GENERAL INSTRUCTIONS:

- 1. The question paper consists of 5 sections and 37 Questions.
- 2. Section A consists of questions 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 3. Section B consists of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
- 4. Section C consists of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
- 5. Section D consists of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
- 6. Section E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

		SECTI	ON-A			
Q.1	What is the primary purpose of planning in sports?					
	a) To win every game		b) To improve performance			
	c) To create confusion among opponents		d) To disobey rules and regulations			
Q.2	If we have given 5 Byes in a Knockout Fixtures, then which team will get the fourth Bye?					
	a) Second team of Upper Half		b) First team of Lower Half			
	c) Last team of Upper Half		d) Second Last Team of Lower Half			
Q.3	How many matches t	o be played when we h	nave 10 teams in a cyc	lic method ?		
	a) 40	b) 45	c) 50	d) 55		
Q.4	Scoliosis is a postura	l deformity which is re	lated to ?			
	a) Neck	b) Muscle	c) Spine	d) Shoulder		
Q.5	Cobra pose is useful	is useful to correct				
	a) Kyphosis	b) Lordosis	c) Scoliosis	d) Flat foot		
Q.6 What is Anorexia Nervosa?						
	a) Mental Disease	b) Physical Disease	c) Eating Disorder	d) Menstrual Disorder		
Q.7	How many types of I	Diabetes are found?				
	a) Three	b) Four	c) Two	d) One		
Q.8	Uttan Mandukasana a	and Vakrasana are help	oful in curing			
	a) Asthma	b) Diabetes	c) Cancer	d) Hernia		
Q.9	Tada means					
	a) Coconut tree	b) Banana Tree	c) Palm Tree	d) Lemon Tree		
Q.10 What is most important while		ant while dealing with	CWSN?			
	a) Time	b) Patience	c) Sympathy	d) All of these		

Q.11	Given Below Are The Two Statements Labeled Assertion(A) and Reason(R).				
	Assertion(A)Vitamins are compounds of carbon which are essential for the normal growth				
	and working of the body.				
	Reason(R) Vitamin D is essential for normal growth of the body. Deficiency of Vitamin A				
	leads to night blindness and also affects kidneys, nervous system and digestive system. In the				
Context of The above Two Statements, which one of the following is correct?			g is correct?		
	a) A is False, but R is true.				
	b) A is true, but is false.				
	c) Both A and R are true and R is the correct explanation of A.				
	d) Both A and R are true, but R is n	d) Both A and R are true, but R is not the correct explanation of A.			
Q.12 The first Special Olympics Games were held in					
	a) Chicago b) Paris	c) New York	d) Washington DC		
Q.13	Inclusive physical education programs aim to:				
	a) Exclude students with special need	ds from sports activities			
	b) Include only highly skilled athlete	es			
	c) Provide opportunities for students with special needs to participate in sports alongside their				
	peers				
	d) Focus solely on competitive sport	S			
Q.14	Which of the following is a common symptom of dehydration in athletes?				
	a) Increased energy levels	b) Dark urine			
	c) Excessive sweating	d) Improved performance			
Q.15	Why is it important for athletes to re	plenish electrolytes during pro	olonged physical activity?		
	a) To reduce calorie intake	b) To prevent muscle sorene	ss		
	c) To maintain proper fluid balance and prevent cramping				
	d) To increase overall energy levels				
Q.16	Fats contain Oxygen, Carbon and Hy	ydrogen in the ratio of			
	a) 76:12:12 b) 12:76:12	c) 20:60:20	d) 60:20:20		
Q.17	Match the following:				
	A. Vitamin B12 1. Thiamin				

A.	Vitamin B12	1.	Thiamin
В.	Vitamin B3	2.	Biotin
C.	Vitamin B7	3.	Cobalamin

D.	Vitamin B1	4.	Niacin

Choose the correct option from the following:

(a) 1 2 3 4

(b) 3 4 2 1

(c) 4 3 1 2

(d) 2 3 4 1

Q.18 Match the following:

	List 1		List 2
1.	Technical Committee	A.	To provide shifting facility
2.	Finance Committee	B.	To resolve dispute
3.	Transport Committee	C.	To deal with money and expenditure
4.	First Aid Committee	D.	To provide medical facility
(a)	(a) 1 – B, 2 – C, 3 – D, 4 – A (b) 1 – C, 2 – B, 3 – A, 4 –		

(a)
$$1 - B$$
, $2 - C$, $3 - D$, $4 - A$

(b)
$$1 - C$$
, $2 - B$, $3 - A$, $4 - D$

(c)
$$1 - D$$
, $2 - C$, $3 - A$, $4 - B$

(d)
$$1 - B$$
, $2 - C$, $3 - A$, $4 - D$

SECTION-B

- Q.19 What do you understand about Bulimia?
- 0.20Explain any four benefits of Ardha Matsyendrasana.
- List down any Four strategies to make physical activities accessible for CWSN.
- Q.22Explain briefly Advantages of Intramural Tournament.
- O.23What is female athlete triad? Explain briefly.
- Q.24 What is the Rikli and Jones test?

SECTION-C

- Q.25Discuss the different types of disability etiquettes in detail.
- 0.26 Explain Micronutrients with sources and function.
- Case Study Imagine you are a highly experienced sports coach responsible for a group of high Q.27school athletes who are preparing for an important track and field competition. This competition is a significant event, and your goal is to ensure that your athletes perform at their best. The competition includes various events such as sprints, long jumps, javelin throws, and relay races.

In the Context of above case study answer the following question:-

- a) What is the purpose of a warm-up routine in sports, and how does it contribute to the athlete's overall performance and injury prevention?
- b) Explain the concept of "overtraining" in sports and its potential consequences on an athlete's performance.
- c) In sports planning, what does the term "competition calendar" refer to, and why is it essential for athletes and coaches?
- Q.28 The weight of a person is 60 kg and Height is 170 cm, calculate his/her BMI and benefit from average BMI.
- Q.29 Identify the asana. Write any two contraindications and benefits of this asana.

PASCHIMOTTANASANA THE FORWARD BEND POSE



Q.30 Explain the three postural deformities of spinal curvature supported with a stick diagram of each deformity.

SECTION-D

- Q.31 In a knockout fixture of 15 teams with 4 seedings:
 - a) How many byes are there?
 - b) How many rounds will be there?
 - c) When will we bring seeding teams to play?
 - d) Write down the advantages of seeding in knockout fixtures.
- Q.32 Discuss the role of carbohydrates in the diet of an athlete. How do carbohydrates contribute to energy production during exercise, and what are the recommendations for carbohydrate intake before and after a workout?
- Q.33 Write the importance of test and measurement in sports and physical education from aspects of Coach, Player, Sports Training and Progression.

SECTION-E

- Q.34 What is the Rikli and Jones Test? Write down the test administration of two battery tests.
- Q.35 What is Hypertension? Explain its symptoms and causes. Write down the two asanas for prevention of Hypertension in detail with procedure, breathing awareness and contraindications.
- Q.36 Draw a league fixture 7 teams from the tabular method. Write down advantages and disadvantages of league tournaments.
- Q.37 Draw a league fixture 13 from cyclic method. Write down advantages and disadvantages of league tournaments.