SOLVED MOCK TEST –1

PHYSICAL EDUCATION

Time : 3 Hours   *Max. Marks : 70*

General Instructions
- — Question paper contain 34 questions.
- — All questions are compulsory to be answered.
- — Question No. 1 to 20 carry / 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 approximatly 80-100 words each.
- — Question No. 31 to 34 carry 5 marks each. Answer to these question shoudl be in approximatly 150-200 words each.

Section–A

1. Full form of SPD is   1

    (a) Sensory personal discorder

    (b) Sensory persona disorder

    (c) Sensory processing disorder

    (d) Sensory problem disorder.

    Ans. (c)

2. It is the ability to resist the fatigue means–   1

    (a) Endurance   (b) Speed

    (c) Strength   (d) Flexibility

    Ans. (a)

3. Hair line fracture is also know as——   1

    (a) Transverse   (b) Green stick

    (c) Stress   (d) Objique

    Ans. (D)

4. Introvert personality always focuss on– 1

    (a) Society   (b) Themself

    (c) Others   (d) Trienls

  Ans. (b)

5. If the total no. of teamsis 29, on the basis of knock out, byes will be————— 1

    (a) 2   (b) 4

    (c) 1   (d) 3

  Ans. (d)

<div align="center">Or</div>

In a contraction, if the length of muscles changes is called. 1

    (a) Isometric   (b) Isotonic

    (c) Isokinetic   (d) Fastleks

  Ans. (b)

6. The word 'ECTO' in ectomorphy is know for– 1

    (a) Fat   (b) Thin

    (c) Muscular   (d) Round shape

  Ans. (b)

7. All the following are macro nutrients except– 1

    (a) Carbohydrates   (b) Protiens

    (c) Fats   (d) Vitamin.

  Ans. (d)

<div align="center">Or</div>

A Normal range of BMI is– 1

    (a) 18 to 25   (b) 16 to 24

    (c) 19 to 25   (d) 25 to 30

  Ans. (a)

8. Match the following with correct options. 1

   1. 600mt Run (a) General motor fitness test
   2. zig-zag run (b) Rikli and jones test
   3. Handward step test (c) Motor fitness test
   4. Six minutes walk test (d) Cardio vascular fitness test

   (a) d,c,b,a   (b) c,a,d,b
   (c) a,d,b,c   (d) d,b,a,c

   Ans. (b)

   Or

   Match the following with correct options–

   1. Motor fitness test (a) Chair stand test
   2. Rikli and jones test (b) Computation of fitness index
   3. General motor fitness test (c) standing broad jump
   4. Cardio vascular fitness test (d) 4 × 10m shuttle run

   (a) c,b,a,d   (b) b,a,d,c
   (c) d,a,c,b   (d) b,a,d,c

   Ans. (c)

9. Match the following with correct options. 1

   1. Food intollerence (a) To loss body weight
   2. Food myths (b) Vomiting
   3. Dieting (c) Healthy weight
   4. Bini 24 (d) Do not drink water during meal

   (a) d,a,b,c   (b) b,d,a,c
   (c) b,a,d,c   (d) d,a,c,b

   Ans. (b)

10. Following are the cause of sports injuries excetp–   1
    (a) Inadequate warmingup   (b) Lack of sport facilities
    (c) Practice under fatigue (d) Proper knowledge of
        sports   skill

    Ans. (d)

11. Followng are the examples of fracture, except–   1
    (a) Stress fracture   (b) Objique
    (c) Abrassion   (d) Communicated

    Ans. (c)

                              Or

    Back-pain disease is related to–   1
    (a) Pancreas   (b) Spinal cord
    (c) Heart   (d) Respiratory treats

    Ans. (b)

12. The age between 13-19 is know as–   1
    (a) Cnildhood   (b) Adulthood
    (c) Puberty   (d) Adolescence

    Ans. (d)

13. During adduction movement of the arm moves towards   1
    (a) The body   (b) Away from body
    (c) Upward side   (d) downward side

    Ans. (a)

14. Newton's first law of motion is also called———   1
    (a) Law of inertia   (b) Law of accerlation
    (c) Law of Reaction   (d) Law of gravitational

    Ans. (a)

15. The study of living being in rest & motion is known as–   1
    (a) Biochemistry   (b) Anatomy
    (c) Biomechanics   (d) Psychology

    Ans. (c)

16. In a tournament, when a team play with every team is called
    - (a) League
    - (b) Knock-out
    - (c) Knock-out league
    - (d) League cum knockout

    Ans. (a)

17. Which asana is practised for back pain   1
    - (a) Trikonasan
    - (b) Paschimotanasona
    - (c) Chakrasona
    - (d) Shalabasana

    Ans. (d)

18. Full form of ADHD is————   1
    - (a) Attention deficit hyperactive disorder
    - (b) Automatie defiat hyperactive disorder
    - (c) Attention deflection hyperactive disorder
    - (d) Attention deticit hyperactive disease

    Ans. (a)

19. The arch of foot is related to which postural deformity–   1
    - (a) Flat foot
    - (b) Lordosis
    - (c) Kyphosis
    - (d) Scolosis

    Ans. (a)

20. When your spinal has a lateral curve is know as–   1
    - (a) Scolosis
    - (b) Kyphosis
    - (c) Lordosis
    - (d) Flat foot

    Ans. (a)

Section–B

21. Explain the procedure of shalab-asana and ardha-matsyendra
    - asana.   1½ + 1½ = 3

Ans. **Shalabhasana–**
    - Lie down on your stomach.

- Place your plam under your thighs, keep ankles close to one another.

- Breath in and lift your legs upwards, while doing so your chin should rest on the ground.

- Hold this position for sometime after that excale and take down your legs in inital position.

- Repeat this for 3 to 5 times.

Ardhematsyendrasana–

- Sit and keep both legs straight.

- Bending the knee of right feet and put right heel below the left hip.

- Bend left leg and place the left feet to the right side of the right knee.

- Keep right knee closed to the chest.

- Exhale from the right nostril and turn towards the left, and touch the toe of left leg from the right hand.

- Body and head moves toward the left.

- Repeat while changeing the position of legs.

22. Elucidate the term "Exercise Adherence". Write any two reasons to do exercise.   1 + 2 = 3

Ans. Exercise adherence refers to maintaning a systematic approach toe exercise for a prolonged period of time following the initial adoption.

Reasons to exercise–

(i) **To Perform daily Tasks Effecienty–** Exercise not only helps to maintain or develope physical fitness of an individual but also helps to develop self-esteem, perception, relaxation, reduce frustation, etc which helps him/her to perform daily task efficiently.

(ii) **To Improve Working Efficiency of all organs–** Through participation in exercise programme, individual learn about

body and its functional value in daily life. Exercise help to maintain or increase the efficiency of all organs of the body which helps the individual to lead a happy life.

23. What are the advantages and disadantages of league or round robin tournament? 1½ + 1½ = 3

Ans. **Merits–**

(i) only real player/team that has best potantial will be the winner of the team.

(ii) Charm of the tournament still maintained through out the tournament.

(ii) Good team/player will continue through out the tournament so the chances of selection of good players is still alive.

Demerits–

(i) More funds are required

(ii) More time/excess time is required

(iii) Result come late.

(iv) Requirement of more no. of officials and more no of grounds

(v) Equipments are needed more.

24. Explain the role of any two macro nutrients in our diet.
1½ + 1½ = 3

Ans. **Carbohydrates–**

(i) Act as major fuel for muscular contraction

(ii) It provides the energy to our body

(iii) It helps to maintain body weight and body temperature.

(iv) Important for different digestive operations in our body.

Fats

(i) It provides heat and energy to the body

(ii) It protects the body from cold and heat climate

(iii) Helps in regulation of body temperature

(iv) It also helps to protects internal organs of the body.

25. Explain any three strategiues to make physical actvities acces-
sible for children with special needs.   1 × 3 = 3

Ans. 1. **Interest–** Selected physical activities can be accessible if it is
according to the interest of the person having disability.

2. **Capibility–** The selected physical activities must be according
to the capability of the person with disability

3. **Modified equipments–** As per the capability of the person
with disability equipment must be modified so they can be used
easily.

<div align="center">Or</div>

Write down the causes & corrective measures of bow legs.

Causes

– Enlargement of leateral liqarment of both knee quickly as
compared to medial ligament.

– Weakness of bones and muscles.

– Long time cross leg sitting

– Faulty style of walking

– Obesity

– Rickets

– Early age standing

Corrective measures

– Walking

– Use of walking callipers

– Massage therapy

– Use those exercises which strengthen the muscles surrounding
the knee such as leg extension in laying position.

– Use yoga strap to bind the legs together then make cow face posture forward bending are recommended.

– Pilate execrise such as roll up ballerina arms are effective to tone legs.

– Garud asana, ardh matsyendrasana.

26. Describe motor fitness test. write the procedure for agility and explosive power of leg of motor fitness test.   1 + 1 + 1 = 3

Ans. Motor fitness refers to the capability of an athlete to take part effectively in his/her particular sport

To measure agiligy–

- Make two parallel lines three meters in length, 10 meters apart using making tap or cone.

- The subject stands at starting line or point. the two wooden block are placed in the edge of the other line.

- On the signal 'go' the subject runs to the wooden block, lift one block places the block behind the live.

- Then the subject return to the second block lift it and then runs across the starting line on the way back.

- Two trials are given.

Explosive power of legs

– A take of line is marked on the ground. subject inches stands just behind the take off line with the feet several inches apart. The subject runnings the arm and bends the knees to take a jump in the long jump pit.

– Three trials are given to the subject.

– The distance is measured from the take-off line to the heel or other part of the body that touches the ground nearest to the take-off line

– All jumps are measured and the best one is recorded.

Describe fartlek training method. 3

Ans. It is another method to develop the endurance ability. This method was developed by sweedish coach "Gosta holmer" in 1930. so it is also known as 'sweedish play' or 'speed play'/changes his/her pase himself/herself according to surrounding.

This mehtod helps in development of strength and endurance of the sports person. Athelte changes his/her speed accordingly.

So it is self-disciplined in nature.

The heart rate fuctuate between 140-180 beats/min. Fertlek training involves varying our pace throughout our run.

27. Explain the methods of improuing strength by giving appropri-ate examples. $1 \times 3 = 3$

Ans. **Isotonic exercise–** the exercise in which muscular effect result in movement. Veg– Push ups, situps, climbning stairs.

Isometric exercise– exercise in which muscular tension is developed without any visible movement of muscles.

eg– Pressing againvst a wall, Balancing on one foot.

Isokinetic exercise– Therre exercise is done with the help of machines

eg– Runing on treadmill, Butterfly exercise.

28. Enlist the soft tissue injuries write the types of sprain. $1 + 2 = 3$

Ans. Soft tissue injuries– sprain, strain, contusion, abbrasion, incision, laceration,

Sprain– Sprain is a soft tissue injury which occured in the ligament of a joint.

1st degree sprain–	Over stretching of ligament, slight pain recovery in 1 day
2nd degree sprain–	Partical tear of ligament, swelling & pain. Recovery in 1-2 weeks

3rd degree sprain– Rupture of liqaments, more swelling and pain, Recovery in 1 mounth.

Or (any two)

Write any six benefits of exercise $6 \times \frac{1}{2} = 3$

Ans. 1. Prevention from major disecse like coronary heart disease, diabetes etc.

2. To improve personality

3. It helps to improve working efficiency of all organs.

4. It helps to improve physical and health related fitness.

5. It helps to improve group behaviour attention and concentration.

6. It helps to develop good habit, disciplne, dedication and determination.

29. Write the effect of exercise in muscular systam. $1 \times 3 = 3$

Ans. 1. **Muscular hypertrophy–** Due to regular exercise a good growthe in size of muscles.

2. **Capillarisation–** Increase the number of capilaries due to regular exercise and the colour will be dark red.

3. **Control Extra fat–** Regular exercise delays the extra fat of body. Exercise burn the extra calories.

4. **Delay fatigue–** Regular exercise delays fatigue. This fatigue is mainly due to formation of CO_2, lactic acid and acid phosphate.

5. **Posture–** Regular exercise helps in improving posture by improving postural deformities.

6. **Strength and speed–** Regular exercise improve the strength and speed muscle cells.

7. **Increase food storage–** The food storage capacity is increased when regular execrise are done.

(Any three)

30. What is friction? Discuss various types of friction you come across in sports. $1 + 2 = 3$

Ans. Friction is the force that combats relative motion between the two surfaces that comes in contact.

Friction always acts in the opposite direction of the applied force.

Types of friction:

(i) **Static friction–** The opposite force that comes into when our body is actualy not movring over the surface of another body.

(ii) **Dyanamic friction–** Dynamic friction is of two types.

(a) **Rolling friction–** The opposing force that comes into play when body is actually rolling over the surface of another body.

(b) **Sliding friction–** The opposing force that comes into play when one body is actually sliding over the surface of the other body. eg– Ice skating.

Section–C

31. Define balanced diet. Enlist the macro and micro nutrients, and briefly explain the importance of carbohydrate.   1+1+1+2=5

Ans. The diet that contains all the component of food i.e, proteins, corbohydrates, fatt, vitamins, minerals, fibres and water in optimum amount, is called a balanced diet.

Macro-nutrients–   Carbohydrates
                    Proteins
                    Fats
                    water
                       (Any Two)

Micronutrients –   Vitamines
                    Minerals

Carbohydrales–   They are main source of energy for all activites.

they give quick energy and lack of carbohydrats in diet causes under nutrition and weight loss.

Excess amount has been stored in liver and tissues from there release the energy when in need.

32. Describe asanas and write asana as a preventive measure for lifestyle diseases. $1 + 4 = 5$

Ans. Asana means different body postures to strengthen physically and mentally. Patanjali says "Sthiram sukham Asanam".

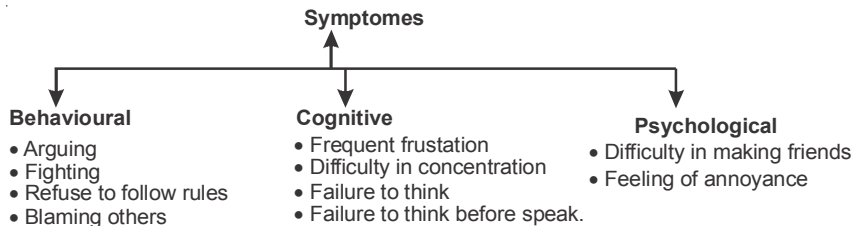Asana as a preventive measure for Lifestyle diseases–

(i) Brings firmness & flexibility in the body.

(ii) Have good effect on 24 hrs. working organs like nerves, glandes, muscles.

(iii) Overall development of body.

(iv) Develop tollerance & self confidence

(v) Positive thoughts will come in mind.

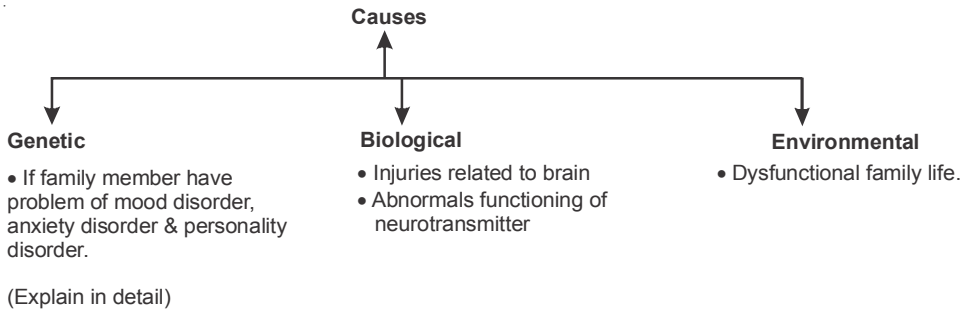(vi) Body becomes disease free

(vii) Relief from aniety

(Explain any 4.)

33. Define ODD. Breifty explain the symptons & causes of ODD.

$1 + 2 + 2 = 5$

Ans. ODD (oppositional defiant disorder) is a group of behavioural disorders called disruptive behaviours disorder. In this disorder effected person always try to disrupt those around them.

Symptomes

Behavioural	Cognitive	Psychological
• Arguing	• Frequent frustation	• Difficulty in making friends
• Fighting	• Difficulty in concentration	• Feeling of annoyance
• Refuse to follow rules	• Failure to think	
• Blaming others	• Failure to think before speak.	

Genetic

• If family member have problem of mood disorder, anxiety disorder & personality disorder.

(Explain in detail)

Biological

• Injuries related to brain
• Abnormals functioning of neurotransmitter

Environmental

• Dysfunctional family life.

Or

Elucidate the steps to improve the participation of women in games and sports. 1 × 5 = 5

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

   (1) Motivation and inspiration to women for participation.

   (2) Support from family and parents.

   (3) To organie camps, seminar and workshops.

   (4) To provide knowldge and media coverage.

   (5) Educating women at grass root level and participation.

   (6) Providing better infrastructure and facility.

   (7) Ensuring safety and security of women.

   (8) to build physical and psychological strength.

   (9) Develop new techniques & environment.

  (10) Better incentives and awards.

34. Discuss chair sit and reach test briefly. 5

Ans. Chair sit and reach test :

Daily Benifit: Lower body flexibility is important for preventing lower back pain. It also plays a role in balance, posture, in fall prevention, or walking. Lower body flexibility is important for maintaining an active and independent lifestyle.

Purpose: This test measures lower body flexibility.

Equipment required: Ruler, straight back or folding chair, (about 17 inches/44 cm high)
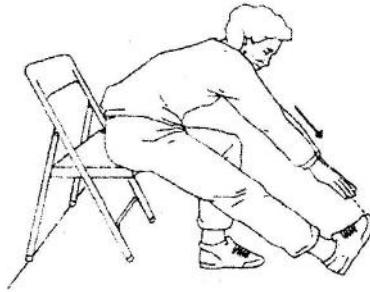
Procedure:

- The subject sit on the edge a chair (placed against a wall for safety).

- One foot must remain flat on the floor. The other leg is extended forward with the knee straight, heel on the floor, and ankle bent at 90°.

- Place one hand on top of the other with tips of the middle fingers even. Instruct the subject to inhale, and then as they exhale, reach forward toward the toes by bending at the hip.

- Keep the back straight and head up. Avoid bouncing or quick movements, and never stretch to the point of pain. Keep the knee straight, and hold the reach for two seconds.

- The distance is measured between the tip of the fingertips and the toes.

- If the fingertips touch the toes then the score is zero. If they do not touch, measure the distance between the figners and the toes (a negative score). If they overlap, measure by how much (a positive score).

- Perform two trials

Draw the fixture for 24 team on the basis knock out tournament.   5

Ans. Total no. matches = Total no. of team–1 = 24-1 = 23.

Total no. round = 2*2*2*2*2

i.e. Digit 2 report 5 times

So total no round = 5 round

Total team in upper half = Total no. of teams = $\frac{24}{2}$ = 12 teams

Total team in lower half = Total no. of teams = $\frac{24}{2}$ = 12 teams

As the total no of teams are more then 16 so we have to divide teams also in quarter.

Teams in each quarter : 24 ÷ 4 = 6