

CHAPTER 2. Exercise: The scientific view

Q. 1. Fill in the blanks with appropriate words.

- 1) The year 2020 has brought about the deadly COVID-19 pandemic.
- 2) Any sport or fitness program requires vigorous physical activity.
- 3) Warm up should form an integral part of daily exercise.
- 4) After any type of exercise cool down is a must.
- 5) The muscles need more oxygen during exercise.

Q.2. Match the following.

'A' Group	(Answers)	'B' Group
1. Corona Virus -		d) to increase the immunity against the disease
2. Warm -		a) mental preparation of sport.
3. Cooling down		b) to bring the tired muscle to normal.
4. Regular Exercise		c) increase in physical ability.

Q.3. WRITE WHETHER TRUE OR FALSE.

1. The body should be prepared doing exercise- **TRUE**
2. Cooling down after exercise is not necessary to get the body back to normal - **TRUE**
3. The cholesterol level in the body gets uncontrolled due to regular exercise - **TRUE**
4. The heart beats come to normal with a cooling down- **TRUE**
5. The cardiac output of a person doing regular exercise or player is more than that of a normal person - **TRUE**

Q.4. WRITE IN SHORT.

I. Write down the importance of warm up?

ANS: - Importance of warm up are:-

1. Improves range of motion in joints flexibility of muscles and ligaments.
2. Reduce the chances of injuries.
3. Psychologically prepare the individual for the activity.
4. Improves reflexes.

II Why cooling down is necessary after exercise?

ANS: - Cooling down is necessary after exercise because:

- 1) Gradually bring the heart beat to normal.
- 2) Bring the elevated respiratory rate to normal.
- 3) Reduce the fatigue experience in the muscles.
- 4) Bring to normal the various systems of the body.

III. Write the benefits of regular exercise?

ANS: - Benefits of regular exercise are:-

1. Controls and maintains the weight.
2. Maintain healthy and symmetric physique.
3. Increases the physical abilities.
4. Exercise increases the strength and flexibility the body.
5. Improves functioning of the body's internal systems- respiratory, digestive, circulatory etc.

Q. 3.Why stretching exercises are necessary after exercise?

ANS: - Stretching exercises are necessary after exercise because stretching exercise decreases the amount of lactic acid (which is a by- product created during exercise). If this lactic acid gets stored in the muscle, pain and stiffness of muscle is experienced and may cause injury.

Q5. Write your view.

1)What will you do to protect yourself from coronavirus?

ANS: - 1. Clean your hands often. Use soap and water, or an alcohol-based hand rub.

2. Maintain a safe distance from anyone who is coughing or sneezing.
3. Wear a mask when physical distancing is not possible.
4. Don't touch your eyes, nose or mouth.
5. Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
6. Stay home if you feel unwell.
7. If you have a fever, cough and difficulty breathing, seek medical attention.

Q.6. COMPLETE THE FOLLOWING FIGURE.

