## **1 Mark Questions**

**VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)**  
**Q1. What is knock-out tournament?**

**Q2. Explain league tournament?**

**Q3. What is ‘Bye’?**

**Q4. Define Intramurals?**

**Q5. Define extramurals?**

**Q6. What is health run?**

**Q7. What is run for Fun?**

## **3 Mark Questions**

**Q1. Write the advantages & disadvantages of knock-out tournaments.**  
**Ans.** **Advantages of Knock-out Tournaments**

**Q2. Define league. Explain its types. Write its advantage & disadvantage of league tournament?**

**Q3. Write the procedure of fixtures in league tournaments?**

**Q4. What are the objectives of Extramurals ?**

**Q5. Define Tournament? Write the types of tournaments?**

## **5 Marks Questions**

**Q1. Explain the principles of Intramurals.**

**Q2. Explain the objectives of planning.**

**Q3. Write the meaning of Intramural & write its principles.**

**Q4. Define extramurals. Writes its objectives & principles.**

**Q5. Explain the meaning of specific sports programme? Write its contribution for society.**

**Q6. Prepare the fixture in knock out & league tournaments.**