

General Instructions:

- i) The question paper consists of 5 sections and 37 questions.
- ii) Section A consists of questions 1 – 18 carrying 1 mark each. These are multiple choice questions. All questions are compulsory.
- iii) Section B consists of questions 19 – 24 carrying 2 marks each. These are very short answer type and should not exceed 60-90 words. Attempt any 5.
- iv) Section C consists of questions 25 – 30 carrying 3 marks each. These are short answer types and should not exceed 120-150 words. Attempt any 5.
- v) Section D consists of questions 31 – 33 carrying 4 marks each. There are Case studies with internal choice available.
- vi) Section E consists of questions 34 – 37 carrying 5 marks each and is long answer type. Word limit should not exceed 200-300 words. Attempt any 3.

SECTION – A

1. Identify the asana:

- a) Mastendrasana
- b) Ardh Matsyendrasana
- c) Gomukhasana
- d) Yogmudra



2. Formula to calculate bye is

- a) Subtract N from the next power of two (N stand for number of teams)
- b) Addition N in next power of two (N stands for number of teams)
- c) As power number of teams
- d) None of these

3. An excessive inward curve of the spine

- | | |
|----------------|-------------|
| a) Knock knees | b) Bow legs |
| c) Kyphosis | d) Lordosis |

4. Who categorized the Personality traits as introverts and extroverts?

- | | |
|----------------|----------------|
| a) C G Jung | b) G W Allport |
| c) W H Sheldon | d) M C Dougall |

5. While exercising on a multi gym, the type of muscular contraction that occurs is?

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|---------------|--------------|
| a) Isotonic | b) Isometric |
| c) Isokinetic | d) Eccentric |

6. Cardiac hypertrophy is:

- a) Plateauing of heart rate due to maximal exercise intensity.
- b) Enlargement of heart due to chronic endurance training.
- c) Lowering of heart rate due to physical training.
- d) Increase in ventricular volume because of exercise.

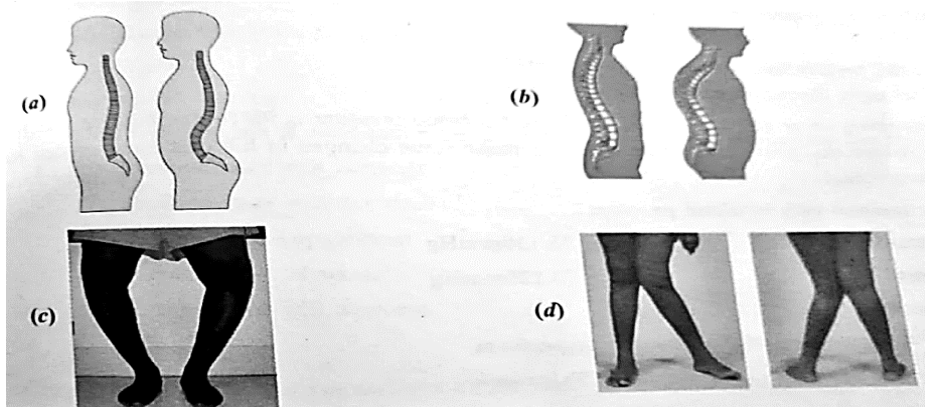
7. What do you mean by IPC?

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|---------------------------------------|---------------------------------|
| a) International paralysis committee | b) Indian paralysis committee |
| c) International Paralympic committee | d) Indian Paralympics committee |

8. Upper Body Flexibility can be measured by

- | | |
|------------------|----------------------|
| a) Arm curl test | b) Back scratch test |
| c) Sit and reach | d) Curl up test |

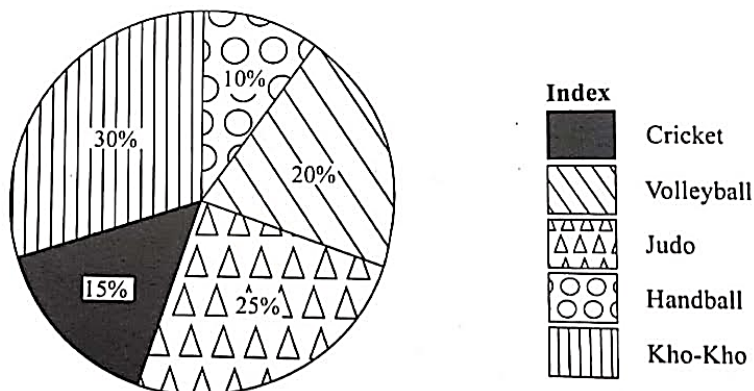
20. Identify the below given deformities and write their names.



21. What do you mean by disability?
22. Name the physiological factors determining speed.
23. What do you understand by the term Mental imagery?
24. What are the components of Khelo India Fitness test?

SECTION – C

25. Draw a fixture of 11 football teams participating in a tournament on the basis of knock out.
26. Highlight a few of asanas for curing and preventing hypertension. Elaborate any one of your choice.
27. What are the causes of sports injuries?
28. What is aggression? State any 2 types of aggression.
29. Given below is the data of students participating in games of a school:



- i) If total numbers of students participating in cricket is 30, then how many students are participating in kho-kho?
a) 60 b) 50 c) 40 d) 45
- ii) In which game the participants is maximum?
a) Kho-kho b) Cricket c) Judo d) Handball
- iii) What is the percentage of students participating in Judo and Handball?
a) 30% b) 40% c) 35% d) 100%

30. What do you mean by 'Round Shoulders'? Suggest any 4 physical activities for correcting round shoulders.

SECTION – D

31. Identify the pictures given below and answer the following questions:

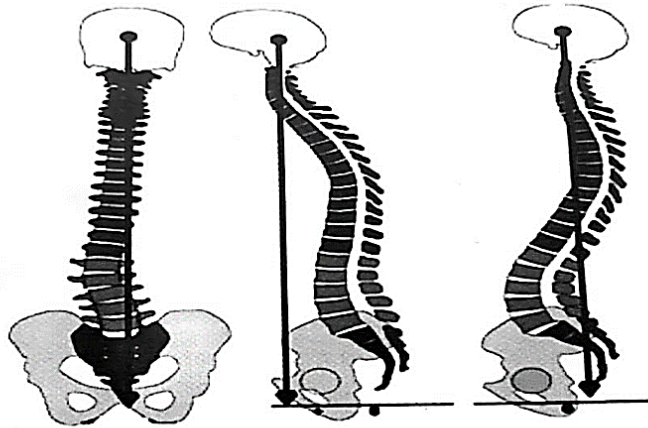


IMAGE A

IMAGE B

IMAGE C

- i) Image A is which postural deformity?
 - a) Kyphosis b) Scoliosis c) Lordosis d) Round shoulders
 - ii) Image B is which postural deformity?
 - a) Kyphosis b) Lordosis c) Scoliosis d) Round shoulders
 - iii) Image C is which postural deformity?
 - a) Kyphosis b) Lordosis c) Scoliosis d) Round shoulders
 - iv) Mention one cause for each deformity shown in image A, B and C.
32. Identify the common lifestyle problems.
33. In relation with the pictures, answer the following:



- a) What is the mission of the first image organization?
- b) What is the motto of the first image organization?
- c) Until 1965, the games in the second image were known as _____.
- d) Second image games are conducted after _____ years.

SECTION – E

34. What is self-esteem? Explain different types of self-esteem.
35. What is staffing? What is the importance of organizing and staffing?
36. "Involvement in physical activities for longer period of time with moderate intensity can improve the quality of life." Justify your answer.
37. What is Paschimottanasana? Write its complete procedure. Draw a stick figure diagram.