

# 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.**