

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?

- 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 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 needs from sports activities
- b) Include only highly skilled athletes
- c) Provide opportunities for students with special needs to participate in sports alongside their peers
- d) Focus solely on competitive sports

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 replenish electrolytes during prolonged physical activity?

- a) To reduce calorie intake
- b) To prevent muscle soreness
- c) To maintain proper fluid balance and prevent cramping
- d) To increase overall energy levels

Q.16 Fats contain Oxygen, Carbon and Hydrogen 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:

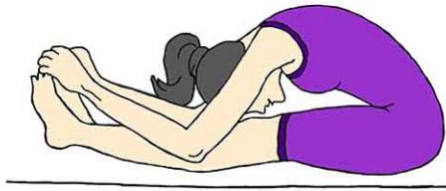
A.	Vitamin B12	1.	Thiamin
B.	Vitamin B3	2.	Biotin
C.	Vitamin B7	3.	Cobalamin

- 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.