



Time - 3 Hours

- All questions are mandatory.
- Attempt all and answer according to the marks allocated for each question.

(Section-A: Each Question 1 Mark)

- Q1 Sports management is based upon...  
(a) Efficient and Talented officials (b) Smart and clever officials  
(c) Weak and Greedy officials (d) None of these
- Q2 Who is the first president of the Indian Olympic Association (IOA)?  
(a) Sir Dorabji tata (b) Jawaharhal Nehru  
(c) Sardas vallabh Bhai Patel (d) M.K. Gandhi
- Q3 Who is known as the father of the modern Olympics?  
(a) Prof Jigaro kano (b) Sir Dorabji Tata  
(c) P.B.D. Coubertin (d) Joer Rogges
- Q4 Which of the following is not a bodybuilding Asanas?  
(a) Dhanurasana (b) Bhakrasana  
(c) Mayurasana (d) Savasana
- Q5 Physical Education comes through video:  
(a) Reading and writing (b) Playing video Games  
(c) Activities of Big Muscles (d) Watching Sports matches
- Q6 Which of the following tournaments is not recognized by IOA?  
(a) Olympic Games (b) Asian Games  
(c) CBSE Cluster Games (d) Inter- School friendly matches
- Q7 Ardh Malasyendra Asana improves:  
(a) Spinal Flexibility (b) Weight control  
(c) Abdominal muscle strength (d) Diabetes
- Q8 Dr. Ludwick Guttmann is related to:  
A. Paralympics Games B. Olympic Games  
C. Asian Games D. None of these
- Q9 Identify the asana:  
A. Paschimottanasana B. Halasana  
C. Vajrasana D. Dhanurasana
- Q10 Who was the first Arjuna Awardee in kho-kho?  
A. Shri Sudhir B. Parab B. Shri S. Prakash  
C. Ku. S. B. Kulkarni D. Ku. N. C. Sarolkar
- Q11 Which is the governing body of kho-kho in India?  
A. Bhartiya Kho-Kho Sangh B. Kho-Kho Federation of India  
C. Kho-Kho Association of India D. Bhartiya Kho-Kho Mandal
- Q12 Match the following:



(a) Technical Committee	(i) To provide shifting facility
(b) Finance Committee	(ii) To resolve the dispute
(c) Transport Committee	(iii) To deal with money and expenditure
(d) First Aid Committee	(iv) To provide medical facility

- (a) a-ii, b-iii, c-i, d-iv  
(c) a-ii, b-iii, c-iv, d-i

- (b) a-iii, b-ii, c-i, d-iv  
(d) a-iv, b-iii, c-i, d-ii

Q.13 Match the following:

I Plate Tapping Test	1. Upper body strength boys
II Push-up	2. Reaction time
III Partial Curl-up	3. Upper body strength girls
IV Modified pushup	4. Abdominal strength

A. I-2, II-1, III-4, IV-3

C. I-1, II-3, III-2, IV-4

B. I-2, II-3, III-1, IV-4

D. I-2, II-3, III-4, IV-1

**(Section-B: Each Question 2 Marks)**

Q14 ✓ Describe in brief the eligibility criteria for the Dronacharya Award.

Q15 ✓ Write down in detail about the International Olympic Committee.

Q16 \* If the weight of a person is 80 Kg and height is 1.75 meters, calculate his/her BMI.

Q17 \* Explain the Olympic Flame, Olympic Motto, and objective of the Olympic Games.

Q18 ✓ Enlist various Sports Awards and explain any one award in detail.

Q19 Highlight the main features of the Maulana Abul Kalam Azad Trophy.

Q20 \* Name five Arjuna Award Winners.

Q21 ✓ Draw the diagram of the Kabaddi playfield with its dimensions.

Q22 What are the dimensions of the kho-kho playfield? Mention its various lines.

**(Section-C: Each Question 3 Marks)**

Q23 Describe the aims and objectives of Netaji Subhash National Institute of Sports.

Q24 Write a short note on the Ancient Olympic Games.

Q25 Explain the causes of Diabetes. Explain the benefits of any six Asanas with the help of diagrams.