

PHYSICAL EDUCATION AND YOG (373)

1. Who defined that, "Physical education is defined as an educational process that uses physical activity as a means to help individuals acquire skills , fitness , knowledge and attitudes that contribute to the optional development as well being".

- a. Wuest and Bucher
- b. P.M. Joseph
- c. J.B. Nash
- d. M.L. Kamlesh

Answer:- a. Wuest and Bucher

2. What is the behaviour and attitude that show respect for the rules of the game and other player called?

- a. Integrity
- b. Discipline
- c. Sportsmanship
- d. Dedication

Answer:- c. Sportsmanship

3. The word personality is derived from Latin word "Persona" which means –

- a. The mask
- b. The move
- c. The measure
- d. The cover

Answer:- a. The mask

4. Collection of two or more people for a common goal is called-

- a. Leadership
- b. Group cohesion
- c. Spectators
- d. Social change

Answer:- b. Group cohesion

5. The science to study the process of food intake and its utilization is-

- a. Diet
- b. Vitamin
- c. Nutrition
- d. Carbohydrates

Answer:- c. Nutrition

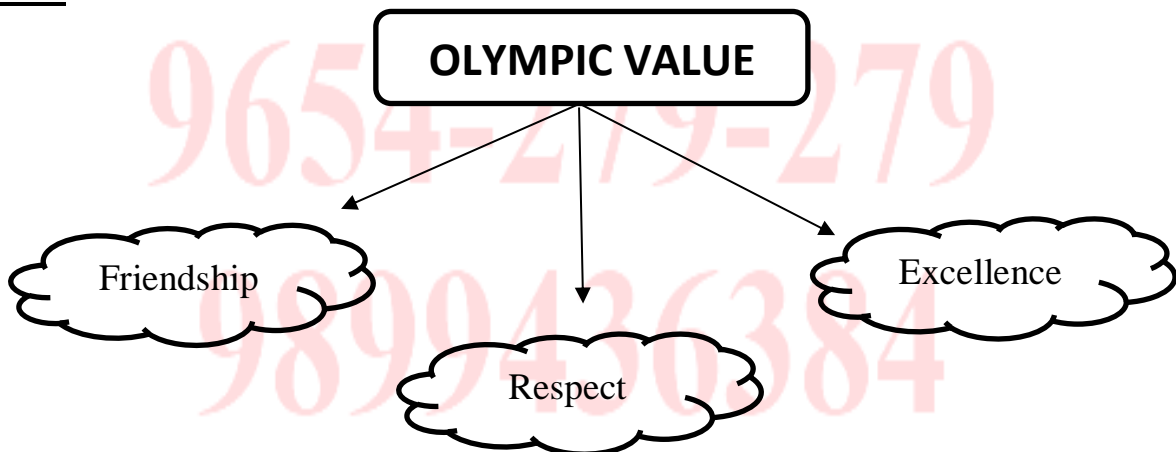
6. Characteristics like optimism, self-efficacy and self-control, etc. are of-

- a. Anxiety
- b. Personality
- c. Aggression
- d. Motivation

Answer:- b. Personality

7. Write two points on the core values of Olympics.

Answer:-



i. Friendship:

Friendship is at the heart of the Olympic Movement. It encourages us to see sport as an instrument for mutual understanding between individuals, and between people all over the world.

ii. Respect:

It includes respect for yourself and your body and for other people, for rules and regulations, for sport and for the environment.

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18. Give four differences between aerobic and anaerobic exercises.

Answer:-

S NO.	AEROBIC EXERCISES	ANAEROBIC EXERCISES
1.	Aerobic activities are those activities which are performed continuously with low and moderate intensity by the large groups of muscles, oxygen uptake is high.	Anaerobic activities are those activities which are performed in intervals with moderate to high intensity and low volume.
2.	These activities require oxygenated blood for working muscles. Production of lactic acid in muscles in these activities is low	The activity is either too fast or too intensive in which working muscle is unable to receive appropriate amount of oxygenated blood that triggers lactate acid formation
3.	Slow-twitch fibres contracting slowly with less force, fatigue comes slowly which suits for long duration aerobic activities eg. Long distance races, Aerobics etc.	Fast-twitch fibres contract faster and produce great force but fatigue comes faster; anaerobic activities suit this types of fibres eg. Short distance races, 100 M, 200 M etc.
4.	For example, walking, running, skipping, swimming, rowing, hiking.	For example, sprinting, weight training etc.

19. Define test and measurement. Give three points on the need and importance of test and measurement.

Answer:- Test and measurement have a very important role in the field of physical education. Test and Measurement are the means by which we can explore the needs, abilities, qualifications and many other important information of students. The effect of training and coaching can be determined by the test and measurement. The progress made by the player can be measured and accordingly future plan may be designed. Finally, we can say that it is not possible to achieve the desired goals unless you know the progress.

Test:

Test A test is a tool having a set of questions and an examination. It is used to measure a particular characteristic of an individual or a group of individuals. It is something which provides information regarding individual's ability, knowledge, performance and achievement A test is a tool which is used to evaluate the physical fitness, skill and performance of a sports person.

21. Write the steps to be taken for treatment of simple sports injury.

Answer:- There are four steps to be taken care of common sports injuries. The process is known as R I C E which consists of four steps. This process should be started as soon as an injury occurs. In RICE, R stands for REST, I stands for ICE, C stands for COMPRESSION, and E stands for ELEVATION.

i. Rest

An individual should immediately stop the activity as soon as an injury occurs. Delay may further damage the injured part. Rest must be taken until injured part gets fully recovered.

ii. Ice

Ice or cold water should be put on to the injured part as soon as possible to control swelling. It will help to decrease muscle spasm and also decrease pain. Cold water or ice should be applied for 20-30 minutes after gap of 2-3 hours till 48-72 hours.

iii. Compression

Compression helps to limit and decrease swelling in the injured area. It should be applied with cold treatment. Compression can be done through elastic wrap of tape or belt but should not be too tight to stop circulation, or too loose to allow further swelling.

iv. Elevation

Last step of the process is to elevate the injured part. During the process support should be placed under the entire limb. The height should be enough that high above from the heart.

22. Describe any six values in sports.

Answer:- Six values in sports:

- i. Fairness
- ii. Integrity
- iii. Responsibility
- iv. Respect
- v. Friendship
- vi. Excellence



i. Fairness

Player as well as coach must follow the rules and regulation of their specific game. The rules must be applied equally to both teams by the referees; personal interest or biasness should not be seen in results. Any person cannot be eliminated on the basis of sexual orientation, gender or race. Integrity of sports is violated when player or coach use unfair advantage over their opponent.

ii. Integrity

Any means and methods used by opponent that are against the integrity of game or sports spirit show lack of integrity on that person's part. An example of football may give the clear picture, whenever a player fakes foul or injure during game, the player is not behaving in the spirit of games, such things happen to cheat an official to make poor call.

iii. Responsibility

Coaches and players must take responsibility for their actions on or out of the field. During a career of sports players often face defeats and most of the times they have excuse of poor officiating instead of different aspects of game like their performance, fitness etc. They have responsibility to update themselves from all rules and regulation of their sport. Coaches and players are responsible for their conduct not only on the fields but off the field also.

iv. Respect

Players and coaches should show respect to officials, opponents, and teammates. To accept official's decision at ease is another form of respect. Parents, relatives and fans should show respect to officials and players of other teams.

v. Friendship

Friendship is at the heart of the Olympic Movement. It encourages us to see sport as an instrument for mutual understanding between individuals, and between people all over the world.

vi. Excellence

Excellence means doing the best on the playground or in our professional life. The important thing is not winning, but taking part, making progress and enjoying the healthy combination of body, will and mind.

- iv. The use of mudras adjusts the flow of energy affecting the balance of air, fire, water earth and ether for healing.
- v. Mudra is a practice of physical, mental and spiritual well-being.

25. List the steps of Patanjali Yoga. Write two points on any two of them.

Answer:- The steps of Patanjali Yoga:

- i. Yama (social code)
- ii. Niyama (personal code)
- iii. Asana (posture)
- iv. Pranayama (control of prana)
- v. Pratyahara (sense withdrawal)
- vi. Dharna (concentration)
- vii. Dhyana (meditation)
- viii. Samadhi (super consciousness)

i. Yama (social code):

The first aspect of Ashtang Yoga is known as Yama. Social code means yogic self-control. The five yamas are – Satya, Ahimsa, Asteya, Aparigraha and Brahmcharya.

Satya (truthfulness): It refers to awareness of what is correct, right and true, as it is manifesting from within, and the ability to express it. In higher level it is complete control over speech.

Ahinsa (non-violence): It is not an external act of eliminating violence from our action but elimination of violence from our attitude.

ii. Niyama (personal code):

It literally means positive duties or observances. These are also five in number. According to yog sutra these are fixed discipline necessary for the practice of meditation and Samadhi.

Shaucha (cleanliness, purity): It is the first Niyam. It refers to purity of mind, speech and body. It does not mean only physical cleanliness but also environmental cleanliness and cleanliness of one's living area.

Santosha (contentment): It means to be happy with present moment without craving and without complaining. A sense of satisfaction in spiritual life is a necessity.

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