1. What do you mean by Camping?  
Ans1. It is an adventurous sport in which a person spends few days away from the routine life in the lap of nature along with the company of colleagues, friends or family.

2. Why is staircase Method the easiest method?  
Ans 2. No bye is given to any team and there is no problem of odd and even number of teams.

3. What is Scoliosis?  
Ans3. It is a postural deformity which means bending, twisting or rotating.

4. What do you mean by krais-weber test?  
Ans4. This test consists of six items and is helpful to measure the minimum muscular fitness of an individual.

5. What do you mean by Ageing?  
Ans5. Ageing is a process of gradual changes in the body with passage of time.

6. Define Projectile.  
Ans6. An object thrown into space either horizontally or at an acute angle under the action of gravity is called a projectile.

7. What do you mean by food supplement?  
Ans7. Food supplement is a nutrient that is added to our diet so as to nourish our body with the nutrients usually missing from our regular diets.

8. What do you mean by simple reaction ability?  
Ans 8. It is the ability to react immediately or quickly in already determined manner to a known signal.

9. Write any two essential elements of a positive sports environment.  
Ans9. (Any two)  
1) Adequately equipped sports stadiums/sports complexes 2) Courts/playgrounds 3) Sports, training, and protective equipment 4) Favorable climatic conditions 5) Culture and tradition of society embedded within person involved 6) Positive attitude and behavior of officials and spectators. 7) Positive attitude and behavior of parents and players towards sports 8) Drugs, tobacco and alcohol free environment.
10. What are the leadership qualities developed in the field of physical education?

Ans10. (Any two)
1) Energetic 2) Friendliness and affection towards others 3) Decisiveness
4) Technically skills 5) Intelligence 6) Teaching skills 7) Creativity 8) Interest in research
9) Good health 10) Dedication and determination 11) High motor capacity 12) Respect for other people

11. Write any two pitfalls of dieting. (2)

Ans11. (Any two)
1) Extreme reduction of calories 2) Restriction on some nutrients
3) Skipping of meals 4) Intake of calories through drinking
5) Underestimation the calories 6) Intake of labeled food 7) Lack of physical exercise.

12. What are the advantages of knock-out tournament? (2)

Ans12. (Any two)
1) It is less expensive 2) It is helpful in enhancing the standard of sports
3) It requires less time 4) Minimum number of official are required in it.

13. Write any two disadvantages of weight training. (2)

Ans13. 1) Risk of injuries 2) Less flexibility

14. What are the types of coping strategies? (2)

Ans14. 1) Problem focused coping strategies 2) Emotion focused coping strategies.

15. What are the methods to develop Endurance? (2)

Ans15. 1) Continuous Method 2) Interval Method 3) Fartlek Method

16. Elucidate any six reasons of low participation of women in Sports and games. (3)

Ans16. (Any six)
1) Lack of legislation 2) Lack of interest of spectators and no coverage of women sports
3) Lack of female sportspersons as role models 4) Lack of fitness and wellness movement
5) Lack of education amongst women 6) Less number of women coaches
7) Lack of personal safety 8) Sports and games are considered masculine
9) Lack of proper access to facilities 10) Attitude of society towards participation of women in sports.

17. What is trekking? Discuss various types of trekking. (3)

Ans17. Trekking refers to making the long and difficult journey on the mountains for pleasure or sport.
18. What are the three causes and three symptoms of anorexia nervosa? (3)
Ans18. Causes: 1) Psychological factors 2) Social factors 3) Biological factors

19. Discuss the factors affecting motor development in detail. (3)

20. Which methods are used to measure cardiovascular fitness test? (3) Explain any one.
Ans20. 1) Harvard step test 2) Rockport one mile test.
   1) Harvard step test:
   Equipment required: A gym bench or box (20 inches high for men and 16 inches for women), a stop watch and a tape.
   Procedure: the athlete stands on the bench and on the command of go starts stepping up and down on the bench/box @ 30 steps per min. for 5 min i.e 150 steps. Stop watch is used to time. Athlete sits down immediately after completion of the test. The same foot must step up each time. The total number of heartbeats is counted for 30 sec after completion of the last step.

   2) Rockport one mile test:
   Equipment: 400m track, stopwatch, weighing scale.
   Procedure: take the body weight of an individual. The individual has to run the distance of 1 mile. Record the time with the stopwatch. Record the heart rate with manual method or monitor method.

21. What do you mean by personality? Explain its dimensions. (3)
Ans21. It is the sum of inner and outer capabilities of an individual.

22. Draw a Fixture of 6 teams on league basis according to Cyclic Method. (5)
Ans22. Fixture of 6 teams

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23. What are Bow Legs? Explain the causes of and remedies for Bow Legs. (5)
Ans23. It is a postural deformity with wide gap between the knees caused when standing with feet together and knees are wide apart.

**Causes:**
1) Deficiency of vitamin d, calcium and phosphorous
2) Being Overweight
3) Improper way of walking
4) Forcing the baby to walk at early age.

**Remedies:**
1) Balanced diet
2) Intake of Vit d
3) Walking on the inner edge of feet
4) Walking by bending the toes inward.

24. Enlist the Senior Citizen Fitness Test. Explain any one. (5)

Ans24.
1) Chair stand test
2) Arm curl test
3) Chair sit and reach test
4) Back scratch test
5) Eight foot up and go test
6) Six minute walk test

1) **Chair stand test**

**Purpose:** To measure the lower body strength, particularly of the legs.

**Equipment:** A chair with a straight back, stop watch.

**Procedure:** Keep the chair against the wall. The participant sits in the middle of the seat. Feet should be at the shoulder level; the arms should be crossed held close to the chest. The participant stands up & sits back down at the start of the signal. Repeat for 30 sec. Count the total number of complete stands.

**Scoring:** The total number of completed chair stands during 30 sec.

2) **Arm curl test**

**Purpose:** This test is for upper body strength.

**Equipment:** 5 pound weight for women and 8 pound weight for men, a chair without arm and stop watch.

**Procedure:** The participant sits on the chair, holds the weight in his/her hand using suitcase grip. The upper arm should not move but the lower arm should move freely. Curl the arm through the complete range of motion. Repeat this action with 30 sec.

**Scoring:** The total number of arm curl performed in 30 sec.

3) **Chair sit and reach test**

**Purpose:** To assess the lower body flexibility.

**Equipment:** Ruler, a chair.

**Procedure:** The participant sits on the edge of the chair. One foot remains flat on the floor while the other leg is extended forward with the knee kept straight. Heel is kept on the floor and ankle is bent at 90 degrees. Participant reaches forward towards the toes by bending at the hip. His back, knee is straight and head up. The distance is measured between the tip of fingers tips and toes. If the finger tips touch the toes than the score is zero, if they do not touch then measure the distance between the fingers and the toes.

**Scoring:** The score is noted down to the nearest ½ inch or 1 cm as the distance reaches either a negative or positive score.

4) **Back scratch test**

**Purpose:** To assess the upper body (shoulder) flexibility.

**Equipment:** A ruler
Procedure: this test is performed in standing position. Keep the one hand behind the head and back over the shoulder and reach as far as possible down middle of your back. Your palm should touch the body and fingers should be downward. Then put your other arm behind your back, palm facing outward and fingers upward and reach up as far as possible. Try to touch the middle fingers of both hands. Measure the distance between the tip of the finger. If the finger tip touch the score is zero. If they don’t touch measure the distance between the fingertips. If they overlap measure by how much. Scoring: Record the two tests to the nearest centimeter.

5) Eight foot up and go test
Purpose: this is a coordination and agility test.
Equipment: a chair with straight back, a stop watch, cone maker, measuring tape, and area.
Procedure: the participant will sit. On the command go he will stand and walk as quickly as possible to and around cone and return to the chair to sit down. Time is noted as he sits down. Two trials are given.
Scoring: The best trial is noted to the nearest 1/10 second.

6) Six minute walk test
Purpose: To measure the functional fitness of senior citizen.
Equipment required: measuring tape, stop watch
Procedure: The walking distance is marked in a rectangular area with the help of cones. Participant will walk the maximum distance as quickly as possible in six min.
Scoring: The total distance or total round covered in 6 min.

25. Enumerate any five effects of exercise on Circulatory System. (5)
Ans25. (Any five)
1) Increase in the size of the heart 2) Decrease in heart rate 3) Increase in stroke volume 4) Increase in number of RBC 5) Increase in number of WBC 6) Increase in number and efficiency of capillaries 7) Decrease in cholesterol level 8) Delay in fatigue 9) Fast recovery period 10) Prevention from diseases.

26. Discuss the mechanical analysis of walking in detail. (5)
Ans26. 1) Stance phase- i) Heel strike ii) Early flat-foot iii) Late flat foot iv) Heel rise v) Toe off 2) Swing phase
1) Stance phase- it is the time when the foot is on the ground.
   i) Heel strike- when the heels first touches the ground and continues until the complete foot is on the ground.
   ii) Early flat foot- when the complete foot is on the ground and the centre of the gravity passes over the top of the foot.
   iii) Late flat foot- when centre of gravity passes in front of neutral position. This stage lasts when the heels lifts off the ground.
   iv) Heel rise- when the heels begin to leave the ground
   v) Toe off- when the toe leaves the ground completely.
2) **Swing phase**- when the one foot is on the ground and the other one is in the air. The foot which is in air is called to be swing phase.

27. Define Flexibility. Discuss its types. (5)

Ans27. It is the range of movement of joints.

1) **Passive flexibility**- It is the ability to perform movement with external help

2) **Active flexibility**- It is the ability to perform movement without external help. Eg stretching without the help of partner. It can be divided into two parts: i) Static. ii) Dynamic