

Practice Paper

Annual Examination

Max Marks : 70

Duration : 3 Hrs

Choose the Correct Answers:

Q.1. Which one of the following is not a component of wellness.

- (a) Mental well being
- (b) Maximum strength
- (c) Moral well being
- (d) Emotional well being

Q.2. Who was the first president of Indian Olympic association IOA?

- (a) Sir Dorabji Tata
- (b) Jwahan Lal Nehru
- (c) Sardar Patel
- (d) Mahatama Gandhi

Q.3. The 2020 Olympic aril be held in—

- (a) Los Angleo
- (b) India
- (c) Mexico
- (d) Tokyo

Q.4. The Ancient Olympic games user organised in he honour of—

- (a) Heracules
- (b) Theondosis
- (c) Posedon
- (d) Zues

Or

Who is known as the father of modern Olympic games

- (a) Prof Jigaro kino
- (b) Sir Dorabji Tata
- (c) Jacu Rogges
- (d) Perrie D Coubertin

Q.5. How many rings are their in Olympic flag—

- (a) Three
- (b) Two
- (c) Five
- (d) Four

Q.6. Which of the following is coordinatine obility—

- (a) Sports announcer
- (b) Spots photo grapher
- (c) Umpires
- (d) Sports Jour nalist

Q.7. Special Olympic Bharat started in—

- (a) 2001
- (b) 1948
- (c) 1995
- (d) 2005

Q.8. Deaf Olympic started in—

- (a) 1960
- (b) 1924
- (c) 1947
- (d) 2001

Q.9. The head quarters of paralympic are situated in—

- (a) Paris
- (b) New York
- (c) Germany
- (d) Denmark

Q.10. 'Spirit in motion' is the motto of—

- (a) Paralympic
- (b) Special Olympic
- (c) Modern Olympic
- (d) Deaflympic

Q.11. Inclusion is needed for—

- (a) Hearing impaired
- (b) Loss of limb
- (c) Blind people
- (d) All of these

Q.12. Which of the following is not a asana—

- (a) Kapalbharti
- (b) Trikonasana
- (c) Shashankasana
- (d) Naukasana

Or

Which of the following is adventure sports

- (a) Trekking
- (b) Paragliding
- (c) Surfing
- (d) All the above

Q.13. Find one word answers for the statement raise your head, stand erect, raise your arms—

- (a) Padmasana
- (b) Garudasana
- (c) Tadasana
- (d) Shashankasana

Q.14. Which is not a quality of a good leader

- (a) Autocratic
- (b) Dictator
- (c) Both
- (d) None of the above

Q.15. Who has a pear shape body

- (a) Endomorph
- (b) Mesomorph
- (c) Ectomorph
- (d) All the above

Q.16. Body weight = 50 kg, Height = 155 cm, find the BMI

- (a) 20.81
- (b) 21.53
- (c) 19.81
- (d) 23.02

Or

BMI of a person is 32, 50 he is...

- (a) Over weight
- (b) Obesity grade-II
- (c) Healthy
- (d) Under weight

Q.17. Ball and socket joint is situated at

- (a) Shoulder
- (b) Wrist
- (c) Neck
- (d) Knee

- Q.18. A 19 year old boy fall in the catagery of**
 (a) Late childhood (b) Adoloscance
 (c) Infancy (d) None of these
- Q.19. Which of the following is not a sign of growth**
 (a) Increase in height (b) Increase in weight
 (c) Increase in talking (d) Increased hair length
- Q.20. Which is a method of warming up**
 (a) Sauna bath (b) Jogging
 (c) Streching (d) All of them
- Q.21. Write a short note on khelo India**
- Q.22. What is the imparlance of physical education programmes in modern India?**
- Q.23. What are the objectives of Indian Olympic Association?**
- Q.24. What steps should be taken to emplement inclusion education?**
Or
Explain the principles of Adapted physical education.
- Q.25. Specify the qualities of good leader.**
- Q.26. Explain the objectines of adventure sports.**
Or
During adventure sports what safety measures to be taken care of?
- Q.27. What are the properties of musdes?**
Or
Explain the functions of skeletal system?
- Q.28. Define the phenomena of second wind. Explain the causer and symptoms.**
- Q.29. What are the side effects of prohibited substances?**
Or
What are principles of sports training explain the benefits of warming up?
- Q.30. Explain the benefits of warning up.**
- Q.31. How can we prevent the health threats through life style changes**
- Q.32. Explain the procedure of yog Nidra. What are the benefits of practicing yoga Nidra.**
Or
Explain the proecdure and benefits of any two asana for concentration.
- Q.33. What is the importance of test, measurement and evaluation.**
- Q.34. The style is responsible for the lack of ethical value in adolescents Discuss.**
Or
What is the difference between growth and development.