

SAMPLE PAPER (2020-21)

Subject: P.E. (048)

Class: XII

Maximum Marks: 70

Time: 3:00Hrs.

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1. The question paper consists of 30 questions and all are compulsory
 2. Question 1-12 carry 01 mark each and are Multiple Choice Questions
 3. Questions 13-16 carry 02 marks each and shall not exceed 40-60 words
 4. Questions 17-26 carry 03 marks each and shall not exceed 80 -100 words
 5. Questions 27 - 30 carry 05 marks each and shall not exceed 150-200 words
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Q1. Interval Training is used for developing

- a. Flexibility
- b. Agility
- c. Endurance
- d. Speed

OR

Resistance ability against fatigue is called

- a. Strength
- b. Speed
- c. Endurance
- d. Agility

Q2. Acceleration of an object will increase as the net force increases depending on its

- a. Density
- b. Mass
- c. Shape
- d. Volume

Q3. Physiological factor determining speed:

- a. Explosive strength
- b. Body weight
- c. Muscle composition
- d. Both a) & c)

OR

_____ bone comes out of socket in hip dislocation.

- a. Femur
- b. Humerus
- c. Tibia
- d. Fibula

Q4. The word Meso in Mesomorph is related to

- a. Fat
- b. Lean
- c. Muscular
- d. None of the above

Q5. A pattern of disobedience can be observed in children suffering from

- a. ODD
- b. ADHD
- c. OCD
- d. SPD

Q6. What is Bye?

- a. It's a method of drawing fixture.
- b. Point system for team games.
- c. Advantage given to a team to not to play in initial round.
- d. Placing of teams according to previous performance.

Q7. Dislocation is related to

- a. Bone injury
- b. Skin Injury
- c. Muscular Injury
- d. Joint injury

OR

Fracture where a part of broken bone enters another bone

- a. Simple fracture
- b. Compound fracture
- c. Impacted fracture
- d. Green stick fracture

Q8. Ability to achieve maximum speed from stationary position is called _____?

- a. Speed endurance
- b. Acceleration ability
- c. Locomotors ability
- d. Movement speed

Q9. What is the value placed for Male in VO_2 MAX formula?

- a. 1
- b. 0
- c. 0.85
- d. 0.72

Q 10. One of the possible causes for Obesity could be?

- a. Heredity
- b. Excessive eating
- c. Fast metabolism
- d. Both a) & b)

Q 11. Given below are the two statements labeled Assertion (A) and Reason (R).

- A. Assertion (A): Planning is the foremost function in sports.
- B. Reason (R): Planning gives a view of future course of action

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

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

Q 12. Match List – I with List – II and select the correct answer from the code given below:

LIST - I		LIST - II	
Vitamin		Disease	
i	Vitamin A	i	Pyorrhea
ii	Vitamin B	ii	Rickets
iii	Vitamin C	iii	Beriberi
iv	Vitamin D	iv	Night Blindness

Code				
	i	ii	iii	iv
a	2	4	3	1
b	1	2	4	3
c	4	3	1	2
d	3	1	2	4

Q 13. Identify the below given Asanas and write the names

a.



b.



c.



d.



Q 14. Identify the human movement and give their names

a.



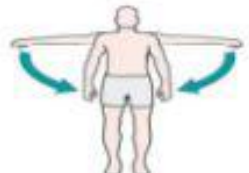
b.



c.



d.



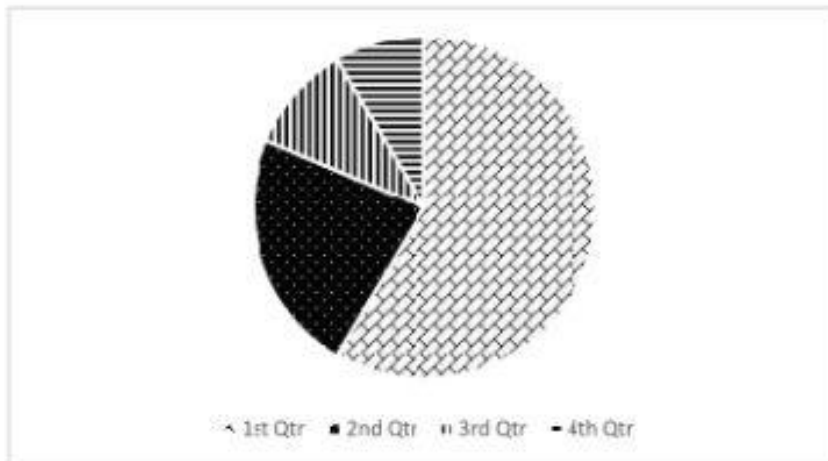
Q 15. Design a free hand four exercises programme for curing Round Shoulders.

Q 16. Differentiate between 'ODD' and 'SPD' on the basis of their symptoms (any two)

OR

Differentiate between 'ADHD' and 'ASD' on the basis of their symptoms (any two)

Q 17. Below given is the BMI data of a school's health check-up



18.5-24.9



<18.5



25-29.9



30-34.9

On the basis of the above data; answer the following questions:

A. In which category does the major student population falls into?

- a. Obese
- b. Normal weight
- c. Under weight
- d. Over weight

B. The school has to develop an activity based program to decrease the number of:



a



b



c



d

C. Which category is related to underweight?



a



b



c



d

Q 18. Raman is a student of class XII and is suffering from Obesity. During a recent medical check-up at school he was advised to practice yogasana (as given in the syllabus) and participate in sports activities for curing it.

Based on this case answer the following questions:

1. The yoga instructor at the school has asked Raman to perform

- a. Bhujangasana
- b. Pawanmuktasana
- c. Vajrasana
- d. Chakrasana

2. The BMI index for an Obese person is

- a. <18.5
- b. $18.5-24.9$
- c. >30
- d. >25

3. Due to the Obesity; Raman is also suffering from knock knees for which he is advised to

- a. Walk on inner edge of foot
- b. Walk on outer edge of foot
- c. Walk on heels
- d. Walk on toes

Q 19. Compare any three Micro minerals on the basis of their sources and benefits.

OR

Compare any three Fat soluble vitamins on the basis of their sources and benefits.

Q 20. Create a flow chart for common Sports injuries while enlisting the sub parts.

Q 21. Name the tests used to calculate cardio vascular fitness. Write the formula for short term and long term fitness index and calculate long term fitness index if duration of exercise is 300sec and sum of heart rate is 230.

OR

List the components of Motor fitness test. Explain any two of them in detail.

Q 22. State Newton's laws of motion and explain their implication in Sports of your choice.

Q 23. Explain any three types of coordinative abilities.

Q 24. Plan a strategy for making physical activity accessible for Children with Special Need.

Q 25. There are 11 teams participating in a Knock out Tournament. Explain the procedure to calculate number of 'Byes' and also with the help of diagram allot 'Byes'.

Q 26. "Extrinsic motivation sometimes may kill intrinsic motivation". Justify.

OR

Explain aggression in Sports. Discuss the role of aggression in context to its types.

Q 27. Enlist the Big Five Theory Personalities and describe any three of them while comparing their characteristics.

Q 28. Define spinal curvature deformities and list their causes and precautions.

OR

Create a table and explain: Different Stages of Growth and Development; Characteristics of Development and Exercise Guidelines.

Q 29. Which are the Asanas practiced for preventing Hypertension? Write in detail about any two of them.

OR

Which are the Asanas practiced for preventing Asthma? Write in detail about any two of them.

Q 30. Rudra is working on a project to collect data for assessing Physical Fitness amongst Senior Citizens at his residential complex. He plans to administer test for assessing Lower Body Flexibility; Upper Body Flexibility and Lower Body Strength. List the test(s) he should conduct and also explain in detail the procedure of its administration along with scoring system.

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 34 questions
- 2) All questions are compulsory.
- 3) Question 1-20 carry 1 mark and are multiple choice questions.
- 4) Question 21-30 carry 3 marks each and should not exceed 80 -100 words each.
- 5) Question 31-34 carry 5 marks and should not exceed 150-200 words.

SECTION-A

Q1. Which of the following is not involved in barrow three item tests?

- a) Standing Broad Jump b) Zig-Zag Run c) Medicine Ball Put d) **Shuttle Run**

Q2. League-Cum-Knock out is part of which tournament

- a) Knock out b) Round robin c) **Combination** d) Consolation

Q3. Which amongst these is not a method to improve flexibility?

- a) Ballistic b) Static stretching c) PNF d) **Fartlek**

Q4. A disorder related to brains trouble in receiving and responding to information can be termed as _____?

- a) ODD b) OCD c) ADHD d) **SPD**

Q5. A person having both traits of introvert and extrovert is known as?

- a) Mesomorph b) Extroversion c) **Ambiverts** d) Endomorph

Q6. Which amongst these is a sitting asana?

- a) **Ardh-Matsyendrasana** b) Padahasthasana c) Ardh Chakrasana d) Trikonasana

Q7. Which of the following is not a cognitive disability?

- a) Dyslexia b) Hyperactivity c) Memory disorder d) **Sensory impairment**

OR

Avoiding eye contact and preferring to stay alone are common to which disorder?

- a) SPD b) ADHD c) **ASD** d) ODD

Q8. Fine motor development is involved in:

- a) Sitting b) Walking c) Standing d) **Catching a ball**

Q9. Newton's First law of motion known as _____.

- a) **Law of Inertia** b) Law of acceleration c) Law of reaction d) Gravitational pull

Q10. Which of the following is a Micro nutrient?

- a) Carbohydrates b) Fats c) Water **d) Vitamins**

Q11. What is the formula to determine number of matches in League fixture for even number of teams?

- a) $N+1/2$ b) $N-1/2$ **c) $N(N-1)/2$** d) $N(N+1)/2$

Q12. What is the height of the box used by boys in Harvard step test?

- a) 16inch b) 18inch **c) 20inch** d) 22inch
OR

AAHPER General Fitness test consists of:

- a) Pull Ups Boys b) Sit-Ups (Flexed Leg), Boys and Girls
c) Shuttle Run (Boys and Girls) **d) All of these**

Q13. The amount of oxygen which can be absorbed and consumed by the working muscles from

Blood is called _____.

- a) Oxygen intake b) oxygen transport **c) oxygen uptake** d) energy reserve

OR

Which one of these is a long term effect of exercise on cardiovascular system?

- a) ↑ Heart rate b) ↑ Body temperature **c) ↑ Cardiac output** d) ↑ BP

Q14. Acceleration runs are used to improve _____.

- a) Strength b) Endurance **c) Speed** d) Flexibility

Q15. Overstretching of ligament cause:

- a) Strain **b) Sprain** c) Contusion d) Bruises

Q16. When the angle between the two bones decreases it is termed as _____.

- a) **Flexion** b) Extension c) Abduction d) Adduction

Q17. Which of the following is not a spinal curvature deformity?

- a) Kyphosis b) Scoliosis c) Lordosis **d) Flatfoot**

OR

Gomukhasana and Padmasana are performed to rectify which postural deformity?

- a) Flatfoot b) Scoliosis **c) Knock-knees** d) Bow legs

Q18. Which of the following asana should be performed for curing Obesity?

- a) **Trikonasana** b) Bhujangasana c) Pawanmuktasana d) Tadasana

Q19. Which of the following is a macro mineral?

- a) Iodine b) Iron c) Copper d) Calcium

Q20. Person with emotional instability and negative emotions are termed as _____.

- a) **Neuroticism** b) Agreeableness c) Openness d) Conscientiousness

SECTION =B

Q21. Explain any three types of coordinative abilities.

OR

Explain Fartlek Training method along with its advantages.

Q22. Friction is categorized into how many types? Explain them in brief.

Q23. Explain briefly the two types of Aggression.

Q24. Explain the methods to improve flexibility with help of examples.

Q25. Explain the physical activities that can be undertaken to correct flatfoot deformity.

Q26. Describe various types of Fats. What are the different sources of fats?

OR

What are the pitfalls of dieting? Explain any three.

Q27. 'Women face certain hindrance in sports due to their biological cycle'. Explain these issues in brief.

Q28. Suggest various external methods of motivating a person for better performance in sports.

Q29. Write down the formula for calculating fitness Index both for short term and long term.

OR

Explain the procedure for administering any three test items of Rikli and Jones Test.

Q30. Describe various types of movements in joints with help of examples.

SECTION-C

Q31. Draw a knockout fixture for 23 teams.

OR

Q31. Draw a Fixture for 9 teams by Round robin method.

Q32. Describe five types of disorders with their symptoms and causes.

Q33. Explain in detail Physiological changes which occur due to ageing.

Q34. Describe the procedure for performing Gomukhasana along with its benefits and contradictors.

OR

Describe the procedure for performing Shalabhasana along with its benefits and contradictors.

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 26 questions.
- 2) All questions are compulsory.
- 3) Answer to question 1-11 carrying 1 mark should be in approximately 20- 30 words.
- 4) Answer to question 12-19 carrying 3 marks should be in approximately 80-100 words.
- 5) Answer to question 20-26 carrying 5 marks should be in approximately 150-200 words.

SECTION – A		
1	Define Endurance.	1
2	What is food intolerance?	1
3	Define Asana.	1
4	Mention any one cause of ODD.	1
	Or What is seeding?	
5	Briefly mention two advantages of Weight Training.	1
6	What is menstrual dysfunction?	1
	Or What do you understand by Diabetes?	
7	Mention the two advantages of Harvard step test.	1
8	What is sarcolemma?	1
	Or Explain the benefits of Pavanmuktasana	
9	Enlist the classification of sports injuries.	1
10	Define Projectile.	1
	Or Differentiate between gross and fine motor skills	
11	Explain the Jung's classification of personality.	1
SECTION – B		
12	Describe the advantages of league tournaments.	3
	Or How composition of muscle fibers effect speed ?	

13	Olympic Games draw attention of the world towards the importance of physical education. It develops health and better citizens. The development of loyalty, brotherhood and team spirit takes place through participation in games. The various diversities due to different castes, racial differences, languages, cultures, the difference between countries widens the outlook of sports person. (a) What values do the Olympic Games teaches the sports persons? (b) According to you how Olympics is helping to create global unity? (c) What Olympic games develops?	3
14	Mention the sources of carbohydrates. Or Elaborate the effects of exercise on size of the heart.	3
15	Explain cognitive disability.	3
16	How dislocation can be managed?	3
17	Define Trajectory.	3
18	Explain the meaning of external motivation. Or Explain any six changes due to ageing.	3
19	Describe Fartlek training method.	3
SECTION – C		
20	Draw a fixture of twenty six teams participating in the knockout tournament.	5
21	Explain the methods to prevent asthma.	5
22	Explain the factors affecting motor development. Or Define friction in sports.	5
23	Explain in detail on female athletes 'triad'.	5
24	Explain the Barrow motor ability test.	5
25	Explain the physiological factors determining Strength and Speed.	5
26	Explain the types of coordinative abilities. Or Explain the coping strategies.	5

- 3) Answer to question 1-11 carrying 1 mark should be in approximately 20- 30 words.
- 4) Answer to question 12-19 carrying 3 marks should be in approximately 80-100 words.
- 5) Answer to question 20-26 carrying 5 marks should be in approximately 150-200 words.

Q.1) What do mean by league tournament ?	1
Q.2) What is food intolerance?	1
Q.3)What is diabetes?	1
Q.4) Mention any 01 cause of OCD?	1
Q.5) Define motor development.	1
Q.6) Define functional disabilities.	1
Q.7) What do understand by Anemia?	1
Q.8) What is Rockport 1 mile walk Test?	1
Q.9) Define First-Aid.	1
Q.10) What is aerodynamics?	1
Q.11) Define endurance.	1
Q.12) Describe the objectives of intramural tournaments.	3

Q.13) Group of young children were undergoing training for a main event. Training was targeted to develop selected abilities and preparing for a competition . Some of team members tried to convince other fellow team members to use certain medicines which one boy did not agree. Other team members tried to convince him for the sake of the team but he firmly refused and convinced them that it is against the rules of the game.

(a)What value the boy has shown by refusing to use banned substances?	
(b)What personality trait he has shown by refusing to his team members? 1.5+1.5=	3
Q.14) Explain pitfalls of dieting.	3
Q.15) Elaborate any 03 methods to prevent asthma.	3
Q.16) Explain the procedure of six minute walk test.	3
Q.17) Explain three gender differences in detail.	3
Q.18) Explain about the management of fracture.	3
Q.19) Describe the method of sit and reach test.	3
Q.20) Draw a fixture of 7 teams participating in the league tournament.	5
Q.21) Explain in detail the effects of diet on sports performance.	5
Q.22) Explain the causes of any 05 postural deformities in detail.	5
Q.23) How AAPHER youth fitness test is administered ?	5
Q.24)Elaborate the physiological factors determining endurance and strength .	5
Q.25) Describe the types of personality.	5
Q.26) Explain the impact of high altitude training.	5

1. What is planning in games and sports? (1)
2. Write one objectives of adventure sports? (1)
3. Define Anorexia Nervosa? (1)
4. What is a good posture? (1)
5. What are Food Supplements? (1)
6. What is Osteoporosis? (1)
7. Your grandmother has severe pain in the legs. Name the test you will suggest to measure her lower body strength particularly legs? (1)
8. Write one physiological change due to ageing? (1)
9. Define the term Sports Medicine? (1)
10. What is a parabola? (1)
11. Define intrinsic Motivation? (1)
12. Illustrate the differences between Iso-Kinetic and Iso-metric exercises? (3)
13. What is scoliosis? Mention any two corrective exercises for it. (3)
14. What is an eating disorder? Mention its types and explain each. (3)

15. Illustrate the differences between Intramural and Extramural tournaments? (3)
16. What is a knock out tournament? Mention any two disadvantages of knock out tournaments? (3)
17. Sports are good for all ages. It is good for children to enhance their physical activity if they take part in organized sports and games and good for senior citizens to remain healthy. However, the sports activities should be appropriate for the children and motivation should be provided to the elders.
(2+1)
 - a) Elaborate any two physiological benefits of exercise in children?
 - b) Guide your grandfather to remain healthy and mention any four leadership qualities you would show to test him if he is not ready?
18. Write in brief about any three physiological factors determining speed? (3)
19. Describe the considerations in meal intake which should be taken before, during and after the competition? (3)
20. Define motor development? Discuss in detail the factors that affect motor development in children? (5)
21. What is Harvard Step Test? Mention the equipment required to perform it and explain its procedure? (1+1+3)
22. Gender beliefs still exist in every society of the world even when so many changes have taken place due to education. Explain any five psychological traits of women athletes?
23. Give five physiological differences between males and females? (5)
24. Explain structure of personality? Describe the role of sports in developing the personality?(2+3)
25. Define Sports injuries? Write classification, prevention of sports injuries? (5)
26. Define trajectory? Discuss in detail the factors that affect trajectory? (2+3)

- Q1. What is the main objective of intramural activities?
- Q2. Name any two non-nutritive component of diet.
- Q3. Name the deformity for which horse riding can be used as corrective measure.
- Q4. What do you mean by motor development?
- Q5. Name the test used for strength measurement
- Q6. List down the safety equipment required for rock climbing
- Q7. What is the purpose of Harvard Step - Test?
- Q8. Define coordinative ability.
- Q9. Mention the various types of soft tissue injuries?
- Q10. Name one Linear and one Angular Movement from the field of sports.
- Q11. Pace - Run Method of training is used to develop for which motor component?
- Q12. Draw knock-out fixture of 24 teams.
- Q13. Describe various factors that may be kept in mind to conserve the environment during adventure sports.
- Q14. Explain any three myths about dieting.
- Q15. Personality and Posture are the two opposite sides of the same coin. Comment.
- Q16. Enlist the spinal postural deformities? Explain the causes of Kyphosis & the precautions to avoid it.
- Q17. Explain developments characteristics during childhood.
- Q18. What are the changes that take place in cardiovascular system by doing regular exercise?
- Q19. What is the relationship between load and adaptation during training programme?

- Q20. Design a training programme for improvement of components of motor fitness.
- Q21. Discuss the role of Psychologist for a team preparing to participate in competition.
- Q22. Why the knowledge of biomechanics is essential for a coach to overcome the limitations of physical strength of an athlete?
- Q23. Discuss the impact of different types of playing surface on athletes & the steps to Over-come the impact for avoiding injuries.
- Q24. Give a brief outline of the factors that help in identifying a suitable sport for a child.
- Q25. Ram is going regularly to the park near his home in the morning. He found that many old people have some or the other type of fitness problem in terms of flexibility and strength. He decides to check the fitness level of such people in the park. Explain the steps / test used by Ram for measuring the fitness.
- Q26. Comment on the outlook of Indian society towards the participation of women in sports. Give supportive reason against your opinion.

General Instructions :

Read the following instructions very carefully and strictly follow them :

- (i) *This question paper contains **34** questions.*
- (ii) ***All** questions are compulsory.*
- (iii) *Question nos. **1** to **20** carry **1** mark each and are multiple choice questions.*
- (iv) *Question nos. **21** to **30** carry **3** marks each. Answer to each question should not exceed **80 – 100** words.*
- (v) *Question nos. **31** to **34** carry **5** marks each. Answer to each question should not exceed **150 – 200** words.*

SECTION A

- 1. What is the formula to calculate the number of matches in a single league tournament ? 1
 - (A) $N - 1$
 - (B) $N(N - 1)$
 - (C) $N(N - 1)/2$
 - (D) $2^N - N$
- 2. Which one of the following is an advantage of round robin tournament ? 1
 - (A) Time consuming
 - (B) More number of officials
 - (C) Expensive
 - (D) Decides the real strong team
- 3. Which one of the following is a food that is high in 'fats' ? 1
 - (A) Oranges
 - (B) Bread
 - (C) Red meat
 - (D) Tomatoes
- 4. The vitamins soluble in water are 1
 - (A) Vitamin C and B
 - (B) Vitamin K and E
 - (C) Vitamin D and A
 - (D) All of the above



5. Vajrasana should **not** be performed if an individual is suffering from 1
- (A) Hernia
 - (B) Peptic Ulcer
 - (C) Asthma
 - (D) Chronic Knee Pain
6. The benefit/s of Shavasana is/are 1
- (A) It increases concentration power
 - (B) It provides relaxation in High Blood Pressure
 - (C) It is helpful in reducing stress
 - (D) All of the above
7. Expanded form of SPD is 1
- (A) Sensory Processing Disorder
 - (B) Sensory Personal Disorder
 - (C) Sensory Problem Disorder
 - (D) Sensory Persona Disorder

OR

- What is the most important, while dealing with CWSN ? 1
- (A) Time
 - (B) Sympathy
 - (C) Patience
 - (D) All of the above
8. The full form of ODD is 1
- (A) Oppositional Defiant Disorder
 - (B) Obese Deficient Disorder
 - (C) Opposite Different Disorder
 - (D) None of the above



9. Which one of the following is **not** a female athlete triad ? 1
- (A) Amenorrhoea
(B) Eating disorder
(C) Obesity
(D) Osteoporosis
10. Fine motor development is related to 1
- (A) Large muscles
(B) Arm muscles
(C) Small muscles
(D) None of the above
11. What is the purpose of 4 × 10 m Shuttle Run ? 1
- (A) Speed
(B) Body control
(C) Agility
(D) All of the above
12. Who developed the Harvard Step Test ? 1
- (A) Muller
(B) Miller
(C) Brouha
(D) Jackson

OR

The correct formula for computation of fitness index is 1

- (A) $\frac{100 \times \text{Test duration in seconds}}{2 \times (\text{Sum of pulses 1, 2 and 3})}$
- (B) $\frac{100 \times \text{Test duration in minutes}}{2 \times (\text{Sum of pulses 1, 2 and 3})}$
- (C) $\frac{200 \times \text{Test duration in seconds}}{2 \times \text{pulse 1} \times \text{pulse 2} \times \text{pulse 3}}$
- (D) $\frac{\text{Duration of exercise in seconds} \times 100}{5.5 \times \text{Pulse count of } 1 - 1\frac{1}{2} \text{ minutes after exercise}}$



13. When the bone is broken into more than one piece, it is called 1

- (A) Comminuted fracture
- (B) Compound fracture
- (C) Simple fracture
- (D) Greenstick fracture

OR

What is cardiac output ? 1

- (A) Blood pumped in one minute
- (B) Blood pumped in one beat
- (C) Blood pumped in one stroke
- (D) None of the above

14. PRICE treatment is for 1

- (A) Fractures
- (B) Abrasions
- (C) Sprains
- (D) Lacerations

15. Newton's First Law of Motion is also known as 1

- (A) Law of Inertia
- (B) Law of Acceleration
- (C) Law of Action and Reaction
- (D) Law of Learning

16. During adduction the arm moves 1

- (A) Towards the body
- (B) Away from the body
- (C) In front of the chest
- (D) None of the above



17. The force which opposes the relative motion between the surfaces of two objects is known as : 1

- (A) Frictional force
- (B) Gravitational force
- (C) Applied force
- (D) Mechanical force

OR

Jung classified the personality in the following ways : 1

- (A) Introvert and Extrovert
- (B) Calm and Even-tempered
- (C) Musculature Structure
- (D) Introvert and Melancholic

18. Endomorphic people are 1

- (A) Obese
- (B) Energetic
- (C) Solid body
- (D) Adventurous

19. Circuit training is an effective method for developing 1

- (A) Speed
- (B) Strength, endurance and flexibility
- (C) Agility
- (D) All of the above

20. Pushing against a stationary wall is an example of 1

- (A) Eccentric exercise
- (B) Isometric exercise
- (C) Isotonic exercise
- (D) Isokinetic exercise

SECTION B

21. Write any two items of the test battery of motor fitness test and explain the procedure of a test to measure agility. 3

OR

Discuss the procedure of Rockport One Mile test. 3

22. Explain any three steps to be followed for organising a Health Run in your school. 3

23. What is the role of asanas in preventing common lifestyle diseases ? 3

24. What is Obsessive Compulsive Disorder (OCD) ? Explain its causes in detail. 3

25. What do you mean by 'round shoulders' ? Suggest any four exercises as corrective measures. 3

26. Vitamins are essential for our energy levels and boost immune system. Comment. 3

OR

Discuss why protein is among the most important macronutrients. 3

27. Explain PRICE procedure as a treatment for soft tissue injury. 3

28. What do you mean by Bio-mechanics ? Explain any two points of importance of Bio-mechanics in sports. 3

29. Discuss the Sheldon types of personality in detail. 3

OR

Elaborate any three components of Big Five Theory of personality. 3

30. Define speed and elaborate any one method to develop speed. 3



SECTION C

31. Explain pre-, during and post-game responsibilities of officials of various committees for organising a sports tournament smoothly. 5

OR

Define endurance. Elucidate any two methods of developing endurance. 5

32. What are the types and causes of disability ? Explain. 5

33. Explain any four physiological factors determining strength. What are the effects of regular exercise on the muscular system ? 5

OR

Write a short note on food intolerance and pitfalls of dieting. 5

34. What are the types of motivation ? Explain any six techniques of motivation. 5