

## PHYSICAL EDUCATION(373)

### Tutor Marked Assignment

1 Answer any one the following question in about 40-60 words.

A) List the major contributions of yog in maintaining general well-being of people.

**Answer:-** Yog is a combination of physical, mental and spiritual practises. Yog practice inculcates the sense of peace and wellbeing. It also develops the feeling of connectivity to our surroundings. Yog is an ancient practice which was used for development of body, mind and spirit. Yog increases the flexibility and helps to boost immunity for healthy living. With the help of yogic practice one can maintain one's weight and massage one's whole organ systems which leads to the proper functioning of various systems of a body. It helps to improve the functioning of circulatory system, respiratory system, blood flow and also maintains the hormonal structures of the body.

The most popular form of yog which is also in western culture is Hath yog which includes posture, breathing and meditation:

#### 1. Postures (Asana)

The way we carry influences, the way we feel, with the help of yog we can view our minds and outer manifest and it can be related by body postures as asanas. One's perspective on body, thoughts and whole sense of Self can be changed when we adopt different postures.

#### 2. Breathing

Yog breathing exercise relaxes the body, oxygenates the blood which also helps in decreasing anxiety and stress and promotes a very focused and clear thinking. It helps in free mind from mental distraction, worries and fatigue. Arousal in the sympathetic nervous system, which can lead to anxiety, panic, and fear can be decreased due to breathing exercise which helps to calm down and focus the mind.

#### 3. Meditation

Meditation is a type of inward concentration that allows you to focus on your senses, step back from your thoughts and feelings, and perceive each moment as a unique event. It helps us to develop greater calmness, clarity, and insight in facing and embracing life experiences.

**B) Identify the five major job opportunities available for a graduate of yog and physical education.**

**Answer:-**The five major job opportunities available for a graduate of yog and physical education:-

### 1. Teaching in Physical Education and Sports

- i. Teaching PRT School
- ii. Teacher TGT Trained Graduate
- iii. Teacher PGT Post Graduate Teacher
- iv. Lecturer/ Assistant Professor
- v. Associate Professor/ Reader
- vi. Sports Researcher
- vii. Head of the Institute

### 2. Coaching in Physical Education and Sports

- i. State/ National/ Indian Team Coach
- ii. School/ Colleges/ University
- iii. Training Academies
- iv. Stadiums/ Stadia
- v. Specialized Elite Centre
- vi. Govt./ Pvt Institutions

### 3. Administrative Job Opportunities

- i. Sports Officer in University/ College/ Institution
- ii. Assistant Director in Institution/ University
- iii. Director in Education University
- iv. Liaison Officer/ Director General of World Cup
- v. Physical Training Instructor

### 4. Trainer

- i. Gym Trainer
- ii. Personal Trainer
- iii. Trainer in Academies/ Club
- iv. Trainer in College/ Institution/ University
- v. Health & Fitness Trainer
- vi. Yog Trainer

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## 5. As a Player

- i. Player from Professional Club i.e., ISL/IPL and further continue with Team as an Official
- ii. Officials for private organisation/ matches
- iii. Business of Sports good
- iv. Government Job/ Delhi police/ C.R.P.F./ C.I.S.F. or paramilitary and military forces in sports quota
- v. Sports Physiotherapist
- vi. Sports Psychologist
- vii. Sports Dietitian

## 2. Answer any one the following question in about 40-60 words.

### A) Differentiate between physical and psychological disorders.

#### Answer:-

Lifestyle has emerged as major modifiable determinant of health and disease. Many of the present-day lifestyle diseases are due to faulty ways of living. Environmental pollution, improper diet, sedentary lifestyle, lack of exercise, addiction to smoking, alcohol, and drugs, mental stress etc. are the main reasons for present day diseases. Following healthy lifestyle can easily prevent most of these diseases. Lifestyle, physical disorders are heart related disease. Cancer, respiratory diseases, accidents, diabetes, hypertension, migraine, cervical and lumbar spondylitis, alcohol-related hepatitis, sexual dysfunction, miscarriages, etc. are becoming more common nowadays. Lifestyle, psychological disorders also include stress in women, peer pressure among adolescents, anorexia nervosa, bulimia nervosa, stress, work load, work life balance etc. are common due to poor lifestyle.

### B) Write about the dimensions of your health which were mostly affected during COVID-19.

Answer:- The dimensions of our health which were mostly affected during COVID-19 are:

#### 1. Physical Dimension -

Physical dimension of health refers to proper and smooth functioning of external and internal features of human body.

##### a. External:

External features refer to the attractive appearance of the body, whether it is physique, texture & complexion, features, posture, body parts and limbs. It also includes graceful carriage and efficient movement.

b. Internal:

Internal features refer to the optimum functioning of all organic systems of our body i.e. digestive, circulatory, respiratory, nervous and excretory system and sensory organs.

### 2. Mental Dimension-

Mental dimension of health refers to mental soundness. Often mental dimension of health is linked to or includes emotional dimension of health, but both are different. Mental dimension of health is related to the functioning of the brain, while emotional dimension of health refers to the individual's behavior or mood which is more or less connected to their hormones. Mental health refers to the individual's ability to use her/his brain and think. This ability enables an individual to face the problems as they arise, take her/his own decision, as well as set reasonable goals.

### 3. Social Dimension -

Social dimension of health is related to social health. It refers to the ability where an individual is able to make personal adjustment, as well adjustment in the group or society. Sound social health means having a good relationship with family, friends, neighbours, and other members of the society. It also includes maintenance of socially acceptable standard in life. When we have a sound social interaction and relationship with fellow beings, that significantly affects our health.

### 4. Emotional Dimension-

Emotional dimension refers to emotional health which means emotional balance and fitness. It is the ability of an individual to comprehend and express feelings effectively when required. A person can be called emotionally healthy if his/her emotions are always positive, and has full control over her/his emotions. On the other hand, a person who has no control over her/his emotions or is over powered with negative emotions can be called emotionally imbalanced or emotionally weak.

### 5. Spiritual Dimension-

Spiritual dimension of health has a root in spirit. The spirit of an individual contributes significantly in recognising and attaining meaning and purpose of life. It is our spirit which plays an important role in genesis of ideas, values, beliefs, and ethics. This dimension plays a significant role because if you are spiritually healthy then you will be able to come with best ideas and you will have good values, beliefs as well as ethics.

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3. Answer any one the following question in about 40-60 words.

A) Determine the precautions you will take while suggesting regular exercise routine to older adults.

**Answer:-** Exercising regularly plays a very important role in maintaining the healthy lifespan in elderly adults. Inactivity leads to weakness and poor balance more than the age factor. The risk of developing dementia is increased in older adults due to inactivity or sedentary lifestyle.

Walking or jogging are the weight bearing exercises which can help in maintaining the strength of bones and thus it reduces the risk of osteoporosis and frequent fracture among the older adults. Exercise also play an important role in decreasing the risk of various chronic conditions, heart disease and diabetes.

Maintenance of cholesterol level within a healthy range decreases the risk of heart disease and stroke which can be avoided with the help of regular exercise.

Most important fear in older adults are fear of falling and that can be managed with proper functioning reach in older adults and with exercise it can be maintained.

B) Elaborate in brief about the major impact of yogic asanas on our day-to-day life.

**Answer:-** The Asanas may be classified in following categories mainly:

1. Meditative Asanas
2. Forward bending Asanas
3. Backward bending Asanas
4. Side Bending Asanas
5. Inverted Asanas
6. Twisting Asanas
7. Balancing Asanas
8. Relaxing Asans

#### 1. Meditative Asans:

The aim of all Asanas are to make one capable of sitting in a meditative asans for longer period of time steadily with ease. There are three-four types of meditative Asanas like Sukhasana, Padmasana, Siddhasana, Swastik Asans etc.

#### 2. Forward bending Asanas:

There are many forward bending Asanas like Janushirasana, Pashchimottanasana, Padahastanasana, Yog mudra, Mandook Asana, Padprasara Pashchimottanasana etc.

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### 3. Backward bending Asanas:

There are many Backward bending Asanas like Ushtrasana, Sarpasana, Bhujangasana, Matsyasana, Chakrasana, Rajkapotasana, Dhanurasana etc.

### 4. Side bending Asanas:

There are many Side bending Asanas like Side bending, Tiryak Tadasana, Trikonasana etc.

### 5. Balancing Asanas:

There are many Balancing Asanas like Tadasana, Vrikshasana, Ek padasana Garunaasana, Bakasana, Mayurasana, Kukkutasana etc.

### 6. Relaxing Asanas:

There are many Relaxing Asanas like Shavasana, Balasana, Makarasana, etc.

### 7. Twisting Asanas:

There are many Twisting Asanas like Meruvakrasana, Ardhamatsyendrasana, Vakrasana, Katichakrasana, Markatasana etc.

### 8. Inverted Asanas:

There are many Inverted Asanas like Vipreetakarni Asana, Sarvangasana, Shirshasana, Vrishchikasana, Hand Stand Asana etc.

### 4. Answer any one the following question in about 100-150 words.

A) Elaborate in brief about the different types of physical fitness and their components with suitable example.

**Answer:-** Physical fitness can be divided into two parts:

- Health related physical fitness
- Performance related fitness.

#### 1. Health Related Physical Fitness-

This fitness is important for health and performance of daily functional activities. Components of health related physical fitness are cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition.

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**a) Cardiovascular endurance-**

Ability of the heart, vessels and lungs to deliver oxygen to the working muscles and removal of waste products during activity. Examples are long distance running, cycling, swimming, aerobic activity etc.

**b) Muscular endurance-**

Ability of the muscle to exert continuous force against resistance or sustain muscular contraction. Activities with low intensity and high volume (long duration) are common like push-ups, sit-ups, chin-ups, rowing etc.

**c) Muscular strength-**

Ability of the muscle to exert maximal force against resistance. Activities having high intensity and low volume (short duration) are suitable example like lifting heavy weight, 100 meter sprint, long jump, throwing etc.

**d) Flexibility-**

Ability of the joint to move around in full range of motion. It is an essential component which prevents injury and ensures smooth and efficient movements. Women have more flexibility than men. Examples are toe touch; in yog there are lots of asanas which are helpful in flexibility like Chakrasana etc.

**e) Body composition-**

It refers to the amount of fat free mass (muscle mass) and fat mass in body. The ratio of fat and fat free mass is an indicator of health. Excess amount of fat is bad for our health that may lead to heart problems, diabetes, cancers etc. to assess the fat we apply BMI (body mass index), height and weight chart, skinfold methods etc.

**B) List the qualities which will be required for a Physical Education Teacher according to your experience.**

**Answer:-**These are the qualities of a physical education teacher which help him/her to maintain the standard of a good teacher.

**1. Physical Fitness**

Physical education teacher must have good physical fitness. Since he is a role model for students, her/his personality should motivate students to stay healthy by doing physical activities. This shows the positive attitude towards physical fitness.

### 2. Model Character

A physical education teacher must have qualities like teamwork, leadership, sportsmanship. Involving with children is a challenging task. She/he must take unbiased and fair decisions while evaluating students. She/he must present, actor behave like a role model for students.

### 3. Interpersonal Skills

Since physical education teacher interacts with students, parents and other teachers of the institution, so she/he must have good interactive skills. Oral communication does not work always sometimes body language, emotional intelligence etc play a dominant role.

### 4. Communications skills

Good Communication helps in explaining activities as well as imparting theoretical knowledge to students. Communication should be done as per level of students. Content knowledge boost the level of communication.

### 5. Patience and Adaptability

Physical Education teacher must have patience and adaptability which will help her/him to take a good decision. Students have different levels to adopt knowledge; a teacher should have patience to wait for result and be able to modify the lesson as per requirement.

### 6. Organizational Skills

Physical education teacher has to organise different types of sports tournaments, so she/he must have good organisation skills. She/he should have the ability to record and report the progress of students.

### 7. Enthusiastic

A physical education teacher's task is to make activity interesting, competitive and cooperative. This will help students to motivate and do physical activities as teamwork and friendship.

### 8. Physical Qualities

Physical education teacher must have physical and cognitive skills and knowledge of various sports, and also have the ability to demonstrate the activity. She/he must be physically fit so that she/he can perform the activities efficiently.



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5. Answer any one the following question in about 100-150 words.

A) Elaborate the benefits of test and measurement in physical education.

**Answer:-**

1. Every Individual has a different quality, capacity, strength and weakness. It helps to select appropriate learning situation according to them.
2. To predict potentials and future performance.
3. To conduct a research and, prepare new norms and standards.
4. To evaluate the teacher, coach and trainer and their teaching programme and training method.
5. To evaluate the learner from time to time and find his or her progress, weakness and current fitness status so that a learner can be placed in to the appropriate training group.
6. For the purpose of guidance and counselling of an athlete and motivate him to do better.

B) List the key principles of obtaining good health.

**Answer:-** The key principles of health are balanced and healthy diet, regular exercise, adequate rest, no use of drugs (alcohol, smoking, drugs, eating too much) and positive thinking. Apart from this, a few more principles emerge, which are as follows:

### 1. Get Fresh Air

The air we breathe plays an important role in the proper functioning of our body. Continuous exposure to toxic or polluted air causes decay in the health and functioning of the cells and organs of our body. This can lead to increase of exposure to infections and various forms of air borne diseases.

### 2. Drink Adequate Amount of Pure Water

Water is critical for the life and functioning of cells, tissues, and organs in our body. Water carries elements of life and has the ability to transmit and maintain them. Our body is made up of about 75% water. Every single cell in our body is made up of water. Nerve function, blood circulation, digestion, elimination of waste, etc., depend on water for their normal and effective functioning.

### **3. Eat Nutritious Foods**

Our health is literally depending on what we eat. The food we eat plays a significant role in the functioning of our body, health, and wellbeing. What you decide to eat and how you decide to prepare it will impact your health in ways that we have not thought of. A healthy diet consists of the balanced amount of carbohydrates, fats, fibre, minerals, proteins, vitamins and water. We should try to have these nutrients in our food.

### **4. Avoid Usage of Tobacco Products and Alcohol**

Use of drugs, smoking and alcohol is harmful for our health. Avoid bad habits of drugs use, smoking and use of alcohol. Drugs usage cause many diseases and hamper our health; it usually shortens our life expectancy. For better health and quality of life always say no to usages of drugs, smoking and alcohol.

### **5. Get Proper Sleep and Relaxation**

Proper sleep and relaxation play a crucial role in individual's physical as well as mental health and functioning. Improper sleep can affect immune system, which can lead to various forms of health problems. Some experts believe that lack of sleep can make the body resistant to insulin, a hormone which helps carry glucose from bloodstream to cells. Other problems resulting from lack of sleep include lack of mental clarity, memory problems, moody disposition, and higher stress level.

### **6. Go for Regular Physical Activity or Exercise**

Regular physical activity or exercise has a host of many health benefits. Do whatever sport or physical activity you like on a regular basis. Regular exercise keeps the body strong and healthy. Regular exercise can make your body systems stronger and more efficient. Some benefits include reduced risk of having diabetes, reduced risk of blood pressure, help in weight management, develop strong and healthy bones, muscles and joints, improve blood flow throughout the body, improve the body's capacity to use calories, and reduces both mental and physical stress. Start exercising on a regular basis for better health.

### **7. Meditate and Reflect**

Taking time out from your busy schedule to meditate and reflect can act as a good medicine. Meditation and reflection are now recognized as having many benefits for health and wellbeing. It has been implemented in the management of some forms of illness, management of stress, and even in accelerated learning programs. For inner happiness, it is important to meditate and reflect.

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### 8. Think Positive and Be in Control

Positive thinking generates positive vibes in our body. Always try to keep your mind and emotions in conscious control. Positive thoughts and emotions lead to positive feelings and have a positive effect on our body. Positive thinking always keeps you in a happy state of mind, that will facilitate good health and wellbeing. If we truly adhere to and live by the above mentioned principles of health, it will contribute to our long, healthy, and happy life. It will also help us to avoid lots of diseases, undue stress, and many forms of unhappiness.

### 6. Prepare any one project out of the given below:

A) Write the name of 12 poses of Surya Namaskar with their one benefit in the following table.

Pose No.	Name of Position	One Benefit
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

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**Answer:-**

Pose No.	Name of Position	One Benefit
<u>1</u>	Pranamasana (prayer pose )	Helps relax the nervous system while maintaining the balance of the body.
<u>2</u>	Hasta-Uttanasana	Helps in easing lower back pain, asthma and exhaustion
<u>3</u>	Padaahastasana	Helps relieve headaches and migraine
<u>4</u>	Ashwa Sanchalanasana (Equestrian Pose)	Increases grit and willpower.
<u>5</u>	Parvatasana (Mountain pose )	Helps calm down
<u>6</u>	Asthanga Namaskara (Salute with eight parts of the body)	Enhances flexibility of the spine.
<u>7</u>	Bhujangasana (Cobra Pose)	Enhances the strength of the torso.
<u>8</u>	Parvatasana	Calms frayed nerves and tackles stress
<u>9</u>	Ashwa Sanchalana	It helps to balance secretion of hormones of all glands of the body
<u>10</u>	Padahastasana	It strengthens and tones all parts of the body
<u>11</u>	Hasta uttanasana	It keeps abdomen, intestine, stomach, pancreas, heart and lungs healthy
<u>12</u>	Pranamasana (prayer pose )	It helps to increase the blood circulation all over the body smoothly and removes the impurities of blood and destroys the skin diseases

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B) Prepare four days in a week exercise schedule for a working woman based on the following parameters.

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>
Warm-up Exercises:	Warm-up Exercises:	Warm-up Exercises:	Warm-up Exercises:
Main Exercises:	Main Exercises:	Main Exercises:	Main Exercises:
Relaxation Exercises:	Relaxation Exercises:	Relaxation Exercises:	Relaxation Exercises:

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Answer:-

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>
<p><b>Yoga and Mental Wellness</b></p> <p><u>Warm-up Exercises:</u> Sun Salutations (Surya Namaskar)</p> <p><u>Main Exercises:</u> Pranayama (breathing exercises)</p> <p><u>Relaxation Exercises:</u> meditation.</p>	<p><b>Cardio and Strength</b></p> <p><u>Warm-up Exercises:</u> Jogging or walking</p> <p><u>Main Exercises:</u> Followed by bodyweight</p> <p><u>Relaxation Exercises:</u> yoga strength exercises.</p>	<p><b>Meditation and Relaxation</b></p> <p><u>Warm-up Exercises:</u> Meditation,</p> <p><u>Main Exercises:</u> more advanced yoga asanas, pranayama</p> <p><u>Relaxation Exercises:</u> listening to soothing music.</p>	<p><b>Music and Dance</b></p> <p><u>Warm-up Exercises:</u> Dancing to music</p> <p><u>Main Exercises:</u> involving fast and energetic movements</p> <p><u>Relaxation Exercises:</u> aerobics, or Zumba.</p>

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