## **1 Mark Questions**

**VERY SHORT ANSWER TYPE QUESTION  
(1 MARK EACH)**  
**Q1. Define trajectory?**  
**Q2. What do you mean by sport biomechanics?**  
**Q3. What is power?**  
**Q4. Define Work?**  
**Q5. Explain Gravity?**  
**Q6. What is Air-resistance?**  
**Q7. Define velocity?**

## **3 Mark Questions**

**SHORT ANSWER TYPE QUESTION (80 TO 90 WORDS) –**  
**(3 MARKS EACH)**  
**Q1. What is Energy? Explain about Kinetic & Potential Energy?**  
**Q2. Differentiate between Linear and Angular Motion?**  
**Q3. What is Friction ? Discuss various types of Friction.**  
**Q4. Difference between Running and walking?**  
**Q5. Is friction advantageous or disadvantageous in the field of games and sports? Give your comments with examples.**

## **5 Marks Questions**

**LONG ANSWER TYPE QUESTION (5 MARKS EACH)**  
**Ql. What is Projectile? Explain the factors affecting projectile trajectory?**  
**Q2. Discuss the mechanical analysis of walking in details?**  
**Q3. What are the different phases of running cycle?**