

SET-4**Series : SSO/1**कोड नं.
Code No.**75/1**

रोल नं.

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Roll No.

परीक्षार्थी कोड को उत्तर-पुस्तिका के मुख-पृष्ठ पर अवश्य लिखें ।

Candidates must write the Code on the title page of the answer-book.

- कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 4 हैं ।
- प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए कोड नम्बर को छात्र उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें ।
- कृपया जाँच कर लें कि इस प्रश्न-पत्र में 26 प्रश्न हैं ।
- कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, प्रश्न का क्रमांक अवश्य लिखें ।
- इस प्रश्न-पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है । प्रश्न-पत्र का वितरण पूर्वाह्न में 10.15 बजे किया जायेगा । 10.15 बजे से 10.30 बजे तक छात्र केवल प्रश्न-पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर-पुस्तिका पर कोई उत्तर नहीं लिखेंगे ।
- Please check that this question paper contains 4 printed pages.
- Code number given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- Please check that this question paper contains 26 questions.
- **Please write down the serial number of the question before attempting it.**
- 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 students will read the question paper only and will not write any answer on the answer-book during this period.

शारीरिक शिक्षा (सैद्धान्तिक)

PHYSICAL EDUCATION (Theory)

निर्धारित समय : 3 घंटे]

[अधिकतम अंक : 70

Time allowed : 3 hours]

[Maximum Marks : 70

सामान्य निर्देश :

- (1) प्रश्न-पत्र में कुल 26 प्रश्न हैं ।
- (2) सभी प्रश्न अनिवार्य हैं ।
- (3) जिन प्रश्नों का 1 अंक है उनका उत्तर लगभग 20-30 शब्दों में दिया जाए । जिन प्रश्नों के 3 अंक हैं उनका उत्तर लगभग 80-90 शब्दों में दिया जाए । जिन प्रश्नों के 5 अंक हैं उनका उत्तर लगभग 150-200 शब्दों में दिया जाए ।

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[P.T.O.]



General Instructions :

- (1) Question paper consists of 26 questions.
- (2) All questions are compulsory.
- (3) The answer to **one** mark question should be of **20-30** words. Answer to **three** marks question should be of **80-90** words and **five** marks question, answer should be of **150-200** words.

1. कोई चार उपाय सुझाइए जिनके द्वारा सभी आयु वर्गों की महिलाओं की खेलों में प्रतिभागिता बढ़ाई जा सके ।

$$\frac{1}{4} \times 4 = 1$$

Suggest any four ways through which women participation in sport across age group can be enhanced.

2. ट्रेकिंग लंबी साहसी यात्रा है जो उन क्षेत्रों में पैदल पूरी की जाती है जहाँ परिवहन के आम साधन सामान्यतया नहीं उपलब्ध होते । इसमें साथ ले जाने के लिए आवश्यक चार वस्तुओं के नाम लिखिए ।

$$\frac{1}{4} \times 4 = 1$$

Trekking is a long adventurous journey undertaken on foot in areas where common means of transport are generally not available. Name any four important materials required that should be carried along.

3. इंटरन्यूरल्स के दो उद्देश्य लिखिए ।

$$\frac{1}{2} + \frac{1}{2} = 1$$

Enlist two objectives of Intranurals.

4. कैल्शियम और आइरन के पृथक दो स्रोत बताइए ।

$$\frac{1}{4} \times 4 = 1$$

Enlist two sources for Calcium and Iron separately.

5. बैठने की सही मुद्रा (पोस्चर) को समझाइए ।

1

Explain correct sitting posture.

6. एक बारह वर्ष के लड़के के लिए, जिसने तीन मिनट तक हार्वर्ड स्टेप टेस्ट पूरा कर लिया है लघु फॉर्मूला का प्रयोग करते हुए शारीरिक स्वस्थता (फिज़िकल फिटनेस) सूचक अंक ज्ञात कीजिए, जिसकी नाड़ी की धड़कन (पल्स रेट) 1 से 1.5 मिनट में 54 हो ।

1

Calculate the Physical Fitness Index using short formula for a 12 year old boy having completed Harvard Step Test for a duration of 3 minutes and a pulse rate of 54 beats for 1 to 1.5 minute.

7. आपकी दादी को लगता है कि उनके शरीर के ऊपरी भाग की लचक कम हो गई है और इसलिए वह अपनी जाँच करवाना चाहती हैं । उन्हें आप कौन-सा परीक्षण सुझाएँगे ?

1

Your grandmother feels she has reduced her upper body flexibility and therefore she wants to test herself. Which test would you suggest her ?

8. मांसपेशियों की अतिवृद्धि (हाइपरट्रॉफी ऑफ मसल्स) को स्पष्ट कीजिए ।

1

Explain the term hypertrophy of muscles.

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2



9. रेखिक (लीनियर) गति से आप क्या समझते हैं ? 1
What do you understand by linear movement ?
10. लक्ष्य निर्धारण के सिद्धांतों में 'यथार्थवादी' शब्द को समझाइए । 1
Explain the term "Realistic" in goal setting principles.
11. कंधे के क्षेत्र के लिए किन्हीं दो आइसोमीट्रिक व्यायामों का सुझाव दीजिए । $\frac{1}{2} + \frac{1}{2} = 1$
Suggest any two Isometric exercises for shoulder region.
12. ट्रेकिंग में भाग लेने वाले बच्चों को किन सुरक्षा उपायों की जानकारी दी जानी चाहिए ? 3
What safety measures children should be taught while participating in Trekking ?
13. वसा में घुलनशील तीन विटामिनों के प्रकार्य (फंक्शन) और स्रोत (रिसोर्स) को संक्षेप में समझाइए । $1 \times 3 = 3$
Briefly explain the functions and resources of three fat soluble vitamins.
14. नीति अपने पिताजी के साथ नियमित रूप से बहुत सवेरे डिस्ट्रिक्ट पार्क में जाती है । उसने अनुभव किया कि अधिकांश बच्चे मोटापे से ग्रस्त हैं । अपने कुछ सहपाठियों के साथ उसने तय किया कि ऐसे बच्चों की सहायता करनी चाहिए । उसने अपने शारीरिक शिक्षक और स्कूल की प्राचार्य से बातचीत की । स्कूल ने तय किया कि आसपास के लिए एक जागरूकता रैली आयोजित की जाए ।
- (i) मोटापा कैसे रोका जा सकता है ? दो उपाय लिखिए ।
- (ii) मोटापे की कोई दो हानियाँ बताइए ।
- (iii) नीति और उसकी सहपाठियों ने किन जीवन मूल्यों का प्रदर्शन किया ? $1 \times 3 = 3$
- Neeti along with her father was regular at district park in early morning. She realized that most of the children are obese. She along with her few classmates wanted to help those children. She discussed with her physical education teacher and the Principal of the school. School decided to organize awareness rally for the neighbourhood.
- (i) How obesity can be prevented ? Give two ways.
- (ii) Give any two disadvantages of obesity.
- (iii) What values are shown by Neeti and her classmates ?
15. बच्चों को व्यायाम के छह लाभों को संक्षेप में समझाइए । $\frac{1}{2} \times 6 = 3$
Briefly explain the six physical benefits of exercise to children.
16. मांसपेशियों की न्यूनतम शक्ति की माप करने के लिए क्रेव्स-वेबर टेस्ट संचालन करने की प्रक्रिया समझाइए । 3
Explain the procedure for conducting Kraus-Weber test for measuring minimum muscular strength.
17. लंबे समय तक शारीरिक गतिविधियाँ बनाए रखने से परिसंचरण प्रणाली में वांछित परिवर्तन आते हैं । व्यायाम के तीन लाभों का विशेष उल्लेख करते हुए अपने उत्तर की पुष्टि कीजिए । 3
Maintaining physical activities for a longer period, brings desirous changes in circulatory system. Justify your answer by highlighting three benefits of exercise.



18. रेखिक और कोणीय गति में क्या अंतर है ? उदाहरण देकर समझाइए । 3
What is the difference between linear and angular motion ? Explain through example.
19. सापेक्षिक शक्ति (रिलेटिव स्ट्रेन्थ) से आप क्या समझते हैं ? सापेक्षिक शक्ति का निर्धारण करने में शरीर के भार का महत्त्व समझाइए । 1 + 2 = 3
What do you understand by relative strength ? Explain the importance of body weight in determining relative strength.
20. खेल वातावरण को सुधारने में कोई व्यक्ति क्या भूमिका निभा सकता है ? 5
What role an individual can play in improvement of sport environment ?
21. अपने विद्यालय का स्पोर्ट्स कैप्टन होने के नाते एक दिवसीय स्वास्थ्य के लिए दौड़ (रन फॉर हेल्थ) के आयोजन के लिए पाँच महत्त्वपूर्ण समितियों का गठन उनके उत्तरदायित्व सहित कीजिए । 5
Being sports captain of the school, prepare five important committees with their responsibilities to conduct one day Run for Health Race.
22. हमारी अस्थिपंजर प्रणाली (स्केलेटल सिस्टम) के महत्त्वपूर्ण प्रकार्य क्या हैं ? 5
What are the important functions of our skeletal system ?
23. व्यक्तित्व के बारे में शेल्डन के वर्गीकरण को स्पष्ट कीजिए । शारीरिक शिक्षा और खेलकूद में इसका महत्त्व समझाइए । 3 + 2 = 5
Explain Sheldon's classification of personality and explain its importance in physical education and sport.
24. गति की चाल (मूवमेंट स्पीड) क्या है ? गति सह्यता (स्पीड एंड्यूरेंस) बढ़ाने की विधियों को समझाइए । 5
What is movement speed ? Explain the methods to develop speed endurance.
25. किसी खिलाड़ी के लिए खुराक महत्त्वपूर्ण है । खिलाड़ी के लिए खुराक बनाने का क्या उद्देश्य होना चाहिए ? 1¼ × 4 = 5
Diet for sportspersons are important. What should be the aims of preparing diet for sportsperson ?
26. “लंबे समय तक संतुलित गहनता (मॉडरेट इंटेंसिटी) वाली शारीरिक गतिविधियों में संलिप्त रहना जीवन की गुणवत्ता (क्वालिटी) को सुधार देता है ।” अपने उत्तर की पुष्टि कीजिए । 5
“Involvement in physical activities for longer period of time with moderate intensity can improve the quality of life.” Justify your answer.

MARKING SCHEME 2015**GENERAL INSTRUCTIONS FOR EXAMINERS:**

1. ALL THE EXAMINERS SHOULD READ THE “MARKING SCHEME” CAREFULLY AND DISCUSS IT WITH THE HEAD EXAMINER.
2. THE MARKING SCHEME IS A GUIDELINE TO ANY RELEVANT AND APPROPRIATE INFORMATION PERTAINING TO ANSWER OF A QUESTION, OTHER THAN THAT GIVEN IN THE MARKING SCHEME MAY BE MARKED CORRECT .STUDENTS USING THEIR OWN LANGUAGE FOR EXPLAINING CONCEPTS BE GIVEN DUE WEIGHTAGE.
3. MARKS ARE NOT NORMALLY DEDUCTED FOR SPELLING ERRORS BUT IF THE ANSWERS OBLITERATES THE RIGHT CONCEPTS OR MEANING OF CONCEPTS IS DISTORTED, MARKS MAY BE DEDUCTED ACCORDINGLY.
4. QUESTION OF 3 AND 5 MARKS NEED TO BE EXPLAINED POINT WISE WERE IN 3-5 LINES FOR EACH e.g. IN MARKING SCHEME 1-2 POINTS HAVE BEEN EXPLAINED PER ANSWER AS SAMPLES.
5. MARKS ARE NOT TO BE DEDUCTED IF ANSWERS ARE NOT WRITTEN ACCORDING TO THE SEQUENCE GIVEN IN THE QUESTION PAPER.
6. MARKS ARE NOT TO BE DEDUCTED FOE EXCEEDING THE WORD LIMIT
7. ALL THE HEAD EXAMINERS ARE INSTRUCTED THAT WHILE EVALUATING THE ANSWER SCRIPTS, IF THE ANSWERS IS FOUND TO BE TOTALLY INCORRECT , THE (X) SHOULD BE MARKED ON THE INCORRECT ANSWER AND AWARDED ‘0’ MARKS.
8. NOTE: AS PER THE ORDERS OF THE HON’BLE SUPREME COURT THE CANDIDATE WOULD NOW BE PERMITTED TO OBTAIN THE PHOTOCOPY OF THE ANSWERSHEET ON REQUEST OF PAYMENT OF THE PRESCRIBED FEE.ALL EXAMINERS/HEAD EXAMINERS MUST ENSURE THAT EVALUATION IS CARRIED OUT STRICTLY AS PER SUGGESTED VALUE POINTS FOR EACH ANSWERS AS GIVEN IN THE MARKING SCHEME.
9. IF THE QUESTION NUMBER IS FOUND TO BE INCORRECT AND EXAMINER IS ABLE TO IDENTIFY THE QUESTION NUMBER CORRECTLY. NUMBER TO THE ANSWER SHOULD BE AWARDED AND ALSO CORRECTING THE QUESTION NUMBER.
10. IF THE ANSWER TO THE QUESTION IS REPEATED ANSWER OBTAINING HIGHER MARKS SHOULD BE AWARDED.

WISH YOU GOOD LUCK



Maximum marks: 70

Code No: 75/1

Q.1. Suggest any four ways through which women participation in sport across age group can be enhanced.

 $\frac{1}{4} \times 4 = 1$

- Ans. 1
- Modification in Legislation.
 - Better coverage of women sports
 - Improvement in fitness and wellness movements
 - Educating Women
 - Increasing women coaches.
 - Ensuring personal safety of women.
 - Giving more opportunities for women competition.

Q.2. Trekking is a long adventurous journey undertaken on foot in area where common means of transport are generally not available. Name any four important materials required that should be carried along.

 $\frac{1}{4} \times 4 = 1$

Ans :

- Food material and cooking utensils
- Clothing
- First Aid Box
- Sleeping Bags
- Pair Of Shoes And Socks
- Rope
- Windcheater In Rainy Season
- Candle Or Flash Light
- Matchbox
- Chalk
- Soap
- Paper Dishes, Safety Pins
- Tent
- Mattress
- Stove

(Any Four points from The List)

Q.3. Enlist two objectives of Intramurals.

 $\frac{1}{2} + \frac{1}{2} = 1$

Ans : Essential for physical, mental, emotional and social development of students

- Develops moral and ethical values of the students
- Develops health of the children
- Calm down the fighting instinct of the children
- Refresh the child and make them agile.
- Provides maximum recreation
- Provide opportunity to the maximum number of students to participate in sports
- Develops leadership qualities among the children



Q.4. Enlist two sources for calcium and iron separately. 1/4 x 4 = 1

Ans.4. Calcium sources-Cheese, Milk, Orange Juice, Eggs, Yogurt, grams, Leafy Vegetable and cereals.

Iron sources: liver, meat, orange juice, egg, dry fruits, spinach, banana and green leafy vegetables

Q.5. Explain correct sitting posture. 1

Ans.

When we sit in a chair, our hips should be as far as back in the chair as possible. Head, spinal column, Shoulder and hips should be in straight line and erect. Legs should touch the ground and not in hanged position. Thighs should be in horizontal position. While we read, the book should be on the table but the book should not be too away or near the eyes. The approximate distance between book and eyes should be atleast 30 cms. If we do not follow this rule, then eyesight problem may occur.

Q.6. Calculate the physical fitness index using short formula for a 12 year old boy having completed Harvard Step Test for a duration of 3 minutes and a pulse rate of 54 beats for 1 to 1.5 minutes. 1

The athlete's fitness index score is calculated with the help of following formula.

Fitness index score = (100 x test duration in seconds) divided by(2 x sum of heart beats in recovery period).

$$(100 \times 180 \text{ Sec}) / 2 \times 54 = 500/3 = 166.66$$

Q.7. Your grandmother feels she has reduced her upper body flexibility and therefore she wants to test herself, which test would you suggest her? 1

Ans. Back scratch test for upper body flexibility.

Q.8. Explain the term Hypertrophy of muscles. 1

Ans. Increase in size of the muscle fiber due to regular exercises or Hypertrophy is enlargement of heart due to regular exercises which is called "Athletic heart"

Q.9. What do you understand by linear movement? 1

Ans : linear movement refers to any movement along a straight line in one direction.

Q.10. Explain the term "realistic" in goal setting principles. 1

Ans: Realistic goals are achievable goals.

Q.11. Suggest any two isometric exercises for shoulders region. 1/2 + 1/2 = 1

Ans:

1. Pushing against the wall
2. Holding pushup position
3. Standing straight with holding barbells/dumbbell

Q.12. What safety measures children should be taught while participating in trekking?

3

Ans :

1. Avoid trekking during bad weather conditions
2. To prevent insect bite do wear full sleeves shirts and full pants
3. Wear proper footwear so that you don't slip while trekking
4. Don't eat leaves, flowers etc. while trekking, they may be poisonous.

Any other relevant answer

(If only points are mentioned give ½ marks for each point)

Q.13. Briefly explain the function and resources of three fat soluble vitamins.

3

Ans: Fat soluble vitamins are A,D,E,K.

Functions: vitamins increase immunity power in our body against disease and also give their important contribution for general development of body.

Sources of Vitamin A: ghee, milk, curd, egg yolk, fish, tomato, papaya, green vegetables, orange, spinach, carrot, pumpkin etc.

Sources of Vitamin D: egg yolk, fish, sunlight. Vegetables, cod liver oil, milk, cream, butter, tomato, carrot etc.

Sources of Vitamin E: green vegetables, kidney, liver, heart cotton seed, sprouts seeds, coconut oil, yolk, dry and fresh fruits, milk, meat, butter and maize.

Sources of Vitamin K: cauliflower, spinach, cabbage, tomatoes, potato, green vegetables, wheat, egg and meat etc.

(Any three to be written, If only points are mentioned give ½ marks for each point)

Q.14. Neeti along with her father was regular at district park in early morning. She realized that most of the children are obese. She along with her few classmates wanted to help those children. She discussed with her physical education teacher and the principal of the school. School decided to organize awareness rally for the neighborhood.

(i) How obesity can be prevented? Give two ways.

(ii) Give any two disadvantages of obesity.

(iii) What values are shown by Neeti and her classmates?

$\frac{1}{2} \times 6 = 3$

i) Obesity can be prevented by:

Ans :

1. Active life style
2. Avoid fatty food and over eating
3. Avoid fast and junk food
4. Don't eat frequently
5. Avoid rich carbohydrates
6. Avoid alcohol, smoking and drugs
7. Regular exercise/ physical activity
8. Lay stress on health not on weight

(Any two)

ii) Disadvantages of obesity:

1. Less flexibility
2. More chances of injury
3. More disease/ physical health problems
4. Emotionally weak
5. Bad posture
6. Decreased growth and development **(any two)**

iii) Values shown:

1. Good moral character
 2. Self- discipline
 3. Loyal
 4. Energetic
 5. Friendliness and affection
 6. Decisiveness
 7. Respect for other people
 8. Social
 9. Logical and decision maker
 10. Morality and loyalty (ANY TWO)
- (If only points are mentioned give ½ marks for each point)*

Q.15 Briefly explain the six physical benefits of exercise to children. 3

Ans:

1. Control weight
2. Strengthen bones
3. Strengthen heart
4. Boost energy level
5. Prevent joint problem
6. Reduces the chances of chronic diseases

(Or Any Relevant Point)

(If only points are mentioned give ½ marks for each point)

Q.16. Explain the procedure for conducting Kraus- Weber test for measuring minimum muscular strength. 3

Ans: Kraus-Weber Test. This test consists of six items. It is commonly known as the Kraus-Weber Tests. These tests are supposed to measure the minimum muscular fitness of an individual. Infact, they measure a level of strength and flexibility of certain key muscle groups below which the functioning of whole body as a healthy individual seems to be endangered. These tests are graded on a pass-fail basis. But partial movements on each test can be scored from 0 to 10.

Six tests measures minimum muscular fitness of an individual

Test No.1. The subject lies down in supine position i.e., flat on his back and hands behind his neck. The examiner holds his feet to keep him on the ground. The subject is asked to perform on sit- up. If he performs one sit- up, he passes this test. If he cannot raise his shoulders from the table or ground, his score remains zero.

Test No.2. The lying position for this test remains same i.e., in supine position except that his knees are bent and ankles remains in touch with his buttocks. He is asked to perform one sit- up. If he is able to

perform full sit- up, he passes this test. If he is unable to raise his shoulders from the table or ground, he gets zero.

Test No. 3. Subject lies in supine position i.e., lies flat on his back with his hands behind the neck. He is asked to raise his feet 10 inches from the ground. His knees should be straight. The examiner counts to 10 seconds. He passes this test if he holds that position for ten seconds. Scoring from 0- 10 depends on the number of seconds he holds the appropriate position.

Test no. 4. Subject lies in prone position i.e., on his stomach with a pillow under his lower abdomen and his hands behind his neck. The examiner holds his feet down. The subject is asked to raise his chest, head and shoulders, while the examiner counts to 10 seconds. He passes the test if he is able to hold the exact position up to 10 seconds. Scoring from 0-10 depends on the number of seconds he holds the exact position.

Test No. 5. The subject's position remains the same, but the examiner holds his chest down. The subject is asked to raise his feet. His knees should be straight. The examiner counts to 10 seconds. Scoring from 0-10 depends on the number of seconds he holds the position.

Test no 6. It is also known as floor- touch test. It measures the flexibility of trunk. The subject stands erect, bare footed, hands at sides and feet together. He is asked to lean down slowly to touch the floor with fingertips for 3 seconds. In this test bouncing or jerking is not allowed. The examiner holds his knees in order to prevent any bend, if it occurs. Scoring from 0-10 depends on the number of seconds he holds the position.

Q.17. Maintaining physical activities for a longer period, brings desirous changes in circulatory system. Justify your answer by highlighting three benefits of exercise. 3

Ans:

1. Cardiovascular system improves
2. Chemical composition of blood improves
3. New capillaries are formed
4. Reduction in cardiac problem
5. Decrease in blood viscosity (density)
6. Resting pulse increase
7. Return of normal pulse quickly
8. Faster adaptation to working load
9. Size of the heart increases.

(If only points are mentioned give ½ marks for each point)

Q.18. What is the difference between linear and angular motion? Explain through example. 3

Ans: Linear motion is any motion that moves along a straight line in one direction. The direction can either be horizontal, vertical or inclined direction. Example, approach run.

Angular motion is rotatory motion, it occurs when all points on a body or object move in a circular path about the same fixed central line or axis. A child swings and rotations in hammer throw are the best example.

(If only points are mentioned give ½ marks for each point)



Q.19. What do you understand by relative strength? Explain the importance of body weight in determining relative strength. 3

Ans: Relative strength is strength in relation to your body weight. Relative strength have a determining importance in sports in which the athlete shifts his body in space without any additional external weight. (H/J and L/J) as well as in sports in which he has to restrict his own weight within the framework of weight division (e.g. boxing, wrestling, weight lifting etc.)

e.g. if 1 RM (repetition maximum) is 50 kgs and body wt. is 50 kg and if 1 RM is 70 kg and body wt. is 50 kg, in second category the relative strength is more.

OR

Any relevant answer maintains the body weight and strength.

(If only points are mentioned give ½ marks for each point)

Q.20. What role an individual can play in improvement of sport environment? 5

Ans: An individual plays a very effective role in:

1. Maintaining sports facilities
2. Using essential protective equipment
3. Develop fitness of the sportsperson
4. Taking care of climatic conditions and deciding physical activities accordingly
5. Learning of proper skills
6. Proper officiating and coaching
7. Stress on drugs free environment
8. Emphasis on the attitude and behavior of coaches and other officials.

(Explain Any Five) (If only points are mentioned give ½ marks for each point)

Q.21. Being sports captain of the school, prepare five important committees with their responsibilities to conduct one day run for health race. 5

Ans :

1. Arrangement committee
2. Technical committee
3. Transport committee
4. Boarding and lodging committee
5. Decoration committee
6. Ground and equipment committee
7. Refreshment committee
8. Committee for officials
9. Announcement committee
10. First aid committee

(Explain Any Five)

(If only points are mentioned give ½ marks for each point)

Q.22. What are the important functions of our skeletal system? 5

Ans:

1. Attractive physical appearance
2. Lesser sprain and pain over joints
3. Reduces postural deformity
4. Good body balance
5. Better optimum physical efficiency

6. Improves health status
7. Better functioning of body system

(Explain Any Five)

(If only points are mentioned give ½ marks for each point)

Q.23. Explain Sheldon's classification of personality and explain its importance in physical education and sports. 5

Ans: Sheldon classification types on the basis of physique and temperament.

- a.) Endomorphic: body type is solid and soft. They have tendency to store fats. They also have wider and higher waist. Their built is shorter with thick limbs. They are very fond of comfort and are sociable.
- b.) Mesomorphic: body type has large bones and muscles. They easily gain or lose weight. They are assertive and energetic. They also love adventure.
- c.) Ectomorphic : physique is a typical skinny person. They have a light build with small joints and lean muscles. Temperament of Ectomorphs is marked by inhibition and restraints.

OR

Personality has four basic types:

Type "A" personality: described as competitive and high achievers. They have high sense of time and always try to finish their job in time, always busy and easily aroused to anger.

Type "B" personality: extrovert, very entertaining and do not get stressed. Can be achievers but do want to be competitive. Finish work at last moment.

Type "C" personality: find about how the things work. Cautious and reserved in nature. Not assertive and suppress their desires and emotions. Susceptible to depression.

Type "D" personality: negative outlook towards life. Resist any form of change. Not adventurous and resist responsibility. They withdraw as a result of fear of rejection. Suppress their emotions.

(If only points are mentioned give ½ marks for each point)

Q.24. What is movement speed? Explain the methods to develop speed endurance. 5

Ans: Movement speed is the time taken between the initiation of movement and the completion of the movement. It depends upon techniques, explosive strength, flexibility and coordinative abilities. It plays a vital role in boxing, gymnastics, swimming; throws and jumps etc. Where the minimum time is taken to complete the movement.

To develop the speed endurance we will have to work more on pace races because pace races means running the whole distance at a constant speed. Generally, 800 meters and above races are included in pace races. As a matter of fact, an athlete's can run a distance of 300 meters at full speed but, in longer races such as 800 meters or above races he must conserve his energy by reducing his speed. For example, if there is a runner of 800 meter race his best time is 1 minute 40 second, so, he should run first 400 m in 49 seconds and next 400m in 51 seconds.

(If only points are mentioned give ½ marks for each point)

Q. 25. Diet for sportspersons are important. What should be the aim of preparing diet for sportsperson? **1 ¼ x 4 = 5**

Ans: Aims of preparing diet for sports person:

- a. Maintaining body weight and body composition desired for that specific sport
- b. Maintaining adequate pool of nutrient levels in the body
- c. Adopting healthy nutritional practices during training and competition.
- d. Carrying on with healthy nutritional practices during off season as well i.e when competition are not taking place.

OR

Any other relevant answer.

(If only points are mentioned give ½ marks for each point)

Q. 26. “Involvement in physical activities for longer period of the time with moderate intensity can improve the quality of life.” Justify your answer. **5**

Ans: keeping the below mentioned points into consideration one can justify:

1. Health
2. Self esteem
3. Goal setting values
4. Money
5. Work
6. Play
7. Learning
8. Creativity
9. Helping
10. Love
11. Friends
12. Children
13. Relatives
14. Home
15. Neighborhood
16. Community

(Explain any 5)

(If only points are mentioned give ½ marks for each point)