

General Instructions

Read the following instructions carefully and strictly follow them

- (1) The question paper consists of 5 Sections and 37 questions.
- (2) Section A consists of questions 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- (3) Section B consists of questions 19-24 carrying 2 marks each and is very short answer types and should not exceed 60-90 words.
- (4) Section C consists of questions 25-30 carrying 3 marks each and is short answer types and should not exceed 100-150 words.
- (5) Section D consists of questions 31-33 carrying 4 marks each and is case studies based.
- (6) Section E consists of questions 34-37 carrying 5 marks each and is short answer type and should not exceed 200-300 words.

SECTION –A

- Q.1 The objectives of Khelo India Programme are:
- | | |
|--|-----------------------------------|
| (a) Political organization in games and sports | (b) Development of playfield |
| (c) Searching new talented players | (d) Providing coaching to players |
- Q.2 How many disciplines of sports were there in Khelo India Event?
- | | | | |
|--------|--------|--------|--------|
| (a) 14 | (b) 15 | (c) 16 | (d) 17 |
|--------|--------|--------|--------|
- Q.3 Where were the first Khelo India Programme held?
- | | | | |
|-----------|------------|-------------|------------|
| (a) Delhi | (b) Bhopal | (c) Kolkata | (d) Mumbai |
|-----------|------------|-------------|------------|
- Q.4 In which Olympics, Olympic torch relay was Introduced?
- | | | | |
|----------|----------|----------|----------|
| (a) 1936 | (b) 1932 | (c) 1920 | (d) 1924 |
|----------|----------|----------|----------|
- Q.5 Ancient Olympic Games Started in the year :
- | | | | |
|-------------|---------|----------|----------|
| (a) 776 BCE | (b) 394 | (c) 1896 | (d) 1500 |
|-------------|---------|----------|----------|
- Q.6 Which of the following symbol is the face of the Olympic Games Flag?
- | | | | |
|---------------------------|-------------------------|---------------------|-------------------------|
| (a) Five interlaced rings | (b) Five flying pigeons | (c) Five continents | (d) Torch bearer player |
|---------------------------|-------------------------|---------------------|-------------------------|
- Q.7 International Yoga day is celebrated on
- | | | | |
|-------------|-------------|-------------|-------------|
| (a) 27 June | (b) 21 June | (c) 13 June | (d) 15 June |
|-------------|-------------|-------------|-------------|
- Q.8 What do you mean by the word “Yoga” ?
- | | | | |
|-------------|------------------|----------------|-------------|
| (a) To join | (b) To give away | (c) To discard | (d) To move |
|-------------|------------------|----------------|-------------|
- Q.9 How many type of Neti ?
- | | | | |
|-------|-------|-------|-------|
| (a) 1 | (b) 2 | (c) 3 | (d) 4 |
|-------|-------|-------|-------|
- Q.10 A disability may be present in which of the following?
- | | |
|--|----------------------------------|
| (a) Continence, dexterity or physical coordination | (b) Speech, hearing or eye-sight |
| (c) Mobility, perception or memory | (d) All of these |

- Q.11 The advantage of CWSN to involve in physical activities is.....
(a) Improved social interaction (b) Cognitive benefits (c) Both (a) and (b) (d) None of the above
- Q.12 Children with special needs have been given the special name
(a) Balwaan (b) Divyang (c) Vishesh (d) None of the above
- Q.13 The aim of health related fitness is to prevent the.....
(a) Power (b) Diabetes (c) Diseases (d) Obesity
- Q.14 Good diet helps a person lead a
(a) Social wellness (b) Environmental wellness (c) Healthier lifestyle (d) None of these
- Q.15 Name of the component of physical fitness which helps to perform activity.
(a) Speed (b) Endurance (c) Coordinate ability (d) None of these
- Q.16 World Disability Day is celebrated :
(a) 2nd April (b) 21st June (c) 29th August (d) 3rd December
- Q.17 Body fat can be measured by :
(a) Flexometer (b) Dynamometer (c) Skin fold meter (d) Weighing machine
- Q.18 Flexibility is measured by which test?
(a) Rockport one mile test (b) Sit and reach test (c) Harvard step test (d) Kraus-weber test

SECTION – B

- Q.19 What is the aim of physical education?
- Q.20 Explain Olympic torch.
- Q.21 What are the elements of yoga?
- Q.22 What are the three type of disability?
- Q.23 What is the difference between physical fitness and wellness?
- Q.24 What is the importance of evaluation in sports?

SECTION – C

- Q.25 Discuss healthy diet as a component of positive life style.
- Q.26 Write short note on: (1) Intellectual disability (2) physical disability.
- Q.27 Write its elements of Yoga. (Asthtanga)
- Q.28 What are the objectives of organizing modern Olympic Games?
- Q.29 Write a short note on Fit India Programme.
- Q.30 Classify test in physical education and sports.

SECTION – D

- Q.31 The Ancient Olympic Games were initially a one-day until 776 BCE, when they were extended to three days. In the 5th century BCE, the games were extended again to cover five days. The ancient Games included long jump, shotput, javelin, boxing, pankration and equestrian events. Based on the above passage, answer the following questions:
(i) The ancient Olympic Games started in :
(a) 776 BC (b) 394 AD (c) 1896 (d) 1986

(ii) The idea for reviving the Olympic Games came from :

(a) Eunice Kennedy shriver (b) Baron pierre de Coubertin (c) Dion Nash (d) Ludwig Guttmann

(iii) The ancient Olympic games were held in the honour of-----

(a) Greek religion (b) God Zeus (c) Both (a) and (b) (d) None of the above

OR

Women were not allowed to participate in competitions and see the ancient Olympic Games.

(Yes/No)

(i) Ramesh had been suffering from stress, tension and anxiety for the last three years. Now, along with these problems, he is also facing severe depression. He has already consulted many doctors but has not found an appropriate solution. Ultimately, he met our yoga instructor. The yoga instructor taught him to perform yogic asanas, pranayamas and yognidra. After about three months of regular practice, he was feeling well.

Based on the above passage, answer the following questions:

(a) What is Pranayam?

(b) What was the problem of Ramesh?

(c) What did the yoga instructor teach Ramesh to overcome his problem?

(d) What is yognidra?

(ii) Sports minister, karnal Rajywardhan singh rathore has launched a number of sports schemes in India. Among these, one of the best schemes is Khelo India Programme. Mr. Raj, father of Rohit met the physical education Teacher of our school to know about the physical fitness levels of senior classes. Our teacher replied that khelo india programme consisted of various physical fitness tests for school children. In the week all the student's physical fitness will be measured.

A. To measure the lower body flexibility which one of the following test is best?

(a) Harvard step (b) Sit and Reach test (c) 600m Run/Walk (d) Plate tapping test

B. Which test is used to measure strength and endurance of abdominal muscles?

(a) Push ups (b) 600m Run/Walk (c) Partial Curl up (d) 4*10m Shuttle Run

C. Which test is most suitable to measure the upper body strength and endurance?

(a) Partial Curl up (b) Push Ups (c) 50m Dash (d) Standing broad jump

D. Which types of muscle fibers are beneficial for endurance activities?

(a) White muscle fibers (b) Yellow muscle fibers (c) Red fiber muscles (d) Both a and b

Q.32 What do you mean by health? Explain the various dimensions of health in detail.

Q.33 What do you mean by yoga? Explain its importance in daily life.

Q.34 Elaborate the 'Khelo India' programme in detail.

Q.35 Discuss any five tests used in physical education and sports.
