

SOLVED MOCK TEST -2

Time : 3 Hours

Max. Marks : 70

General Instructions

- Question paper contain 34 questions.
- All questions are compulsory.
- Question No. 1 to 20 carry 1 mark each. Write correct options on your answer sheet for each.
- Question No. 21 to 30 carry 3 marks each. Answer to these questions should be in approximately 80-100 words each.
- Question No. 31 to 34 carry 5 marks each. Answer to these question should be in approximately 150-200 words each.

Multiple Choose Question–1 Marks

1. Disability is developed by–

- | | | | |
|-------------|--------------------------|--------------------|--------------------------|
| (a) Genetic | <input type="checkbox"/> | (b) Balance diet | <input type="checkbox"/> |
| (c) Injury | <input type="checkbox"/> | (d) 'a' & 'c' both | <input type="checkbox"/> |

2. To draw fixtures method is not a mehtod of league tournamenl

- | | | | |
|-----------------------|--------------------------|-----------------------------|--------------------------|
| (a) Cyclic mehtod | <input type="checkbox"/> | (b) Knock out mehtod | <input type="checkbox"/> |
| (c) Stair case method | <input type="checkbox"/> | (d) Tabular mehtod | <input type="checkbox"/> |

Or

If no. of team are 19 in knock out turmament no. of matches.

- | | | | |
|---------|--------------------------|---------------|--------------------------|
| (a) 171 | <input type="checkbox"/> | (b) 18 | <input type="checkbox"/> |
| (c) 19 | <input type="checkbox"/> | (d) 20 | <input type="checkbox"/> |

3. Source of fat is:

- | | | | |
|----------------|--------------------------|-------------------|--------------------------|
| (a) Meat | <input type="checkbox"/> | (b) Butter | <input type="checkbox"/> |
| (c) Vegetables | <input type="checkbox"/> | (d) Cerales | <input type="checkbox"/> |

4. Anorexia nervosa an – – – – – disorder

- | | | | |
|-------------------|--------------------------|------------------|--------------------------|
| (a) Eating | <input type="checkbox"/> | (b) Mental | <input type="checkbox"/> |
| (c) Physical | <input type="checkbox"/> | (d) Intellectual | <input type="checkbox"/> |

Or

Menarche is – – – – – menstrual cycle / bleeding

(a) Cast ☐ (b) Regular ☐

(c) **First** ☐ (d) Prregualr ☐

5. In speed the most important factor is the?

(a) Leg power ☐ (b) Arm power ☐

(c) Length of leg ☐ (d) Type of muscler fibers. ☐

6. When child is not able to adjust within society or having no friends is suffer from–

(a) **ADHD** ☐ (b) ASD ☐

(c) ODD ☐ (d) OCD ☐

7. Which one of the following is responsible for Aerobic Actirites.

(a) Carbon-di-oxide ☐ (b) Hydrogen ☐

(c) **Oxygen** ☐ (d) Helium ☐

8. Incision is the injung of–

(a) Hard tissue ☐ (b) **Soft tissue** ☐

(c) Joints tissue ☐ (d) Bone tissues ☐

9. First step in sports tournament is –

(a) **Planning** ☐ (b) commitees ☐

(c) Oranifise ☐ (d) Coordination ☐

10. Fartlek training is used to develop –

(a) Strangth ☐ (b) **Endurance** ☐

(c) Speed ☐ (d) Flexibility ☐

11. Vitamin 'A' is – – – – – Vitamin

(a) **Water soluble** ☐ (b) Fat soluble ☐

(c) both of (a) & (b) ☐ (d) Insoluble ☐

Or

BMI is to measure

(a) **Body healthy weight**

☐

(b) Body strength

☐

(c) Body fat component

☐

(d) Body endurance

☐

12. Ardha. Matytsyendrasasanana, paschimotanasana are help pul in curing –

(a) Asthma

☐

(b) **Diabetes**

☐

(c) Cancer

☐

(d) Anoxexia nenosa

☐

13. When the ability of a person to work gradually decreases the that condition is called

(a) Childhood

☐

(b) Adolescence

☐

(c) Adulthood

☐

(d) Ageing

☐

14. 50 mts standing start race is used to determine –

(a) Co-coordination of body

☐

(b) Endurance

☐

(c) **Acceleration and speed**

☐

(d) Flexibilty & Agility

☐

Or

Harvard step test is used to measure

(a) **Cardio-vascular fitness**

☐

(b) Upper body flexibility

☐

(c) Lower strength

☐

(d) Co-ordination & Agility fitness

☐

15. Formula of B.M.I –

(a) $\frac{\text{Height}}{(\text{Weight})^2}$

☐

(b) $\frac{(\text{weight})}{(\text{Height})^2} \times 100$

☐

(c) $\frac{(\text{weight})}{(\text{Height})^2}$

☐

(d) $\frac{\text{Height}}{(\text{Weight})^2} \times 100$

☐

16. Lifting arm sideways is an movement of –
 (a) Flexion ☐ (b) Extension ☐
 (c) **Abduction** ☐ (d) Adduction ☐
17. Intrinsic motivation Include:
 (a) Award ☐ (b) Punishment ☐
 (c) Praise ☐ (d) Both of (a) & (c) ☐
18. The sit and reach test is conduted to assess which parametere–
 (a) Strength ☐ (b) Endurance ☐
 (c) **Flexibility** ☐ (d) BMI ☐
19. Goal of sports training is.
 (a) **Improvement of physical fitness** ☐
 (b) Improvement of body weighth ☐
 (c) Improvement of body size ☐
 (d) Gaining of top form in the society ☐
20. Newton second law of motion is also called –
 (a) Law of interaction ☐ (b) Lay of inertia ☐
 (c) Low of gravity ☐ (d) **Law of acceleration** ☐
21. Define the first aid? How will you manage joint enjunes?
 $1 + \frac{1}{2} \times 4$
22. What are the benefits of physical activities for children with special needs?
 $\frac{1}{2} \times 6$
 Or
 Explain SPD? Write its charcteristics & causes?
 $1 + \frac{1}{2} \times + \frac{1}{2} + 2$
23. How is friction advantageous anddisadvantagedis in the field of games and sports? Explainn wite examples.
 $1\frac{1}{2} + 1\frac{1}{2}$
24. Brifly explain the procedure of any 2 asanas to manage asthma.
 $1\frac{1}{2} + 1\frac{1}{2}$
25. Write briefly about minerals as an important nutritive componet.
 1×3

Or

Explain non-nutritive components of diet.

26. Define "Flexibility". Discuss the methods for developing flexibility?
1 + 2
27. Enlist committees duties before the competition. $\frac{1}{2} \times 6 = 3$
28. What are the reasons for irregularity in menstruation? $\frac{1}{2} \times 6 = 3$
29. Differentiate between internal & external motivation

Or

Explain two strategies for enhancing exercises?

30. Define "circuit training". Discuss the advantage of circuit training?
1 + $\frac{1}{2} \times 4$
31. Classify sports injuries? Explain 'PRICE' procedure as treatment of soft tissue injuries.
3 + 2

Or

Describe two immediate effects of exercises on the cardiovascular system.
1 × 5

32. Elucidate big 5 theories of personality.
1 × 5
33. Explain any five Rikli & Jones test to measure the functional fitness of senior citizen.
1 × 5

Or

Write two suggestions to promote participation of women in sports.

34. On knock out basis, draw a fixture of 23 teams.

SECTION A

Ans 21. First aid— "First aid is the first help which is given to the injured /wounded accident/ accident victim before the arrival of the doctor.

Management of joint Injuries

(i) Rest Therapy

R – Rest

E – Elevate

S – support

T – Tight

(ii) Price Therapy

P – Protect the wound

R – Rest – No more movement

I – Ice – To stop the bleeding

C – compression – To stop bleeding

E – Elevation – Heart level.

Ans 22. Q. Explain the advantages of physical activities for children with special needs.

Ans. **(1) Physical improvement:** Improvement in concentration.

- * Improvement in flexibility
- * Improvement in strength
- * Improvement in endurance
- * Improvement in cardiovascular efficiency
- * Decrease the Risk of obesity
- * Better over all fitness.
- * Improvement in Motor ability
- * Minimize joint swelling.

(2) Mental improvement

- * Improvement in mood
- * Improvement in wellness
- * Improvement the working of nervous system.
- * Brain release endorphins that help to feel good and ease from depression anxiety.

(3) Improved the sense of self esteem

- * feeling of greater self efficiency

(4) Sociological Gains

- * New experiences
- * New friendship
- * feel of independence
- * countering of stigmatization

(5) Good health

- * Low risk of disease

(6) Enhance Productivity

- * Improve the working efficiency

Or

Ans 22. SPD –sensory processing disorder, In this disorder effected person has problems in his nervous system to receive the information that comes through the sensory organs.

A Characteristics of SPD.

- (a) **Behavioural symptoms:** Oversensitive towards the sound, oversensitivity towards the odours, effected person do not engage in creative play, difficult to calm after getting upset.
- (b) **Physical symptoms:** Poor Balance, poor posture, fine motor control is always delayed, poor hand writing, motor development takes more time, excessive spin in the body parts, poor coordination, impairment in sleep.
- (c) **Psychological Symptoms:** Social isolation depressed, Anxiety, Aggression, feel fear from crowd, feel fear from surprise touch.

B Cusees of SPD:

- (1) **Genetic components:** Some of genetic components which we get from our parents such as hypersensitivity to light & sound may leads towards SPD.
- (2) **Abnormal Brain structure:** Due to any cause if the structure of brain is not proper it may becaused SPD.
- (3) **Injuries:** at upper neck and Brain stem region may effect the working of nervous system and leads towards SPD.
- (4) **Environmental factors:** Children who have been exposed to a variety of environnental toxins like lead, mercury, polyvinyl chloride etc. are at higher risks.
- (5) **Environmental addiction:** If mother was a drug addict during fatal development the child has a higher risk of suffering from SPD.

Ans 23. Friction is usually called necessary evil. It means it is essential in the life and we can not do any work without it.

Advantages of friction

- (a) Keeps the object at position by friction, the objects can be placed

Disadvantage of friction

- (b) Wear and tear of object:
Due to friction, there is wear and tear of objects.

position and shaped.

Lubrication is used to allow the parts to move easier, moreover, prevents wear and tear.

(b) Helps to move: Frictional forces helps to move the object by friction. It helps in running, walking. with friction of feet/ shoes on the surface, helps to speed. Frictional force helps to move the object in the speed. For example: Spikes are used by the athletes to run fast.

(b) Wastage of Energy: Excess of friction means extra energy, thus energy is being wasted.

(c) Hold or grip an object: with the help of friction the ridges of skin of our fingers and our palm enable us to grab and hold objects. For example— In badminton the players use grip to hold it.

(c) Slow down the Speed: In the roller Sketting, Rolling Shoes and smooth surface are used to minimize friction.

(d) Produce heat: The law of conservation of energy states that the amount of energy remain constant.

(d) Makes movement difficult: Friction can make the job more difficult when one has to move the object. Excess friction can make it difficult

Thus, the energy that is Neither to create or distroye (wite any 3.3)

Ans 24. Two Ananas for curing Asthma

- (1) **Gomukhasana** : This asana gets its name because while doing this asana, body resembles a cow face pose. In English it is called the cow face pose.

Pre stage: Sit in sukhasana or dandasana pose.

Method :

- Sit in sukhasana or dandasana pose.
 - Place the ankle of left leg near right butt. (thigh)
 - Place the right leg over the left thigh so that knees should place over each other.
 - Extend your left hand behind your back, facing palms upwards.
 - Extend your right hand over the right shoulder, bend your elbow and place it behind your back.
 - Inter lock fingers of both hands behind your back.
 - Now stretch both hands in their respective directions. Look straight.
 - Repeat with changing leg position.
- (2) **Parvatasana:** While performing this asana body resembles like a mountain that's why its named as parvatasana. It is a very easy asana.

Pre Stage: Sit in padamasana pose on ground.

Method: Sit in padamasana pose on ground.

- Fingers will have to be locked firmly inhale deeply and stretch your arms and bring the finger lock over head.
- Keep it vertically above your head.
- Turns up your palms over head with lock fingers.

Ans 25.

Minerals

Iron : It needs for formation of haemoglobin.

Calcium: It resources for bone and teeth formation.

Phosphorus : It makes strong teeth & bones.

Sodium : It helps nervous system for better neuromuscular responses.

Iodine : Control the activity of thyroid gland.

Fluoride : It helps teeth & nails.

Chloride : It helps body to fight against infection.

Or

Non-Nutritive component: of diet, compounds are not provide any calorie or energy but have their own importance. They are chemicals those gives food taste, colour, smell. some times non nutritive components are helped to control diabetes and cancers diseases.

Non-Nutritive components of food

- a. Water
- b. Fibers or Roughage
- c. Flavour compounds
- d. Colour compounds
- e. Plant compounds
- f. Preservatives
- g. Artificial sweeteners

Ans 26. Flexibility is an ability of an individual to move joint or group of joints effectively through of full range.

To maintain flexibility in games and sports stretching Exercises should be done. By following methods, one can improve their flexibility.

- **Stretch & hold method** - We stretch our joint to maximum limit and hold it for a few seconds before returning to the initial phase. The holding period must be not more than 3 to 8 sec. The method is also use for improving passive flexibility.
- **Ballistic Method** - In this method the stretching exercises are done in a swing, so this is called the ballistic method. A proper warm - up should be done before these exercise. Due to or stretching of the muscle can be done in a rhythm.
- **Post - Isometric Method** - This method is based on the principle of proprio-ceptive neuro- muscular facilitation means, If a muscle is contracted maximally for a few seconds. Then after the contraction it remains in a Static position for a few Seconds for 6-7 seconds and gives very low

resistance to that Stretch. The duration of the stretch should be increased up to 8-10 second and repeated 4-8 times for each muscle group.

Ans 27. Committee, "A group of the people, those are performed same task to make task efficiently.

Enlist of committees before tournament

1. **Organizing Committee:** Responsible for organizing and smooth running of the tournament. It instructs other committee one month prior to the tournament and assigns tasks and responsibilities to them.
2. **Publicity Committee:** Circulate the details to spread the information about tournament well in advance, about 8 to 4 weeks, before the tournament.
3. **Marketing Committee:** Purchase all equipment and other related items required for the tournament and ensure its quantity.
4. **Finance Committee:** Prepares budget and estimates for possible expenditure during the tournament.
5. **Transport Committee:** Ensures proper transport facilities for the tournament for players, officials and spectators.
6. **Food and Accommodation Committee:** Prepares accommodation and food for athletes, VIPs and officials.
7. **Committee for Officials:** Appoint officials for tournaments in proper no.
8. **Ground and Equipment Committee:** Prepares the ground/field before the tournament.
9. **Programme Committee:** Keeps the records of the participating teams and prepares fixture, in advance.
10. **First Aid Committee:** Maintaining proper first aid kit for all possible situations during the tournament.

Write any six committees.

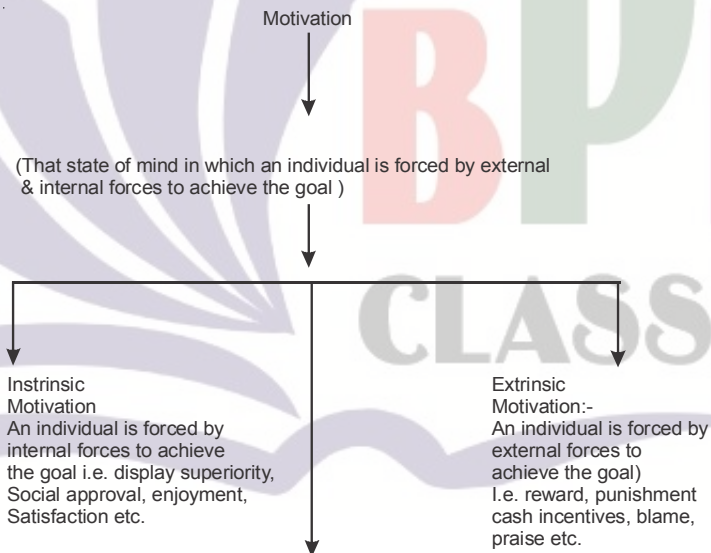
Ans 28. Reason of irregular menstrual cycle-A menstrual disorder is physical or emotional problem that interferes the normal menstrual cycle causes pain, heavy or light bleeding, delay menses or missed period

Reasons

1. Diseases
2. Genetically (Heredity)
3. High anxiety
4. Miscarriage
5. Mental stress
6. Consumption of more medicines
7. Weakness
8. High level – training
9. Malnutrition

Write any six reasons.

Ans 29.



Or

Strategies for enhancing exercises

When we try to do any sports activity repeatedly then it is known as practice serial. The following strategies are for practice serial.

Ans 30. **Circuit Training:** Circuit training is a form of body conditioning or resistance training using high intensity aerobics. It targets strength building or muscular endurance.

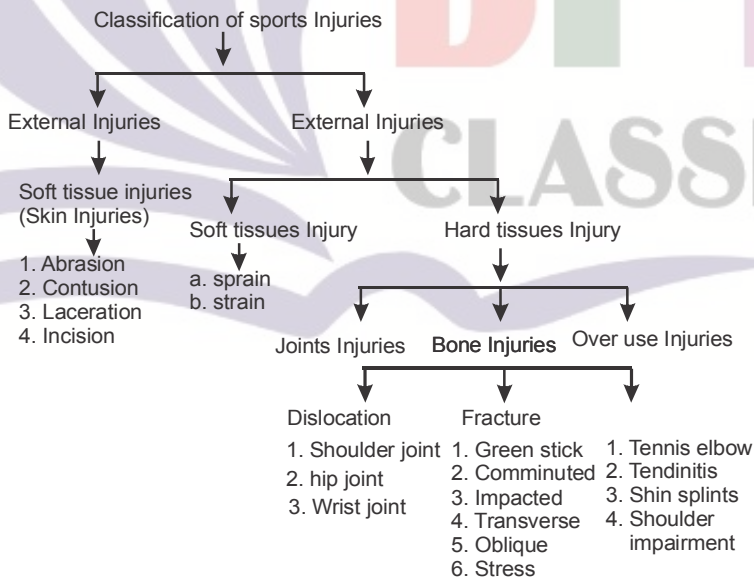
Advantage of Circuit Training: This training method has the following Advantage on a trainee

- (i) It improves cardiovascular fitness through exercises such as jumping rope, jogging etc.
- (ii) It improves general fitness by improving strength, flexibility and endurance.
- (iii) VO_2 max improves. This means that the body can take in more oxygen to be utilised by the muscles.
- (iv) Improves oxygen consumption by muscles.
- (v) Circuit training improves muscles strength. But it does not improve maximum strength or explosive strength.
- (vi) It improves muscular endurance.
- (vii) Helps in improving metabolism.
- (viii) Reduces injury Risk
- (ix) Helps with diseases prevention
- (x) Best methods for beginners.

SECTION C

Ans 31.

Classification of sports Injuries



1. Price Treatment

- P-Protect the wound
- R-Rest-No more movement

- I-Ice-To stop the bleeding
- C-Compression - To stop bleeding
- E-Elevation - Heart level

Ans 31. Write the immediate effects of exercise on Cardio-Vascular system?

1. **Increase in heart rate** : When an individual starts exercise, his heart rate increases as per the intensity and duration of exercise.
2. **Increase in stroke volume** : Stroke volume increases proportionally with exercise intensity. It is measured in ml/ beat.
3. **Increase in cardiac output** : Cardiac output increases proportionally with the intensity of exercise's is measured in ltr/ mintue.
4. **Increases in blood flow** : Cardio-vascular can be distribute more blood to those tissues which have more demand and less blood & those tissues which have less demand for oxygen.
5. **Increase in blood pressure** : During the exercise, systolic blood pressure can increase while diastolic blood pressure usually remains unchanged even during the intensive exercise.

Ans 32. Big 5 traits theory refers that individual personality can be assessed on the basis of 5 big traits named openness conscientiousness, extroversion, Agreeableness, Neuroticism,

1. **Openness Traits**: The accessment of openness traits shows that how the person is
 - * Imaginative
 - * Insightful
 - * having variety of interest
 - * with degree of intellectual curiosity
 - * creative
 - * able to enjoy the new experiences
 - * able to earn new changes & concept

2. Conscientiousness: The assessment of this trait shows the personality ability of the person

1. Competence
2. Self Discipline
3. Dutiful
4. Order
5. Deliberation
6. Achievement striving
 - * Compete with life challenges
 - * Control self discipline
 - * To act dutifully
 - * To plan & to organize
 - * Work independently
 - * To do hard work

3. Extraversion: The assessment of this trait shows that how the person.

1. Warmth
2. Positiveness
3. Assertiveness
4. Gregariousness.
5. Excitement
 - * is energetic
 - * has positive emotions
 - * dominate social situations
 - * is sociable
 - * is talkative
 - * fun loving
 - * has friendly nature or has tendency to make new friends
 - * able to get affection from others

4. Agreeableness: The assessment of this trait shows that the person.

- * has sense of cooperation
- * is systematic
- * is kind
- * is friendly
- * is gentle

5. Neuroticism: The assessment of this trait shows that the person.

- * has emotional stability
- * is able to control anger
- * is able to control the level of anxiety
- * is able to protect him self from depression.

Ans 33. Rickly and Jone's Senior Citizen Fitness. Test

Test Items and objectives.

Parts of Body-Physical Fitness Components

1. Chair stand. Test for lower body strength.

1. Lower body strength, leg strength & Endurance

2. Arm curl test for upper body flexibility

2. The upper body strength, arm flexor, strength & endurance

3. Chair sit & reach test for lower body flexibility

3. The hamstring and lower back flexibility

4. Back-scratch test for upper body flexibility

4. The upper body flexibility of the body & range of motion of the shoulders

5. Eight foot up & Go test for agility

5. The motor agility, speed & balance

6. Six minute walk test for aerobic endurance

6. Cardio-vascular endurance & recovery

Or

Ans 33. The steps to improve women participation in the field of sports and games:-

1. Motivation and inspiration to women for participation.
2. Support from family and parents.
3. To organise camp, seminar and workshops.
4. To provide knowledge and media coverage.
5. Educating women at grass root level and participation.
6. Provide better infrastructure and facilities.
7. Ensuring safety and security for women.
8. More opportunity for competition.
9. Develop new techniques and environments.
10. To build physical and psychological strength.
11. Healthy and balance food.
12. Better incentives and awards.
13. Change in attitude and perception at rural level,
14. Equality and community mobilizing,
15. Development of self Confidence,
16. Financial help,
17. Employment and career,
18. Designing and implementing government policies,

Ans 34. Draw a Fixture for 23 teams on the basis of knock out tournament.

Total no. Team – 23

* Total no. of Matches = $n - 1 = 23 - 1 = (22)$

* Total no. of Rounds = $2^5 - \text{no. of teams.}$

Rounds = 5.

Bye = $32 - 23 \Rightarrow 9$

* Total no. of Teams in upper half = $\frac{n-1}{2} = \frac{23-1}{2} = \frac{22}{2} (11) \text{ winner}$

Total no. of teams in lower half = $\frac{n+1}{2} = \frac{24}{2} = (12)$ Runner-up

Bye upper half = $\frac{B+1}{2} = \frac{9+1}{2} = \frac{10}{2} = (5)$

Bye Lower half = $\frac{B+1}{2} = \frac{8}{2} = (4)$

