

PHYSICAL EDUCATION AND YOG (373)

1. Indian Olympic Association (IOA) came into existence in which year?

- a) 1927
- b) 1928
- c) 1929
- d) 1930

Answer:- a) 1927

2. Moral principle that governs or influences a person's behaviour is called:

- a) Integrity
- b) Discipline
- c) Ethics
- d) Dedication

Answer:- c) Ethics

3. Pleasure, fun and self are part of which motivation?

- a) Intrinsic motivation
- b) Amotivation
- c) Extrinsic motivation
- d) None of the above

Answer:- a) Intrinsic motivation

4. Sports is a vehicle for:

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

Answer:- d) Social change

5. In India, National Nutrition Week is celebrated each year from:

- a) 1st to 7th July
- b) 1st to 7th August
- c) 1st to 7th September
- d) 1st to 7th October

Answer:- c) 1st to 7th September

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10. List three domains of learning. Write one point on any one.

Answer:- Three domains of learning:

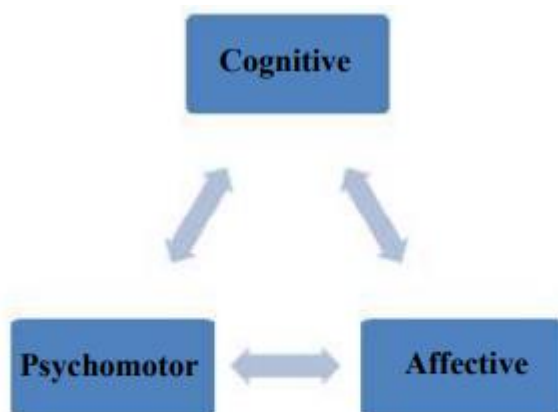
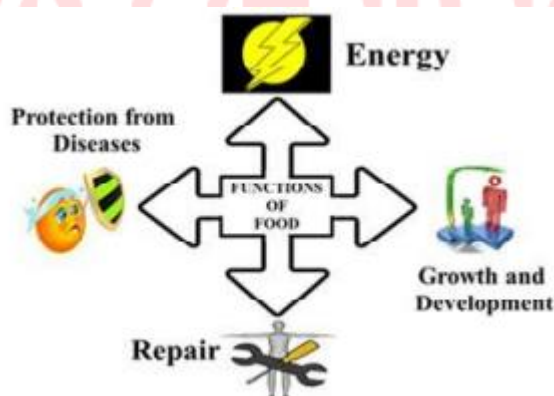


Figure 6.2: Domains of Learning

Cognitive – In teaching cognitive learning the physical educator or instructor is concerned with increasing individual's knowledge, enhancing problem solving abilities, clarifying understandings and developing and identifying concepts. They also deal with developing the reasoning level, evaluation and critical thinking of the individual. The prime focus of this domain is mental process that can be obtained and improved through learning.

11. Write four functions of food.

Answer:- Four functions of food:



- i. **Energy:** For performing any work, energy is a necessity. Our energy is spent when we are engaged in performing work. That is why, our body get tired after performing any work. Food is the major source of energy for our body

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14. Write the history of Yog in four points.

Answer:- The history of Yog in four points:

- i. The language used in Indus valley civilisation is still unknown to us, but still it is sure on the basis of idols that yog was performed during that period.
- ii. The main textual sources for the evolving concept of Yog are the middle Upanishads, the Mahabharata including Bhagwadgita and the yog sutras of Patanjali. Many examples of the concept and terminology of yog appear in the upnishads.
- iii. The study of Vèdas reveals that there were some partially developed concepts of yog in this period. Vèdas do not directly mention the word ‘yogis’ or ‘yog’. In Rigvèda the usage of word ‘Yunjate’ suggests an idea of yog for sense control.
- iv. All the credit goes to Patanjali, who gave us the present literary form of yog in ‘Yogsutra’ approximately in 147 B.C. The Yogsutra is divided into four books. He explained eight parts of yog, such as Yama, Niyama, Asanas, Prāñāyāma, Pratyāhāra, Dharna, Dhyana and Samadhi.

15. List two benefits of Nauli Kriya.

Answer:- Two benefits of Nauli Kriya:

- i. It massages all the abdominal organs and keeps them healthy.
- ii. It removes constipation and strengthens the digestive system.

Note: Patients suffering from hernia, ulcer, chronic renal and cardiovascular diseases should not practice it.

16. Write two benefits of Gyan Mudra.

Answer:- Two benefits of Gyan Mudra:

- i. This Mudra stimulates the air element of our body and thus empowers mind.
- ii. It helps in increasing concentration and is the best remedy for dullness, inactiveness, and lack of enthusiasm, recklessness, lack of creativity and loss of memory problems

17. What do you understand by Kapalbhathi? List seven steps of kapalbhathi.

Answer:- Kapalabhathi Kriya is a frontal brain cleansing.

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20. Draw a single knockout fixture for nine (9) teams.

Answer:- No. of teams = 9

No. of matches = $N - 1 = 9 - 1 = 8$

Bye

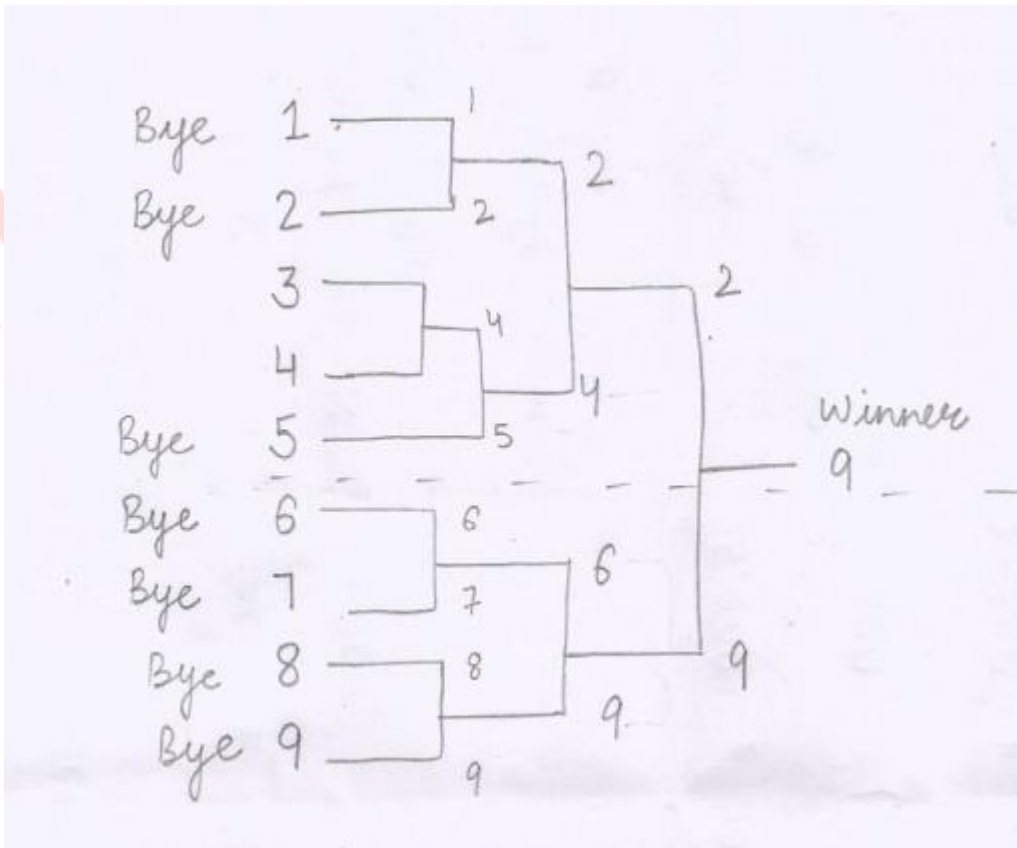
$N_B \text{ bye } 16 - 9 = 7$

Upper end bye = $N_B - 1 / 2 = 7 - 1 / 2 = 6 / 2 = 3$

Lower end bye = $N_B + 1 / 2 = 7 + 1 / 2 = 8 / 2 = 4$

Upper end teams = $N + 1 / 2 = 9 + 1 / 2 = 10 / 2 = 5$

Lower end teams = $N - 1 / 2 = 9 - 1 / 2 = 8 / 2 = 4$



21. What is dislocation? Give two points on dislocation.

Answer:- When bones shifted their place from normal position, do not meet properly at the joint is known as dislocation.

Two points on dislocation:

- i. It can be divided into two types :
 - a) Subluxation: There is partial dislocation in joints where slight displacement of bones takes place.

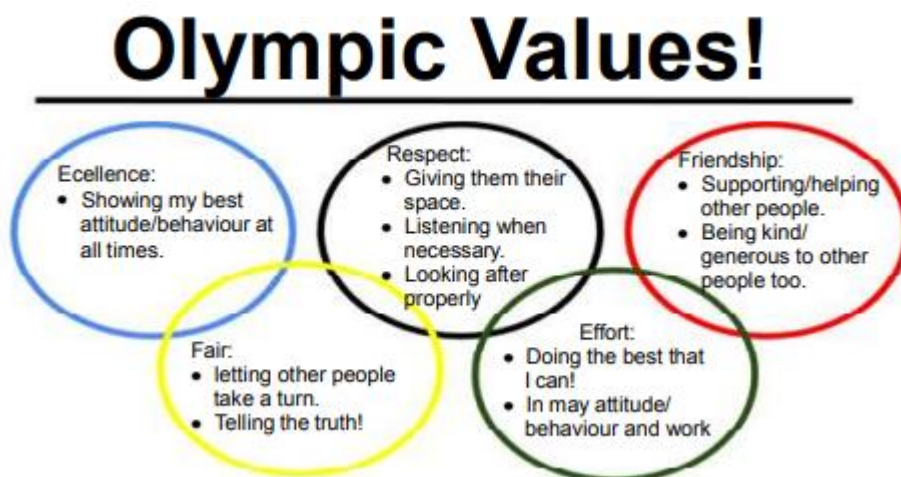
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b) Luxation: There is complete dislocation where bones completely separate from each other.

- ii. Role in Plastic Deformation: Dislocations play a crucial role in the plastic deformation of materials. When a material is subjected to stress, dislocations move, allowing layers of atoms to slide past each other more easily. This movement is the primary mechanism behind the plastic deformation of metals, making them malleable and ductile.

22. Describe in six points the education themes of Olympism.

Answer:-



Six points the education themes of Olympism:

- i. Harmony of Body, Will, and Mind:
Olympism is centered around the idea of achieving a balance between physical, mental, and moral development. This holistic approach encourages individuals to strive for excellence in all aspects of life.
- ii. Social Responsibility and Peace:
Olympism promotes the idea of using sport as a means to foster peace and social cohesion. It encourages the development of individuals who are not only skilled athletes but also responsible citizens who contribute positively to society.

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