. <u>Angle of projection</u>- When it is 45 degree, maximum horizontal distance is achieved 2. <u>Initial velocity</u> – The horizontal range depends on initial velocity. Greater the initial velocity applied on the projectile during release, greater horizontal distance is achieved. 3. <u>Gravity</u> –It is the force of attraction exerted by the earth. The greater the weight of an object, the greater is the influence of gravity upon it. Gravitational pull stops the upward movement of an object resulting into decreased height of projectile. 4. <u>Air resistance</u> –Surface area, speed, surface of object and mass of object all have an impact on air resistance. 5. <u>Spin</u>- It changes the path of projectile. The amount and direction of spin directly affects the distance that projectile travels because the air pressure acts on the ball. <p style="text-align: right;">(Or any other relevant point)</p>	1+4
37. Ans.	<p>What is Endurance? Explain any two types of Endurance in the basis of duration of the activity with suitable example from sports.</p> <p>Endurance is the ability of the body to sustain a physical activity for longer duration of time.</p> <p style="text-align: center;">Or</p> <p>Endurance is the ability of resist fatigue.</p> <p style="text-align: center;">Or</p> <p>The result of physiological capabilities of an individual to sustain movement over a period of time.</p> <p style="text-align: right;">(any other relevant definition)</p> <p>Following are the types of endurance on the basis of duration of activity:</p> <ol style="list-style-type: none"> 1. Speed Endurance: This is the ability to resist fatigue in cyclic activities that last up to 45 seconds. The classic example of this endurance type is a 400 m sprint in track and field. This type of endurance is majorly dependent on the power and capacity to produce energy. 2. Short-term Endurance: This ability is needed for activities lasting from 45 seconds to about 2 minutes. The most appropriate example for 	1+2+2



	<p>short-term endurance is an 800 m run. This endurance depends majorly on speed endurance and strength endurance.</p> <p>3. Medium-term Endurance: Medium-term endurance is needed to resist fatigue in activities lasting from 2 minutes to about 11 minutes. The most common example of this type is 1500 m and 3000 m run and 100 m rowing. As in short- term endurance, this type of endurance also depends on speed and strength endurance, but to a limited extent.</p> <p>4. Long-term Endurance: This type of endurance is needed for activities that last for more than 11 minutes. This type of endurance is required in events like marathons, cross-country, etc.</p> <p style="text-align: right;">(Any two types)</p>	
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