

HINTS AND ANSWERS TO SOME QUESTIONS

UNIT-1: MANAGEMENT OF SPORTING EVENTS

A. MULTIPLE CHOICE QUESTIONS

- | | | | | | | | | |
|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1. (c) | 2. (b) | 3. (a) | 4. (c) | 5. (c) | 6. (d) | 7. (c) | 8. (b) | 9. (a) |
| 10. (c) | 11. (a) | 12. (d) | 13. (a) | 14. (c) | 15. (d) | 16. (c) | 17. (c) | 18. (c) |
| 19. (c) | 20. (d) | 21. (c) | 22. (d) | 23. (c) | 24. (a) | 25. (a) | 26. (b) | 27. (c) |
| 28. (a) | 29. (c) | 30. (b) | 31. (a) | 32. (a) | 33. (a) | 34. (a) | 35. (c) | 36. (b) |
| 37. (a) | 38. (a) | 39. (b) | 40. (a) | 41. (d) | 42. (d) | 43. (d) | 44. (c) | 45. (b) |
| 46. (c) | 47. (d) | 48. (a) | 49. (a) | 50. (a) | 51. (d) | 52. (c) | 53. (b) | 54. (c) |
| 55. (c) | 56. (c) | 57. (b) | 58. (b) | | | | | |

ASSERTION & REASON TYPE:

- | | | | | | | | | |
|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1. (c) | 2. (a) | 3. (c) | 4. (c) | 5. (c) | 6. (a) | 7. (d) | 8. (b) | 9. (d) |
|--------|--------|--------|--------|--------|--------|--------|--------|--------|

MATCHING TYPE: 1. (a) 2. (c) 3. (a) 4. (c) 5. (a) 7. (b)

IDENTIFY TYPE: 1. (a)

B. VERY SHORT ANSWER TYPE QUESTIONS

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|---|-----------------------------------|--|
| 1. (See Page No. 2, <i>Introduction</i>) | 6. (See Page No. 16, Art. 1.3.3) | 11. (See Page No. 21-23, Art. 1.3.5) |
| 2. (See Page No. 2, Art. 1.1) | 7. (See Page No. 25, Art. 1.4.2) | 12. (See Page No. 21, Art. 1.3.5) |
| 3. (See Page No. 2, Art. 1.1) | 8. (See Page No. 28, Art. 1.5.2) | 13. (See Page No. 19 & 20, Art. 1.3.4) |
| 4. (See Page No. 8, Art. 1.3.1) | 9. (See Page No. 3, Art. 1.1) | |
| 5. (See Page No. 8 Art. 1.3.2) | 10. (See Page No. 21, Art. 1.3.5) | |

C. SHORT ANSWER TYPE QUESTIONS

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|--------------------------------------|----------------------------------|--|
| 1. (See Page No. 3, Art. 1.1) | 12. (See Page No. 27 Art. 1.5.1) | 23. (See Page No. 8 Art. 1.3.2 Page No. 16 Art. 1.3.3) |
| 2. (See Page No. 5, Art. 1.2) | 13. (See Page No. 2 Art. 1.1) | 24. (See Page No. 16, Art. 1.3.3) |
| 3. (See Page. No. 8-11, Art. 1.3.2) | 14. (See Page No. 8 Art. 1.3.2) | 25. (See Page No. 23, Art. 1.3.5(d)) |
| 4. (See Page. No. 16-17, Art. 1.3.3) | 15. (See Page No. 5 Art. 1.2) | 26. (See Page No. 28 Art. 1.5.2) |
| 5. (See Page. No. 17, Art. 1.3.3) | 16. (See Page No. 4 Art. 1.1) | 27. (See Page No. 25 Art. 1.4.2) |
| 6. (See Page. No. 17-18, Art. 1.3.3) | 17. (See Page No. 8 Art. 1.3.2) | 28. (See Page No. 25 Art. 1.4.3) |
| 7. (See Page. No. 6, Art. 1.2) | 18. (See Page No. 16 Art. 1.3.2) | 29. (See Page No. 22, Art. 1.3.5(c)) |
| 8. (See Page. No. 25, Art. 1.4.2) | 19. (See Page No. 2 Art. 1.1) | 30. (See Page No. 15, Art. 1.3.2) |
| 9. (See Page No. 25, Art. 1.4.2) | 20. (See Page No. 4 Art. 1.1) | 31. (See Page No. 20 Art. 1.3.4) |
| 10. (See Page No. 5, Art. 1.2) | 21. (See Page No. 5 Art. 1.2) | 32. (See Page No. 15, Art. 1.3.2) |
| 11. (See Page No. 26, Art. 1.4.3) | 22. (See Page No. 5 Art. 1.2) | |

D. CASE STUDY & PIE CHART TYPES

- | | |
|--|----------------------------|
| 1. (a) Poor performance | 4. (a) 24 match |
| (b) Knock out tournament | (b) 9 match |
| (c) 4 | (c) 5 rounds |
| (d) $\frac{N(N-1)}{2}$ | (d) 13 number team |
| 2. (a) Cyclic Method | 5. (a) League tournament |
| (b) Team which scores maximum. | (b) Combined tournament |
| (c) Calculating | (c) Knockout |
| (d) Percentage of point = $\frac{\text{Total points obtained}}{\text{Maximum possible points}} \times 100$ | (d) Combined |
| 3. (a) Refreshment Committee & Accommodation Committee | 6. (a) 8 |
| (b) Prizes Committee | (b) N-1 |
| (c) Reception Committee | (c) Semifinals |
| (d) Publicity Committee | (d) $2n - N$ |
| | 7. (a) Reception Committee |
| | (b) Publicity Committee |
| | (c) Finance Committee |
| | (d) Technical Committee |



E. LONG ANSWER TYPE QUESTIONS

1. (See Page No. 4, Art. 1.1)
2. (See Page No. 5 & 6, Art. 1.2)
3. (See Page No. 6 & 7, Art. 1.2)
4. (See Page No. 18-19, Art. 1.4.1 & 1.4.3)
5. (See Page No. 18, Art. 1.4.2)
6. (See Page No. 19, Art. 1.4.5 & Page 20, Art. 1.4.7)
7. (See Page No. 21, Art. 1.5.3)
8. (See Page No. 5, Art. 1.2)
9. (See Page No. 17-18, Art. 1.3.3)
10. (See Page No. 28, Art. 1.5.2)
11. (See Page No. 28, Art. 1.5.2 (1))
12. (See Page No. 21, Art. 1.5.3)
13. (See Page No. 2,3&4, Art. 1.1)
14. (See Page No. 25, Art. 1.4)
15. (See Page No. 20-29, Art. 1.5.2)
16. (See Page No. 21, Art. 1.3.5)
17. (See Page No. 15, Art. 1.3.2)
18. (See Page No. 22, Art. 1.3.5 (b))
19. (See Page No. 16, Art. 1.3.3)

UNIT-2: CHILDREN & WOMEN IN SPORTS

A. MULTIPLE CHOICE QUESTIONS

1. (c) 2. (d) 3. (c) 4. (a) 5. (b) 6. (a) 7. (a) 8. (b) 9. (b)
10. (c) 11. (d) 12. (b) 13. (a) 14. (c) 15. (b) 16. (b) 17. (a) 18. (c)
19. (c) 20. (d) 21. (d) 22. (a) 23. (c) 24. (a) 25. (d) 26. (d) 27. (d)
28. (b) 29. (d) 30. (d) 31. (b) 32. (a) 33. (a) 34. (a) 35. (b) 36. (b)
37. (c) 38. (a) 39. (d) 40. (d) 41. (d) 42. (c) 43. (c) 44. (a) 45. (c)
46. (d) 47. (d) 48. (b) 49. (b) 50. (a) 51. (d) 52. (b)

ASSERTION & REASON TYPE: 1. (b) 2. (b) 3. (a)

MATCHING TYPE: 1. (a) 2. (c) 3. (c)

IDENTIFY TYPE: 1. (b) 2. (b) 3. (b) 4. (b) 5. (a)

B. VERY SHORT ANSWER TYPE QUESTIONS

1. (See Page No. 30, Art. 2.1)
2. (See Page No. 34, Art. 2.2)
3. (See Page No. 34, Art. 2.2)
4. (See Page No. 35, Art. 2.2.2)
5. (See Page No. 36, Art. 2.2.5)
6. (See Page No. 37, Art. 2.2.7)
7. (See Page No. 37, Art. 2.2.7)
8. (See Page No. 46, Art. 2.4.1)
9. (See Page No. 48, Art. 2.5.1)
10. (See Page No. 49, Art. 2.5.2)
11. (See Page No. 35, Art. 2.2.3)
12. (See Page No. 50, Art. 2.5.3)
13. (See Page No. 52, Art. 2.5.3)
14. (See Page No. 49, Art. 2.5.3)
15. (See Page No. 46, Art. 2.2.5)
16. (See Page No. 46, Art. 2.2.3)
17. (See Page No. 56(i), Art. 2.4)
18. (See Page No. 52, Art. 2.2.4)

C. SHORT ANSWER TYPE QUESTIONS

1. (See Page No. 43, Art. 2.2.14)
2. (See Page No. 49, Art. 2.5.2)
3. (See Page No. 43-44, Art. 2.2.15)
4. (See Page No. 47-48, Art. 2.5)
5. (See Page No. 36, Art. 2.2.4)
6. (See Page No. 35, Art. 2.2.2)
7. (See Page No. 35, Art. 2.2.1)
8. (See Page No. 36, Art. 2.2.5)
9. (See Page No. 37, Art. 2.2.7)
10. (See Page No. 49, Art. 2.5.2)
11. (See Page No. 48, Art. 2.5.1)
12. (See Page No. 48, Art. 2.5)
13. (See Page No. 40, Art. 2.2.10)
14. (See Page No. 44, Art. 2.3.1)
15. (See Page No. 40, Art. 2.1.1)
16. (See Page No. 42-43, Art. 2.1.4)
17. (See Page No. 50, Art. 2.2.11)
18. (See Page No. 46-47, Art. 2.2.5)
19. (See Page No. 45, Art. 2.2.1)
20. (See Page No. 49, Art. 2.2.10)
21. (See Page No. 53, Art. 2.1)
22. (See Page No. 53, Art. 2.3.2)
23. (See Page No. 56, Art. 2.4.2)
24. (See Page No. 56, Art. 2.4.1)
25. (See Page No. 58, Art. 2.5.2)
26. (See Page No. 59, Art. 2.5.3)
27. (See Page No. 54, Art. 2.3)

D. CASE STUDY & PIE CHART TYPES

1. (a) Deficiency of vitamin D, calcium and phosphorus, obesity etc.
(b) Side step-ups and lying abduction
(c) Bow legs
2. (a) Scoliosis
(b) Sitting or standing in wrong postures, lifting heavy weight etc.
(c) Trikonasana and Ardha Chakrasana
(d) abdominal
3. (a) Kyphosis (b) Isometric exercises
(c) Hunch back (d) Vertebral column
4. (a) 1900 (b) Osteoporosis
(c) Sania Mirza (d) encouraged
5. (a) Lordosis (b) Round Shoulders
(c) Scoliosis (d) Dhanurasana & Chakrasana
6. (a) anorexia nervosa or bulimia nervosa.
(b) < 18.5 kg/m
(c) Genetics, Psychological and emotional and Society
7. (a) Calcium and Vitamin D
(b) Bow legs (c) Knock Knees
(d) Vrikshasana



E. LONG ANSWER TYPE QUESTIONS

- (See Page No. 40-43, Art. 2.1.1 to Art. 2.1.4)
- (See Page No. 49 (Flat Foot), Art. 2.2.10 & See Page No. 50-51 (Lordosis), Art. 2.2.12)
- (See Page No. 56-57, Art. 2.4.2)
- (See Page No. 57, Art. 2.5 Page No. 59, Art. 2.5.3)
- (See Page No. 54, Art. 2.3.3 & Art. 2.3.4)
- (See Page No. 56-57, Art. 2.4.1 & 2.4.2)
- (See Page No. 46, Art. 2.2.4)
- Projects (*Try yourself*)
- Projects (*Try yourself*)
- (See Page No. 40-43, Art. 2.1)
- (See Page No. 45-47, Art. 2.2.1 to 2.2.5)
- (See Page No. 50-51 & 52-53, Art. 2.2.12, 2.2.13 & 2.2.15)
- (See Page No. 53-54, Art. 2.3.2, 2.3.3 & 2.3.4)
- (See Page No. 56-59, Art. 2.4.2)
- (See Page No. 52, Art. 2.2.14)
- (See Page No. 57-63, Art. 2.5)

UNIT-3: YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE

A. MULTIPLE CHOICE QUESTIONS

- | | | | | | | | | |
|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1. (a) | 2. (c) | 3. (d) | 4. (c) | 5. (c) | 6. (b) | 7. (c) | 8. (c) | 9. (d) |
| 10. (a) | 11. (c) | 12. (b) | 13. (d) | 14. (b) | 15. (d) | 16. (b) | 17. (a) | 18. (d) |
| 19. (d) | 20. (c) | 21. (c) | 22. (a) | 23. (c) | 24. (b) | 25. (c) | 26. (a) | 27. (d) |
| 28. (a) | 29. (c) | 30. (d) | 31. (a) | 32. (c) | 33. (c) | 34. (a) | 35. (c) | 36. (a) |
| 37. (a) | 38. (d) | 39. (d) | 40. (d) | 41. (a) | 42. (a) | 43. (d) | 44. (d) | 45. (c) |
| 46. (c) | 47. (a) | 48. (b) | 49. (b) | | | | | |

ASSERTION & REASON TYPE: 1. (c)

MATCHING TYPE: 1. (c) 2. (a) 3. (a)

IDENTIFY TYPE: 1. (a) 2. (c) 3. (d) 4. (d) 5. (d) 6. (b)

B. VERY SHORT ANSWER TYPE QUESTIONS

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|--------------------------------------|--|-------------------------------------|
| 1. (See Page No. 72, (Introduction)) | 7. (See Page No. 94, Art. 3.3.1) | 13. (See Page No. 87, Art. 3.2.5) |
| 2. (See Page No. 73) | 8. (See Page No. 95, Art. 3.3.2) | 14. (See Page No. 109, Art. 3.5.4) |
| 3. (See Page No. 73) | 9. (See Page No. 99, Art. 3.4.1) | 15. (See Page No. 94, Art. 3.3.1) |
| 4. (See Page No. 72) | 10. (See Page No. 108, Art. 3.5.1) | 16. (See Page No. 82, Art. 3.1.10) |
| 5. (See Page No. 74, Art. 3.1.1) | 11. (See Page No. 100-101, Art. 3.4.1) | 17. (See Page No. 77, Art. 3.1.4) |
| 6. (See Page No. 85, Art. 3.2.1) | 12. (See Page No. 108, Art. 3.5) | 18. (See Page No. 105, Art. 3.4.11) |

C. SHORT ANSWER TYPE QUESTIONS

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|---|--|---------------------------------------|
| 1. (See Page No. 77, Art. 3.1.4) | 15. (See Page No. 83, Art. 3.1.11) | 30. (See Page No. 90, Art. 3.2.11) |
| 2. (See Page No. 79 & 80, Art. 3.1.6 & 3.1.7) | 16. (See Page No. 87, Art. 3.2.5) | 31. (See Page No. 104, Art. 3.4.6) |
| 3. (See Page No. 82, Art. 3.1.9) | 17. (See Page No. 77, Art. 3.1.4) | 32. (See Page No. 99, Art. 3.3.13) |
| 4. (See Page No. 76, Art. 3.1.3) | 18. (See Page No. 108-109, Art. 3.5.1) | 33. (See Page No. 109, Art. 3.5.4) |
| 5. (See Page No. 81, Art. 3.1.9) | 19. (See Page No. 94, Art. 3.2.14) | 34. (See Page No. 110, Art. 3.5.10) |
| 6. (See Page No. 86, Art. 3.2.4) | 20. (See Page No. 99, Art. 3.3.13) | 35. (See Page No. 99, Art. 3.3.13) |
| 7. (See Page No. 81, Art. 3.1.8) | 21. (See Page No. 91, Art. 3.2.12) | 36. (See Page No. 109, Art. 3.5.4) |
| 8. (See Page No. 78-79, Art. 3.1.6) | 22. (See Page No. 82, Art. 3.1.10) | 37. (See Page No. 83, Art. 3.1.11) |
| 9. (See Page No. 78, Art. 3.1.5) | 23. (See Page No. 84, Art. 3.1.12) | 38. (See Page No. 78, Art. 3.1.5) |
| 10. (See Page No. 95, Art. 3.3.2) | 24. (See Page No. 81, Art. 3.1.8) | 39. (See Page No. 87, Art. 3.2.5) |
| 11. (See Page No. 88, Art. 3.2.7) | 25. (See Page No. 88, Art. 3.2.7) | 40. (See Page No. 106, Art. 3.4.12) |
| 12. (See Page No. 89, Art. 3.2.10) | 26. (See Page No. 81, Art. 3.1.8) | 41. (See Page No. 93-94, Art. 3.2.14) |
| 13. (See Page No. 85, Art. 3.2.1) | 27. (See Page No. 87, Art. 3.2.5) | 42. (See Page No. 86, Art. 3.2.4) |
| 14. (See Page No. 90, Art. 3.2.11) | 28. (See Page No. 76, Art. 3.1.3) | |
| | 29. (See Page No. 77, Art. 3.1.4) | |



D. CASE STUDY & PIE CHART TYPES

1. (a) Gomukhasana (b) Asthma, Diabetes
(c) Sciatica (d) Hip joint
2. (a) Bhujangasana (b) Snake
(c) Yoga and Exercise (d) 5
3. (a) Vajrasana (b) >30
(c) walk on outer edge of foot (d) diamond
4. (a) Healthy diet (b) personality related problem
(c) Understanding (d) Tadasana/Halasanana
5. (a) Vajrasana (b) Gomukhasana
(c) Netiasana (d) knee
6. (a) Lifestyle diseases like obesity, diabetes and hypertension.
(b) The above given asanas should be done regularly to overcome these lifestyle diseases.
(c) Cause of the disease are sedentary lifestyle, fast foods, unhealthy eating habits etc.
7. (a) Tadasana
(b) Urdhva Hastottanasana
(c) Uttana Mandukasana
(d) Gomukhasana

E. LONG ANSWER TYPE QUESTIONS

1. (See Page No. 86-87, Art. 3.2.4)
2. (See Page No. 84, Art. 3.1.12)
3. (See Page No. 91-93, Art. 3.2.12)
4. (See Page No. 78, Art. 3.1.5)
5. (See Page No. 77, Art. 3.1.4)
6. (See Page No. 78-79, Art. 3.1.6)
7. (See Page No. 106-107, Art. 3.4.14)
8. (See Page No. 76, Art. 3.1.3)
9. (See Page No. 108-109, Art. 3.5.1)
10. (See Page No. 106, Art. 3.4.12)
11. (See Page No. 99-101, Art. 3.4.1)
12. Projects (*Try yourself*)
13. Projects (*Try yourself*)
14. Projects (*Try yourself*)
15. (See Page No. 76-84, Art. 3.1.3-3.1.2)
16. (See Page No. 78, Art. 3.1.5)
17. (See Page No. 77, Art. 3.1.4)
18. (See Page No. 86, Art. 3.2.4)
19. (See Page No. 86-94, Art. 3.2.1)
20. (See Page No. 96-99, Art. 3.3)
21. (See Page No. 78-79, Art. 3.1.6)
22. (See Page No. 95, Art. 3.3.2)
23. (See Page No. 102-107, Art. 3.4)
24. (See Page No. 78-79, Art. 3.1.6)
25. (See Page No. 106-107, Art. 3.4.14)
26. (See Page No. 109-111, Art. 3.5)
27. (See Page No. 105, Art. 3.4.11)
28. (See Page No. 96-99, Art. 3.3.3 to 3.3.13)
29. (See Page No. 106-107, Art. 3.4.14)
30. (See Page No. 102-103, Art. 3.4)
31. (See Page No. 90, Art. 3.2.11)
32. (See Page No. 76-79, Art. 3.1)
33. (See Page No. 86-89, Art. 3.2)
34. (See Page No. 99&104, Art. 3.4.6)

UNIT-4: PHYSICAL EDUCATION & SPORTS FOR CWSN (Children with Special Needs-Divyan)

A. MULTIPLE CHOICE QUESTIONS

1. (c) 2. (d) 3. (b) 4. (a) 5. (b) 6. (a) 7. (a) 8. (b) 9. (d)
10. (a) 11. (b) 12. (b) 13. (b) 14. (a) 15. (a) 16. (c) 17. (b) 18. (d)
19. (d) 20. (a) 21. (a) 22. (a) 23. (d) 24. (b) 25. (a) 26. (a) 27. (a)
28. (d) 29. (b) 30. (d) 31. (a) 32. (c) 33. (d)

ASSERTION & REASON TYPE: 1. (c) 2. (a)

IDENTIFY TYPE: 1. (a) Special Olympics Bharat (b) International Paralympic Committee
(c) Logo of Deaflympics (d) Special Olympics

B. VERY SHORT ANSWER TYPE QUESTIONS

1. (See Page No. 121)
2. (See Page No. 121, Art. 4.1)
3. (See Page No. 123, Art. 4.1.3)
4. (See Page No. 124, Art. 4.1.3)
5. (See Page No. 124, Art. 4.1.3)
6. (See Page No. 125, Art. 4.1.4)
7. (See Page No. 126, Art. 4.1.5)
8. (See Page No. 131, Art. 4.3)
9. (See Page No. 120)

C. SHORT ANSWER TYPE QUESTIONS

1. (See Page No. 124, Art. 4.1.3)
2. (See Page No. 124-125, Art. 4.1.3)
3. (See Page No. 127, Art. 4.1.5)
4. (See Page No. 129, Art. 4.2.3)
5. (See Page No. 132-133, Art. 4.3.2)
6. (See Page No. 135-136, Art. 4.4)
7. Rome 1960
8. **Vision of Paralympics:** To enable Paralympic athletes to achieve sporting excellence and to inspire and excite the world.
9. **Anthem:** "Hymne de l'Avenir" or "Anthem of the Future".
10. (See Page No. 129, Art. 4.2.3)
11. (See Page No. 122-125-126, Art. 4.1)
12. (See Page No. 130, Art. 4.2.6)
13. (See Page No. 128, Art. 4.2)
14. (See Page No. 128, Art. 4.2)
15. (See Page No. 128, Art. 4.2)
16. (See Page No. 131, Art. 4.3)



17. (See Page No. 132, Art. 4.3.2)
18. (See Page No. 132, Art. 4.3.1)
19. (See Page No. 132, Art. 4.3.1)
20. (See Page No. 132, Art. 4.3.2)

D. CASE STUDY & PIE CHART TYPES

1. (a) 1860 (b) 1989 (c) 22
2. (a) Kennedy Shriver (b) Paralympics
(c) Deaflympics (d) 1924
3. (a) Mission
(b) Let me Win
(c) Silent game (d) 4

21. (See Page No. 135, Art. 4.4)
22. (See Page No. 135-136, Art. 4.4)
23. (See Page No. 137, Art. 4.5)

4. (a) (C) (b) Eunice Kennedy Shriver
(c) Olympics (d) 23 countries
OR Spirit in Motion

5. (a) Physical Benefits (b) Simple to Complex
(c) Space (d) Locomotor Activity

E. LONG ANSWER TYPE QUESTIONS

1. (See Page No. 122-123, Art. 4.1.2)
2. (See Page No. 123-125, Art. 4.1.3)
3. (See Page No. 128-129, Art. 4.2.3)
4. (See Page No. 125, Art. 4.1.4)
5. (See Page No. 126, Art. 4.1.5)
6. (See Page No. 128, Art. 4.2)
7. (See Page No. 136-138, Art. 4.5)
8. (See Page No. 125, Art. 4.1.4)
9. (See Page No. 122, Art. 4.1.2)
10. (See Page No. 123, Art. 4.1.2)
11. (See Page No. 128, Art. 4.2)
12. (See Page No. 132, Art. 4.3.2)
13. (See Page No. 132, Art. 4.3.2)
14. (See Page No. 133-134, Art. 4.3.3)

UNIT-5: SPORTS & NUTRITION

A. MULTIPLE CHOICE QUESTIONS

- | | | | | | | | | |
|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1. (c) | 2. (a) | 3. (d) | 4. (a) | 5. (d) | 6. (a) | 7. (b) | 8. (b) | 9. (a) |
| 10. (c) | 11. (d) | 12. (c) | 13. (c) | 14. (d) | 15. (c) | 16. (c) | 17. (c) | 18. (b) |
| 19. (b) | 20. (b) | 21. (a) | 22. (b) | 23. (d) | 24. (a) | 25. (d) | 26. (d) | 27. (b) |
| 28. (d) | 29. (d) | 30. (c) | 31. (a) | 32. (c) | 33. (d) | 34. (a) | 35. (a) | 36. (d) |
| 37. (b) | 38. (c) | 39. (b) | 40. (b) | 41. (d) | 42. (b) | 43. (a) | 44. (b) | 45. (d) |
| 46. (d) | 47. (a) | 48. (b) | 49. (c) | 50. (b) | 51. (b) | 52. (a) | 53. (b) | 54. (c) |

ASSERTION & REASON TYPE: 1. (c) 2. (b) 3. (b) 4. (a)

MATCHING TYPE: 1. (c) 2. (b) 3. (b)

IDENTIFY TYPE: 1. (d) 2. (a) 3. (c)

B. VERY SHORT ANSWER TYPE QUESTIONS

- | | | |
|---------------------------------------|------------------------------------|------------------------------------|
| 1. (See Page No. 146, Art. 5.1) | 7. (See Page No. 152, Art. 5.2.2) | 13. (See Page No. 154, Art. 5.2.2) |
| 2. (See Page No. 146, Art. 5.1.1) | 8. (See Page No. 151, Art. 5.2.1) | 14. (See Page No. 155, Art. 5.2.2) |
| 3. (See Page No. 146, Art. 5.1.1) | 9. (See Page No. 150, Art. 5.2.1) | 15. (See Page No. 156, Art. 5.2.2) |
| 4. (See Page No. 146-147, Art. 5.1.1) | 10. (See Page No. 156, Art. 5.2.2) | 16. (See Page No. 161, Art. 5.3.2) |
| 5. (See Page No. 147, Art. 5.1.2) | 11. (See Page No. 149, Art. 5.2.1) | 17. (See Page No. 162, Art. 5.4.1) |
| 6. (See Page No. 149, Art. 5.2) | 12. (See Page No. 152, Art. 5.2.2) | 18. (See Page No. 168, Art. 5.4.8) |

C. SHORT ANSWER TYPE QUESTIONS

- | | | |
|--|--|--|
| 1. (See Page No. 155, Art. 5.2.2) | 10. (See Page No. 167-168, Art. 5.4.6) | 21. (See Page No. 160, Art. 5.3.2) |
| 2. (See Page No. 154, Art. 5.2.2) | 11. (See Page No. 164, Art. 5.4.2) | 22. (See Page No. 161, Art. 5.3.2) |
| 3. (See Page No. 157, Art. 5.2.2) | 12. (See Page No. 149, Art. 5.2.1) | 23. (See Page No. 166-167, Art. 5.4.5) |
| 4. (See Page No. 148, Art. 5.1.2) | 13. (See Page No. 172-173, Art. 5.5.2) | 24. (See Page No. 167-168, Art. 5.4.6) |
| 5. (See Page No. 150, Art. 5.2.1) | 14. (See Page No. 148, Art. 5.1.2) | 25. (See Page No. 151, Art. 5.2.1) |
| 6. (See Page No. 152, Art. 5.2.1) | 15. (See Page No. 146, Art. 5.1.1) | 26. (See Page No. 172-173, Art. 5.5.2) |
| 7. (See Page No. 166, Art. 5.4.4) | 16. (See Page No. 146-147, Art. 5.1.1) | 27. (See Page No. 154, Art. 5.2.2) |
| 8. (See Page No. 146-147, Art. 5.1.1 & 5.1.2) | 17. (See Page No. 149, Art. 2.2.1) | |
| 9. (See Page No. 162, Art. 5.4.1 & Page No. 168, Art. 5.4.8) | 18. (See Page No. 156, Art. 5.2.2) | |
| | 19. (See Page No. 156-157, Art. 5.2.2) | |
| | 20. (See Page No. 151, Art. 5.2.1) | |



D. CASE STUDY & PIE CHART TYPES

- | | | | |
|--|-------------------|----------------------|--|
| 1. (a) 23 | (b) normal weight | 4. (a) Xerophthalmia | (b) Sugar, potato, roots |
| (c) Involuntary | (d) 130 pounds | (c) Phytochemicals | (d) $\frac{\text{Weight (in Kg)}}{\text{Height} \times \text{Weight}}$ |
| 2. (a) Extreme weight loss, dehydration | | 5. (a) Carbohydrates | (b) Proteins + Fats |
| (b) Exercising and balanced diet | | (c) Fats | (d) three |
| (c) Drawbacks | (d) nutrition | 6. (a) Obese | (b) 30-34.9 |
| 3. (a) Protein help us in increasing bone density, antibodies formation. | | (c) < 18.5 | (d) 18.5-24.9 |
| (b) Nitrogenous food | (c) Kwashiorkor | 7. (a) Normal weight | (b) 25.0 to 29.9 |
| (d) amino acid | | (c) Overweight | |
| | | 8. (a) Thiamin | (b) folate (c) B6 |

E. LONG ANSWER TYPE QUESTIONS

- | | | |
|---|--|--|
| 1. (See Page No. 152, Art. 5.2.2) | 7. (See Page No. 169, Art. 5.4.9) | 14. (See Page No. 173, Art. 8.5.2) |
| 2. (See Page No. 155-156, Art. 5.2.2) | 8. (See Page No. 170-171, Art. 5.4.11) | 15. (See Page No. 161-162, Art. 5.3.2) |
| 3. (See Page No. 159, Art. 5.3.1) | 9. (See Page No. 172-173, Art. 5.5.1) | 16. (See Page No. 168-169, Art. 5.4.7) |
| 4. (See Page No. 160-162, Art. 5.3.2) | 10. Projects (<i>Try yourself</i>) | 17. (See Page No. 166, Art. 5.4.4) |
| 5. (See Page No. 168, Art. 5.4.7 & 5.4.8) | 11. Projects (<i>Try yourself</i>) | 18. (See Page No. 170-171, Art. 5.4.11) |
| 6. (See Page No. 166-167, Art. 5.4.5) | 12. (See Page No. 146-147, Art. 5.1.1) | 19. (See Page No. 172-173, Art. 5.5.1 & 5.5.2) |
| 13. (See Page No. 153, Art. 5.2.2) | | |

UNIT-6: TEST & MEASUREMENT IN SPORTS

A. MULTIPLE CHOICE QUESTIONS

- | | | | | | | | | |
|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1. (a) | 2. (a) | 3. (a) | 4. (d) | 5. (b) | 6. (b) | 7. (a) | 8. (c) | 9. (c) |
| 10. (a) | 11. (b) | 12. (a) | 13. (b) | 14. (c) | 15. (b) | 16. (c) | 17. (c) | 18. (a) |
| 19. (b) | 20. (b) | 21. (b) | 22. (b) | 23. (b) | 24. (b) | 25. (c) | 26. (a) | 27. (c) |
| 28. (d) | 29. (c) | 30. (c) | 31. (b) | 32. (c) | 33. (c) | 34. (b) | 35. (c) | 36. (b) |
| 37. (b) | 38. (d) | 39. (a) | 40. (c) | 41. (c) | 42. (c) | 43. (d) | 44. (b) | 45. (a) |
| 46. (b) | 47. (c) | 48. (c) | | | | | | |

ASSERTION & REASON TYPE: 1. (d) 2. (c) 3. (b) 4. (a)

MATCHING TYPE: 1. (d) 2. (d) 3. (b) 4. (b) 5. (a)

IDENTIFY TYPE: 1. (d) 2. (c) 3. (a) 4. (b) 5. (a) 6. (d) 7. (d)
8. (c) 9. (c) 10. (a)

B. VERY SHORT ANSWER TYPE QUESTIONS

- | | | |
|---|------------------------------------|--|
| 1. (See Page No. 182 (<i>Introduction</i>)) | 10. (See Page No. 194, Art. 6.4.1) | 20. (See Page No. 186, Art. 6.1.4 (2)) |
| 2. (See Page No. 182, Art. 6.1.1) | 11. (See Page No. 194, Art. 6.4) | 21. (See Page No. 199, Art. 6.4.5) |
| 3. (See Page No. 182, Art. 6.1.2) | 12. (See Page No. 202, Art. 6.5) | 22. (See Page No. 186, Art. 6.1.4) |
| 4. (See Page No. 184, Art. 6.1.3) | 13. (See Page No. 192, Art. 6.2.1) | 23. (See Page No. 184, Art. 6.1.3) |
| 5. (See Page No. 184, Art. 6.1.3) | 14. (See Page No. 188, Art. 6.1.4) | 24. (See Page No. 182-183, Art. 6.1.2) |
| 6. (See Page No. 193, Art. 6.3) | 15. (See Page No. 183, Art. 6.1.3) | 25. (See Page No. 186-187, Art. 6.1.4) |
| 7. (See Page No. 196, Art. 6.4.3) | 16. (See Page No. 187, Art. 6.1.3) | 26. (See Page No. 193, Art. 6.3) |
| 8. (See Page No. 190, Art. 6.2.1) | 18. (See Page No. 184, Art. 6.1.3) | |
| 9. (See Page No. 191, Art. 6.2.1) | 19. (See Page No. 193, Art. 6.2.2) | |

C. SHORT ANSWER TYPE QUESTIONS

- | | | |
|---------------------------------------|---------------------------------------|--|
| 1. (See Page No. 198, Art. 6.4.4) | 5. (See Page No. 183, Art. 6.1.3) | 10. (See Page No. 196, Art. 6.4.3) |
| 2. (See Page No. 190, Art. 6.4.3) | 6. (See Page No. 183, Art. 6.1.3) | 11. (See Page No. 185, Art. 6.1.4) |
| 3. (See Page No. 190-191, Art. 6.2.1) | 7. (See Page No. 199-200, Art. 6.4.6) | 12. (See Page No. 186, Art. 6.1.4) |
| 4. (See Page No. 192, Art. 6.2.2) | 8. (See Page No. 197, Art. 6.4.4) | 13. (See Page No. 202-203, Art. 6.5.3) |
| | 9. (See Page No. 187, Art. 6.1.4) | 14. (See Page No. 194, Art. 6.4) |



15. (See Page No. 183, Art. 6.1)
16. (See Page No. 186, Art. 6.1.4)
17. (See Page No. 186, Art. 6.1.4)
18. (See Page No. 187-188, Art. 6.1.4)
19. (See Page No. 191, Art. 6.2.1)
20. (See Page No. 191-192, Art. 6.2.1 & 6.2.2)

21. (See Page No. 193-194, Art. 6.3)
22. (See Page No. 194-196, Art. 6.4)
23. (See Page No. 194, Art. 6.4)
24. (See Page No. 202-203, Art. 6.5.3)
25. (See Page No. 199-200, Art. 6.4.6)
26. (See Page No. 183, Art. 6.1.3)

D. CASE STUDY & PIE CHART TYPES

1. (a) Eight foot up and go test (b) 8 pounds
(c) lower body strength (d) flexibility
2. (a) Sit and reach test (b) Explosive power
(c) Senior Citizen (d) endurance
3. (a) Walk test (b) Athletics track
(c) Determine flexibility (d) 50 yards
4. (a) Excellent (b) 55-79
(c) Poor (d) 50 yard
5. (a) Flamingo balance test, plate tapping test
(b) Strength: (i) Abdominal (Partial Curl-up); (ii) Muscular Endurance (Push Ups for Boys, Modified Push Ups for Girls), Flexibility (Sit and Reach Test), Cardiovascular Endurance (600 Meter Run/Walk), Speed (50 mt. Dash)
(c) Body Composition (BMI)
6. (a) For strength and Endurance
(b) 50 mt dash (c) 30 seconds

E. LONG ANSWER TYPE QUESTIONS

1. (See Page No. 183, Art. 6.1.3)
2. (See Page No. 199, Art. 6.4.5)
3. (See Page No. 187, Art. 6.1.4)
4. (See Page No. 195-196, Art. 6.4.2)
5. (See Page No. 199-200, Art. 6.4.6)
6. (See Page No. 202-203, Art. 6.5)
7. Projects (*Try yourself*)
8. (See Page No. 182, Art. 6.1)
9. (See Page No. 182-183, Art. 6.1.2)
10. (See Page No. 199-200, Art. 6.4.6)
11. (See Page No. 194, 195 & 196, Art. 6.4.1 and 6.4.2)
12. (See Page No. 202, Art. 6.5)
13. (See Page No. 185, Art. 6.1.4, Page No. 188, Art. 6.1.4(5) & Page No. 186, Art. 6.1.4(2a))
14. (See Page No. 194-196, Art. 6.4.1 & 6.4.2)
15. (See Page No. 194-197, Art. 6.4.1-6.4.4)
16. (See Page No. 182-184, Art. 6.1.2 & 6.1.3)

UNIT-7: PHYSIOLOGY & INJURIES IN SPORTS

A. MULTIPLE CHOICE QUESTIONS

- | | | | | | | | | |
|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1. (a) | 2. (a) | 3. (a) | 4. (b) | 5. (b) | 6. (b) | 7. (a) | 8. (b) | 9. (d) |
| 10. (c) | 11. (a) | 12. (d) | 13. (c) | 14. (c) | 15. (c) | 16. (d) | 17. (b) | 18. (b) |
| 19. (a) | 20. (d) | 21. (b) | 22. (c) | 23. (a) | 24. (b) | 25. (d) | 26. (c) | 27. (a) |
| 28. (d) | 29. (a) | 30. (a) | 31. (c) | 32. (b) | 33. (b) | 34. (b) | 35. (d) | 36. (b) |
| 37. (a) | 38. (b) | 39. (b) | 40. (c) | 41. (c) | 42. (a) | 43. (c) | 44. (b) | 45. (a) |
| 46. (b) | | | | | | | | |

ASSERTION & REASON TYPE: 1. (c) 2. (b)

MATCHING TYPE: 1. (b) 2. (a) 3. (c) 4. (c) 5. (b) 6. (a)

IDENTIFY TYPE: 1. (b) 2. (c) 3. (a)

B. VERY SHORT ANSWER TYPE QUESTIONS

1. (See Page No. 231, Art. 7.5.4)
2. (See Page No. 230, Art. 7.5.4)
3. (See Page No. 216, Art. 7.1.1)
4. (See Page No. 214, Art. 7.1.1)
5. (See Page No. 216, Art. 7.1.1)
6. (See Page No. 233, Art. 7.5.5)
7. (See Page No. 231, Art. 7.5.4)
8. (See Page No. 232, Art. 7.5.4)
9. (See Page No. 213, (Introduction))
10. (See Page No. 216, Art. 7.1.1)
11. (See Page No. 217, Art. 7.1.1)
12. (See Page No. 220, Art. 7.2.1)
13. (See Page No. 226, Art. 7.5)
14. (See Page No. 227, Art. 7.5.1)
15. (See Page No. 225, Art. 7.4.1)
16. (See Page No. 231, Art. 7.5.4)
17. (See Page No. 234-235, Art. 7.5.7)
18. (See Page No. 214-215, Art. 7.1.1)
19. (See Page No. 221, Art. 7.3)
20. (See Page No. 219, Art. 7.2)
21. (See Page No. 231, Art. 7.5.4)



22. (See Page No. 222, Art. 7.3.2)
23. (See Page No. 224-225, Art. 7.3.5)
24. (See Page No. 233, Art. 7.5.4)
25. (See Page No. 220, Art. 7.2.2)
26. (See Page No. 213-214, Art. 7.1)
27. (See Page No. 227, Art. 7.5)
28. (See Page No. 234, Art. 7.5.7)
29. (See Page No. 232, Art. 7.5.4)
30. (See Page No. 231, Art. 7.5.4)
31. (See Page No. 231, Art. 7.5.4)
32. (See Page No. 231-232, Art. 7.5.4)

C. SHORT ANSWER TYPE QUESTIONS

1. (See Page No. 224, Art. 7.3.3)
2. (See Page No. 227, Art. 7.5.1)
3. (See Page No. 234, Art. 7.5.6)
4. (See Page No. 222, Art. 7.3.2)
5. (See Page No. 225, Art. 7.3.5)
6. (See Page No. 219-220 Art. 7.2.1)
7. (See Page No. 220, Art. 7.2.2)
8. (See Page No. 235, Art. 7.5.7)
9. (See Page No. 233, Art. 7.5.4)
10. (See Page No. 221, Art. 7.3)
11. (See Page No. 222, Art. 7.3.3)
12. (See Page No. 230, Art. 7.5.4)
13. (See Page No. 221, Art. 7.3)
14. (See Page No. 214-215, Art. 7.3.1)
15. (See Page No. 200, Art. 7.1.1)
16. (See Page No. 213, Art. 7.1.1)
17. (See Page No. 214, Art. 7.1)
18. (See Page No. 220, Art. 7.2.1)
19. (See Page No. 219, Art. 7.2.1)
20. (See Page No. 222, Art. 7.3.2)
21. (See Page No. 225, Art. 7.3.6)
22. (See Page No. 222-223, Art. 7.3.3)
23. (See Page No. 223, Art. 7.3.3)
24. (See Page No. 223, Art. 7.3.3)
25. (See Page No. 225, Art. 7.3.3)
26. (See Page No. 225-226, Art. 7.4.2)
27. (See Page No. 235, Art. 7.5.7)
28. (See Page No. 232, Art. 7.5.4)
29. (See Page No. 234-235, Art. 7.5.7)
30. (See Page No. 220, Art. 7.2.2)
31. (See Page No. 234, Art. 7.5.7)
32. (See Page No. 234-235, Art. 7.5.7)
33. (See Page No. 229, Art. 7.5.2)

D. CASE STUDY & PIE CHART TYPES

1. (a) Due to flexibility and elasticity of ligament decreases
(b) Musculoskeletal system
(c) Sprain
(d) ankle
2. (a) Improve cardiovascular system
(b) Unhealthy, obesity
(c) Women, growing child, older people
(d) heart
3. (a) Strength
(b) 35-40 years
(c) 72
(d) joints
4. (a) Plasma increases
(b) ↑ BP
(c) Increases
(d) CO₂
5. (a) Sprain
(b) Strain
(c) Sprain
(d) skin
6. (a) breaking of bone
(b) Transverse
(c) Oblique fracture

E. LONG ANSWER TYPE QUESTIONS

1. (See Page No. 214-215, Art. 7.1.1)
2. (See Page No. 232, Art. 7.5.4)
3. (See Page No. 232-233, Art. 7.5.4)
4. (See Page No. 222-223, Art. 7.2.2)
5. (See Page No. 220, Art. 7.2.2)
6. (See Page No. 214-215 & 217-218, Art. 7.1.1)
7. (See Page No. 225-226, Art. 7.4.2)
8. (See Page No. 227, Art. 7.5.1)
9. (See Page No. 229-230, Art. 7.5.2)
10. (See Page No. 226, Art. 7.5.2)
11. (See Page No. 226-228, Art. 7.5)
12. (See Page No. 231-232, Art. 7.5.4)
13. (See Page No. 224-225, Art. 7.3.5 & 7.3.6)
14. (See Page No. 229, Art. 7.5.3)
15. (See Page No. 234, Art. 7.5.6)
16. (See Page No. 234-235, Art. 7.5.7)
17. Projects (Try yourself)
18. (See Page No. 213-214, Art. 7.1)
19. (See Page No. 219, Art. 7.2)
20. (See Page No. 222 & 225, Art. 7.3.2 & Art. 7.3.6)
21. (See Page No. 222-223, Art. 7.3.2 & 7.3.3)
22. (See Page No. 223, Art. 7.3.3)

UNIT-8: BIOMECHANICS & SPORTS

A. MULTIPLE CHOICE QUESTIONS

1. (a) 2. (c) 3. (b) 4. (c) 5. (a) 6. (b) 7. (c) 8. (c) 9. (b)
10. (a) 11. (a) 12. (c) 13. (a) 14. (a) 15. (d) 16. (b) 17. (c) 18. (c)
19. (c) 20. (a) 21. (b) 22. (c) 23. (c) 24. (b, c) 25. (b) 26. (c) 27. (c)
28. (a) 29. (b) 30. (a) 31. (a) 32. (d) 33. (c) 34. (a) 35. (a) 36. (c)
37. (a) 38. (c) 39. (a) 40. (a)



ASSERTION & REASON TYPE: 1. (a) 2. (b) 3. (c)

IDENTIFY TYPE: 1. (b) 2. (a)

B. VERY SHORT ANSWER TYPE QUESTIONS

- | | | |
|--------------------------------------|------------------------------------|------------------------------------|
| 1. (See Page No. 244, (Introduction) | 6. (See Page No. 258, Art. 8.4.1) | 11. (See Page No. 262, Art. 8.5.3) |
| 2. (See Page No. 244, Art. 8.1.1) | 7. (See Page No. 258, Art. 8.4.1) | 12. (See Page No. 263, Art. 8.5.3) |
| 3. (See Page No. 249, Art. 8.2) | 8. (See Page No. 260, Art. 8.4.3) | 13. (See Page No. 259, Art. 8.4.2) |
| 4. (See Page No. 252, Art. 8.3.1) | 9. (See Page No. 261, Art. 8.5.1) | |
| 5. (See Page No. 255, Art. 8.3.6) | 10. (See Page No. 262, Art. 8.5.3) | |

C. SHORT ANSWER TYPE QUESTIONS

- | | | |
|-----------------------------------|---------------------------------------|--|
| 1. (See Page No. 247, Art. 8.1.3) | 9. (See Page No. 244-246, Art. 8.1) | 15. (See Page No. 255-256, Art. 8.3.6) |
| 2. (See Page No. 250, Art. 8.2.1) | 10. (See Page No. 244-246, Art. 8.1) | 16. (See Page No. 258, Art. 8.4.1) |
| 3. (See Page No. 258, Art. 8.4.1) | 11. (See Page No. 248, Art. 8.2) | 17. (See Page No. 262, Art. 8.5.3) |
| 4. (See Page No. 245, Art. 8.1.1) | 12. (See Page No. 249, Art. 8.2.1) | 18. (See Page No. 262-263, Art. 8.5.3) |
| 5. (See Page No. 259, Art. 8.4.2) | 13. (See Page No. 252-253, Art. 8.3.1 | 19. (See Page No. 258, Art. 8.4.1) |
| 6. (See Page No. 258, Art. 8.4.1) | & Art. 8.3.2) | 20. (See Page No. 247, Art. 8.1.3) |
| 7. (See Page No. 254, Art. 8.3.2) | 14. (See Page No. 253-255, Art. 8.3.2 | |
| 8. (See Page No. 244, Art. 8.1.1) | & 8.3.5) | |

D. CASE STUDY & PIE CHART TYPES

- | | |
|---|---|
| 1. (a) It deals with physics principle | (c) Equal and opposite reaction |
| (b) Mechanics | (d) $F = MA$ |
| (c) by dry surface | |
| (d) rolling | 4. (a) Stability (b) Position of the body |
| 2. (a) Law of inertia | (c) Zero (d) Weight OR Equilibrium |
| (b) Directly proportional, No relationship. | |
| (c) The law of acceleration | 5. (a) 30° (c) large |
| (d) 1 kilogram meter per second squared | 6. (a) Third law of motion (b) frictional force |
| 3. (a) First law (b) 300 M race | (c) Second law of motion (d) Acceleration |

E. LONG ANSWER TYPE QUESTIONS

- | | | |
|---|--------------------------------------|---|
| 1. (See Page No. 244-247, Art. 8.1) | 8. (See Page No. 245-247, Art. 8.1.2 | 17. (See Page No. 262, Art. 8.5.3) |
| 2. (See Page No. 258-259, Art. 8.4.1 & 8.4.2) | & Art. 8.1.3) | 18. (See Page No. 263, Art. 8.5.4) |
| 3. (See Page No. 252-255, Art. 8.3) | 9. (See Page No. 249, Art. 8.2.1) | 19. (See Page No. 258, Art. 8.4.1 & Page No. 260, Art. 8.4.4) |
| 4. (See Page No. 262-263, Art. 8.5.3) | 10. (See Page No. 248-249, Art. 8.2) | 20. (See Page No. 258-259, Art. 8.4.1 & Art. 8.4.2) |
| 5. (See Page No. 250-251, Art. 8.2.1) | 11. (See Page No. 254, Art. 8.3.4) | 21. (See Page No. 261-262 & 263, Art. 8.5.1 & 8.5.3 & 8.5.4) |
| 6. (See Page No. 261-262, Art. 8.5.2) | 12. (See Page No. 256, Art. 8.3.6) | |
| 7. (See Page No. 251, Art. 8.2.2) | 13. (See Page No. 258, Art. 8.4.1) | |
| | 14. (See Page No. 260, Art. 8.4.4) | |
| | 15. (See Page No. 259, Art. 8.4.2) | |
| | 16. (See Page No. 262, Art. 8.5.3) | |

UNIT-9: PSYCHOLOGY & SPORTS

A. MULTIPLE CHOICE QUESTIONS

- | | | | | | | | | |
|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1. (b) | 2. (b) | 3. (d) | 4. (a) | 5. (c) | 6. (a) | 7. (d) | 8. (a) | 9. (c) |
| 10. (b) | 11. (a) | 12. (d) | 13. (d) | 14. (d) | 15. (b) | 16. (a) | 17. (d) | 18. (b) |
| 19. (b) | 20. (b) | 21. (b) | 22. (c) | 23. (b) | 24. (b) | 25. (b) | 26. (d) | 27. (a) |
| 28. (a) | 29. (c) | 30. (a) | 31. (a) | 32. (d) | 33. (c) | 34. (b) | 35. (b) | 36. (c) |
| 37. (a) | 38. (d) | 39. (c) | 40. (b) | 41. (a) | 42. (d) | 43. (c) | 44. (a) | 45. (a) |
46. two types



ASSERTION & REASON TYPE: 1. (b) 2. (c) 3. (d)

MATCHING TYPE: 1. (a) 2. (b) IDENTIFY TYPE: 1. (a)

B. VERY SHORT ANSWER TYPE QUESTIONS

1. (See Page No. 270, Art. 9.1.1)
2. (See Page No. 280, Art. 9.3.1)
3. (See Page No. 281, Art. 9.3.3)
4. (See Page No. 271, Art. 9.1.3)
5. (See Page No. 271, Art. 9.1.2)
6. (See Page No. 274, Art. 9.2.2)
7. (See Page No. 280, Art. 9.3.2)
8. (See Page No. 283, Art. 9.5.1)
9. (See Page No. 287, Art. 9.6.2)
10. (See Page No. 287, Art. 9.6.3)
11. (See Page No. 286, Art. 9.6.1)
12. (See Page No. 290, Art. 9.6.7)
13. (See Page No. 290, Art. 9.6.6)
14. (See Page No. 288, Art. 9.6.4)
15. (See Page No. 272, Art. 9.1.4)
16. (See Page No. 287, Art. 9.6.3)
17. (See Page No. 290, Art. 9.6.7)

C. SHORT ANSWER TYPE QUESTIONS

1. (See Page No. 270-271, Art. 9.1.2)
2. (See Page No. 275-276, Art. 9.2.2)
3. (See Page No. 277-278, Art. 9.2.3)
4. (See Page No. 289, Art. 9.6.6)
5. (See Page No. 284, Art. 9.5.1)
6. (See Page No. 271, Art. 9.1.2)
7. (See Page No. 272-273, Art. 9.1.4)
8. (See Page No. 273-274, Art. 9.2.1)
9. (See Page No. 275, Art. 9.2.2)
10. (See Page No. 277, Art. 9.2.3)
11. (See Page No. 289-290, Art. 9.6.6)
12. (See Page No. 270, Art. 9.1.1 and Page No. 288, Art. 9.6.4)
13. (See Page No. 273, Art. 9.2.1)
14. (See Page No. 276, Art. 9.2.2)
15. (See Page No. 277-278, Art. 9.2.3)
16. (See Page No. 281, Art. 9.3.3)
17. (See Page No. 282-283, Art. 9.4)
18. (See Page No. 282-283, Art. 9.3.3)
19. (See Page No. 283-284, Art. 9.5.1)
20. (See Page No. 284, Art. 9.5.2)
21. (See Page No. 285, Art. 9.5.2)
22. (See Page No. 272, Art. 9.1.3)
23. (See Page No. 272-273, Art. 9.1.4)
24. (See Page No. 273, Art. 9.1.4)
25. (See Page No. 287, Art. 9.6.3)
26. (See Page No. 284, Art. 9.5.2)
27. (See Page No. 271, Art. 9.1.3)
28. (See Page No. 283-284, Art. 9.5.1 & 9.5.2)
29. (See Page No. 273, Art. 9.1.4)

D. CASE STUDY & PIE CHART TYPES

1. (a) Development of physique
(b) Through motivation
(c) giving reward
(d) move
2. (a) Partially
(b) Jung classification
(c) reactive
(d) harm or injury
3. (a) Extraversion
(b) 10%
(c) Conscientiousness
(d) personality
4. (a) Neuroticism
(b) Captain
(c) Introvert
(d) Assertive
5. (a) Hostile
(b) Reactive
(c) Big five personality traits
(d) Assertive aggression
- (e) Intrinsic motivation & Extrinsic motivation. Intrinsic Motivation better than Extrinsic Motivation. Intrinsic motivation is typically more effective long term for completing tasks and achieving goals in a way that makes you feel fulfilled.

E. LONG ANSWER TYPE QUESTIONS

1. (See Page No. 271-272, Art. 9.1.3)
2. (See Page No. 276, Art. 9.2.2)
3. (See Page No. 275-276, Art. 9.2.2)
4. (See Page No. 277-279, Art. 9.2.3)
5. (See Page No. 279, Art. 9.2.4)
6. (See Page No. 281-282, Art. 9.3.3)
7. (See Page No. 288-289, Art. 9.6.5)
8. (See Page No. 282-283, Art. 9.4)
9. (See Page No. 287, Art. 9.6.3)
10. (See Page No. 284-285, Art. 9.5.1, 9.5.2)
11. (See Page No. 273-274, Art. 9.2.1)
12. (See Page No. 274-275, Art. 9.2.2)
13. (See Page No. 290-291, Art. 9.6.7)
14. (See Page No. 287-288, Art. 9.6.3)
15. Projects (*Try yourself*)
16. (See Page No. 272-273, Art. 9.1.4)
17. (See Page No. 278, Art. 9.2.3)
18. (See Page No. 278-279, Art. 9.2.3)
19. (See Page No. 280-281, Art. 9.3.2)
20. (See Page No. 284-285, Art. 9.5.2)
21. (See Page No. 289-290, Art. 9.6.6)
22. (See Page No. 289, Art. 9.6.6)
23. (See Page No. 272-273, Art. 9.1.4)

UNIT-10: TRAINING IN SPORTS

A. MULTIPLE CHOICE QUESTIONS

1. (b) 2. (d) 3. (b) 4. (c) 5. (a) 6. (d) 7. (b) 8. (c) 9. (c)
10. (c) 11. (c) 12. (c) 13. (b) 14. (a) 15. (a) 16. (c) 17. (c) 18. (b)
19. (d) 20. (c) 21. (b) 22. (d) 23. (d) 24. (a) 25. (c) 26. (b) 27. (b)
28. (c) 29. (b) 30. (c) 31. (d) 32. (a) 33. (a) 34. (a) 35. (b) 36. (c)
37. (b) 38. (d) 39. (c) 40. (a) 41. (b) 42. (d) 43. (a) 44. (b) 45. (c)
46. (c) 47. (a) 48. (a) 49. (d) 50. (d) 51. (b)



ASSERTION & REASON TYPE: 1. (c) 2. (a) 3. (a) 4. (b) 5. (a)

MATCHING TYPE: 1. (b) 2. (a) 3. (b) 4. (a) 7. (d)

IDENTIFY TYPE: 1. (a) 2. (c)

B. VERY SHORT ANSWER TYPE QUESTIONS

1. (See Page No. 300, Art. 10.1.1)
2. (See Page No. 301, Art. 10.2.1)
3. (See Page No. 302, Art. 10.2.1)
4. (See Page No. 302, Art. 10.2.1)
5. (See Page No. 302, Art. 10.3.1)
6. (See Page No. 307, Art. 10.3.3)
7. (See Page No. 315, Art. 10.6.2)
8. (See Page No. 304, Art. 10.3.3)
9. (See Page No. 317, Art. 10.7.1)
10. (See Page No. 312, Art. 10.5.1)
11. (See Page No. 313, Art. 10.5.3)
12. (See Page No. 310, Art. 10.4.2)
13. (See Page No. 308, Art. 10.4.1)
14. (See Page No. 305, Art. 10.3.3)
15. (See Page No. 316, Art. 10.6.3)
16. (See Page No. 317, Art. 10.7.2)
17. (See Page No. 303, Art. 10.3.1)
18. (See Page No. 303, Art. 10.3.2)
19. (See Page No. 303, Art. 10.3.2)
20. (See Page No. 301, Art. 10.2.1)
21. (See Page No. 309, Art. 10.4.2)
22. (See Page No. 309, Art. 10.4.1)
23. (See Page No. 314, Art. 10.6)
24. (See Page No. 303, 304, Art. 10.3.1, 10.3.2)
25. (See Page No. 306-307, Art. 10.3.3)
26. (See Page No. 310, Art. 10.4.2)
27. (See Page No. 309-310, Art. 10.4.2)
28. (See Page No. 305-306, Art. 10.3.3 & Page No. 306-307, Art. 10.3.3)
29. (See Page No. 314, Art. 10.6)
30. (See Page No. 308-309, Art. 10.4.1)
31. (See Page No. 304-305, Art. 10.3.3)
32. (See Page No. 301, Art. 10.1.1)
33. (See Page No. 301, Art. 10.1.1)
34. (See Page No. 311, Art. 10.4.2)

C. SHORT ANSWER TYPE QUESTIONS

1. (See Page No. 304-305, Art. 10.3.3)
2. (See Page No. 306-307, Art. 10.3.3)
3. (See Page No. 312, Art. 10.5)
4. (See Page No. 309-310, Art. 10.4.2)
5. (See Page No. 313, Art. 10.5.3)
6. (See Page No. 317, Art. 10.7.2)
7. (See Page No. 318, Art. 10.8.1)
8. (See Page No. 319, Art. 10.8.1)
9. (See Page No. 313, Art. 10.5.3)
10. (See Page No. 301, Art. 10.1.1)
11. (See Page No. 309, Art. 10.4.1)
12. (See Page No. 303, Art. 10.3.1)
13. (See Page No. 315-316, Art. 10.6.3)
14. (See Page No. 317, Art. 10.7.2)
15. (See Page No. 300, Art. 10.1.1)
16. (See Page No. 309, Art. 10.4.1)
19. (See Page No. 308, Art. 10.4.1)

D. CASE STUDY & PIE CHART TYPES

1. (a) Macro Cycle (b) Endurance
(c) Fartlek training method
(d) Endurance, strength and speed
OR Effort and Recovery
2. (a) Landing improper
(b) Development of technique
(c) music (d) practice
3. (a) Fell down and unconscious
(b) Make him relaxed (c) stamina
(d) Isometric strength
4. (a) Stamina and endurance
(b) Endurance, speed, strength
(c) fatigue (d) strength
5. (a) Continuous training method
(b) Endurance ability
(c) Effort and Recovery (d) Continuity
6. (a) Fartlek training (b) Speed play
(c) flexibility (d) speed play
7. (a) Cycling (b) Swimming
(c) Walking (d) Specific

D. LONG ANSWER TYPE QUESTIONS

1. (See Page No. 314, Art. 10.6.1 & Page No. 315-316, Art. 10.6.3)
2. Page No. 308, Art. 10.4.1 & Page No. 309-310, Art. 10.4.2
3. (See Page No. 310-311, Art. 10.4.2)
4. (See Page No. 304, Art. 10.3.3)
5. (See Page No. 317-318, Art. 10.7.1 & 10.7.2)
6. (See Page No. 310, Art. 10.4.2)
7. Project (*Do it yourself*)
8. (See Page No. 302, Art. 10.3.1 & Page No. 304-306, Art. 10.3.3)
9. (See Page No. 314, Art. 10.6.1 & 10.6.2 & Page No. 315-316, Art. 10.6.3)
10. (See Page No. 308, Art. 10.4.1 & Page No. 309-310, Art. 10.4.2)
11. (See Page No. 302, Art. 10.3.1 & Page No. 304-306, Art. 10.3.3)
12. (See Page No. 312, Art. 10.5.1 & 10.5.2 & Page No. 318, Art. 10.5.3)
13. (See Page No. 317-318, Art. 10.7)
14. (See Page No. 310, Art. 10.4.2)
15. (See Page No. 312, Art. 10.5.1 & Page 313, Art. 10.5.3)
16. (See Page No. 314 & 315, Art. 10.6.2 & 10.6.3)
17. (See Page No. 303, Art. 10.3.2)
18. (See Page No. 304, Art. 10.3.3)



NOTES

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