



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) 6. (b)

IDENTIFY TYPE: 1. (a)

B. VERY SHORT ANSWER TYPE QUESTIONS

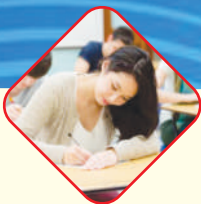
1. (See Page No. 2, *Introduction*) 6. (See Page No. 16, Art. 1.3.3) 11. (See Page No. 21-23, Art. 1.3.5)
 2. (See Page No. 2, Art. 1.1) 7. (See Page No. 25, Art. 1.4.2) 12. (See Page No. 21, Art. 1.3.5)
 3. (See Page No. 2, Art. 1.1) 8. (See Page No. 28, Art. 1.5.2) 13. (See Page No. 19 & 20, Art. 1.3.4)
 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

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) Combined
 (d) Percentage of point = $\frac{\text{Total points obtained}}{\text{Maximum possible points}} \times 100$ 6. (a) 8 (b) N-1
 (c) Semifinals (d) 2n - N
3. (a) Refreshment Committee & Accommodation Committee 7. (a) Reception Committee
 (b) Prizes Committee (b) Publicity Committee
 (c) Reception Committee (c) Finance Committee
 (d) Publicity Committee (d) Technical Committee



E. LONG ANSWER TYPE QUESTIONS

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

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. 40, Art. 2.1) | 7. (See Page No. 47, Art. 2.2.7) | 13. (See Page No. 59, Art. 2.5.3) |
| 2. (See Page No. 44, Art. 2.2) | 8. (See Page No. 56, Art. 2.4.1) | 14. (See Page No. 59, Art. 2.5.3) |
| 3. (See Page No. 44, Art. 2.2) | 9. (See Page No. 58, Art. 2.5.1) | 15. (See Page No. 46, Art. 2.2.5) |
| 4. (See Page No. 45, Art. 2.2.2) | 10. (See Page No. 58, Art. 2.5.2) | 16. (See Page No. 46, Art. 2.2.3) |
| 5. (See Page No. 46, Art. 2.2.5) | 11. (See Page No. 46, Art. 2.2.3) | 17. (See Page No. 56, Art. 2.4 (i)) |
| 6. (See Page No. 47, Art. 2.2.7) | 12. (See Page No. 59, Art. 2.5.3) | 18. (See Page No. 46, Art. 2.2.4) |

C. SHORT ANSWER TYPE QUESTIONS

- | | | |
|-----------------------------------|------------------------------------|------------------------------------|
| 1. (See Page No. 52, Art. 2.2.14) | 10. (See Page No. 58, Art. 2.5.2) | 19. (See Page No. 45, Art. 2.2.1) |
| 2. (See Page No. 58, Art. 2.5.2) | 11. (See Page No. 58, Art. 2.5.1) | 20. (See Page No. 49, Art. 2.2.10) |
| 3. (See Page No. 52, Art. 2.2.15) | 12. (See Page No. 57, Art. 2.5) | 21. (See Page No. 40, Art. 2.1) |
| 4. (See Page No. 57, Art. 2.5) | 13. (See Page No. 49, Art. 2.2.10) | 22. (See Page No. 53, Art. 2.3.2) |
| 5. (See Page No. 46, Art. 2.2.4) | 14. (See Page No. 53, Art. 2.3.1) | 23. (See Page No. 56, Art. 2.4.2) |
| 6. (See Page No. 45, Art. 2.2.2) | 15. (See Page No. 40, Art. 2.1.1) | 24. (See Page No. 56, Art. 2.4.1) |
| 7. (See Page No. 45, Art. 2.2.1) | 16. (See Page No. 42, Art. 2.1.4) | 25. (See Page No. 58, Art. 2.5.2) |
| 8. (See Page No. 46, Art. 2.2.5) | 17. (See Page No. 50, Art. 2.2.11) | 26. (See Page No. 59, Art. 2.5.3) |
| 9. (See Page No. 47, Art. 2.2.7) | 18. (See Page No. 46, Art. 2.2.5) | 27. (See Page No. 53, Art. 2.3) |

D. CASE STUDY & PIE CHART TYPES

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



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)

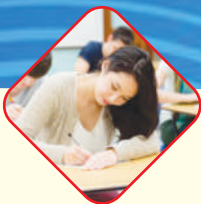
IDENTIFY TYPE: 1. (a) 2. (c) 3. (d) 4. (d) 5. (d) 6. (b)

B. VERY SHORT ANSWER TYPE QUESTIONS

- (See Page No. 72, (*Introduction*))
- (See Page No. 73)
- (See Page No. 73)
- (See Page No. 72)
- (See Page No. 74, Art. 3.1.1)
- (See Page No. 85, Art. 3.2.1)
- (See Page No. 94, Art. 3.3.1)
- (See Page No. 95, Art. 3.3.2)
- (See Page No. 99, Art. 3.4.1)
- (See Page No. 108, Art. 3.5.1)
- (See Page No. 100-101, Art. 3.4.1)
- (See Page No. 108, Art. 3.5)
- (See Page No. 87, Art. 3.2.5)
- (See Page No. 109, Art. 3.5.4)
- (See Page No. 94, Art. 3.3.1)
- (See Page No. 82, Art. 3.1.10)
- (See Page No. 77, Art. 3.1.4)
- (See Page No. 105, Art. 3.4.11)

C. SHORT ANSWER TYPE QUESTIONS

- (See Page No. 77, Art. 3.1.4)
- (See Page No. 79 & 80, Art. 3.1.6 & 3.1.7)
- (See Page No. 82, Art. 3.1.9)
- (See Page No. 76, Art. 3.1.3)
- (See Page No. 81, Art. 3.1.9)
- (See Page No. 86, Art. 3.2.4)
- (See Page No. 81, Art. 3.1.8)
- (See Page No. 78-79, Art. 3.1.6)
- (See Page No. 78, Art. 3.1.5)
- (See Page No. 95, Art. 3.3.2)
- (See Page No. 88, Art. 3.2.7)
- (See Page No. 89, Art. 3.2.10)
- (See Page No. 85, Art. 3.2.1)
- (See Page No. 90, Art. 3.2.11)
- (See Page No. 83, Art. 3.1.11)
- (See Page No. 87, Art. 3.2.5)
- (See Page No. 77, Art. 3.1.4)
- (See Page No. 108-109, Art. 3.5.1)
- (See Page No. 94, Art. 3.2.14)
- (See Page No. 99, Art. 3.3.13)
- (See Page No. 91, Art. 3.2.12)
- (See Page No. 82, Art. 3.1.10)
- (See Page No. 84, Art. 3.1.12)
- (See Page No. 81, Art. 3.1.8)
- (See Page No. 88, Art. 3.2.7)
- (See Page No. 81, Art. 3.1.8)
- (See Page No. 87, Art. 3.2.5)
- (See Page No. 76, Art. 3.1.3)
- (See Page No. 77, Art. 3.1.4)
- (See Page No. 90, Art. 3.2.11)
- (See Page No. 104, Art. 3.4.6)
- (See Page No. 99, Art. 3.3.13)
- (See Page No. 109, Art. 3.5.4)
- (See Page No. 110, Art. 3.5.10)
- (See Page No. 99, Art. 3.3.13)
- (See Page No. 109, Art. 3.5.4)
- (See Page No. 83, Art. 3.1.11)
- (See Page No. 78, Art. 3.1.5)
- (See Page No. 87, Art. 3.2.5)
- (See Page No. 106, Art. 3.4.12)
- (See Page No. 93-94, Art. 3.2.14)
- (See Page No. 86, Art. 3.2.4)



D. CASE STUDY & PIE CHART TYPES

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|--|--|---|
| 1. (a) Gomukhasana
(c) Sciatica | (b) Asthma, Diabetes
(d) Hip joint | 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. |
| 2. (a) Bhujangasana
(c) Yoga and Exercise | (b) Snake
(d) 5 | 7. (a) Tadasana
(b) Urdhva Hastottanasana
(c) Uttana Mandukasana
(d) Gomukhasana |
| 3. (a) Vajrasana
(c) walk on outer edge of foot | (b) >30
(d) diamond | |
| 4. (a) Healthy diet
(c) Understanding | (b) personality related problem
(d) Tadasana/Halāsana | |
| 5. (a) Vajrasana
(c) Netiasana | (b) Gomukhasana
(d) knee | |

E. LONG ANSWER TYPE QUESTIONS

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

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

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

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

C. SHORT ANSWER TYPE QUESTIONS

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



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
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)

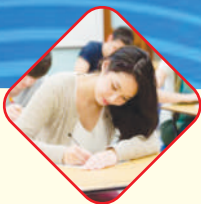
IDENTIFY TYPE: 1. (d) 2. (a) 3. (c)

B. VERY SHORT ANSWER TYPE QUESTIONS

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

C. SHORT ANSWER TYPE QUESTIONS

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



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 | (b) Exercising and balanced diet | 5. (a) Carbohydrates | (b) Proteins + Fats |
| (c) Drawbacks | (d) nutrition | (c) Fats | (d) three |
| 3. (a) Protein help us in increasing bone density, antibodies formation. | (b) Nitrogenous food | 6. (a) Obese | (b) 30-34.9 |
| (c) Kwashiorkor | (d) amino acid | (c) < 18.5 | (d) 18.5-24.9 |
| | | 7. (a) Normal weight | (b) 25.0 to 29.9 |
| | | (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 (Try yourself) | 17. (See Page No. 166, Art. 5.4.4) |
| 5. (See Page No. 168, Art. 5.4.7 & 5.4.8) | 11. Projects (Try yourself) | 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 (Introduction)) | 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(2(a))
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) | | | | | | | | |

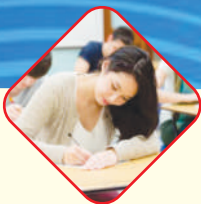
ASSERTION & REASON TYPE: 1. (c) 2. (b)

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 & Art. 8.3.2) | 19. (See Page No. 258, Art. 8.4.1) |
| 6. (See Page No. 258, Art. 8.4.1) | 14. (See Page No. 253-255, Art. 8.3.2 & 8.3.5) | 20. (See Page No. 247, Art. 8.1.3) |
| 7. (See Page No. 254, Art. 8.3.2) | | |
| 8. (See Page No. 244, Art. 8.1.1) | | |

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 | 4. (a) Stability (b) Position of the body |
| (d) rolling | (c) Zero (d) Weight OR Equilibrium |
| 2. (a) Law of inertia | 5. (a) 30° (c) large |
| (b) Directly proportional, No relationship. | 6. (a) Third law of motion (b) frictional force |
| (c) The law of acceleration | (c) Second law of motion (d) Acceleration |
| (d) 1 kilogram meter per second squared | |
| 3. (a) First law (b) 300 M race | |

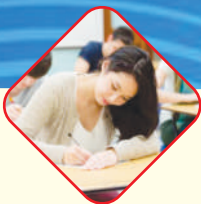
E. LONG ANSWER TYPE QUESTIONS

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