## **1 Mark Questions**

**VERY SHORT ANSWER TYPE QUESTION (1 MARK EACH)**  
**Q1. Define Motor Development?**

**Q2. What is Physical Activity?**

**Q3. State Food Supplement?**

**Q4. What do you mean Weight Training?**

**Q5. Elucidate the meaning of Gross Motor Development?**

**Q6. Defind Fine Motor Development?**

**Q7. Write the meaning of Quality of Life?**

## **3 Mark Questions**

**SHORT ANSWER TYPE QUESTION (80 TO 90 WORDS) –**  
**(3 MARKS EACH)**  
**Q1. Disadvantage of Weight Training in the children?**

**Q2. Write the need of Food supplements?**

**Q3. Write the Dis-advantage of Food supplements?**

**Q4. Write the physical benefits of exercise on children?**

**Q5. Explain the Physiological benefits of Physical exercise on children?**

## **5 Marks Questions**

**LONG ANSWER TYPE QUESTION [150 TO 200 WORDS] –**  
**(5 MARKS EACH)**  
**Q1. Write the Advantages of Weight Training?**

**Q2. Write the role of Physical activities in improving Quality of Life among the children?**

**Q3. Explain the Motor Development during the childhood?**

**Q4. Discuss the factors affecting Motor development in children?**