

## Chapter 1 : Planning in Sports



### TOPIC-1

### Meaning and Objectives of Planning and Various Committees

#### Objective Type Questions

(1 mark each)

1. Fill in the Blanks :
- (a) \_\_\_\_\_ is a process of setting objectives and deciding how to accomplish them.
- (b) \_\_\_\_\_ the success rate is the foremost objective of planning.
- (c) The head of a sport committee is \_\_\_\_\_ director.
2. State whether these statements are True or False:
- (a) Not more than two committees need to form organizing committee of a tournament.
- (b) The technical committee looks after equipment like microphone, camera, etc.

Ans. (a) Planning

Ans. (a) False  
(b) True



### TOPIC-2

### Tournaments and Fixtures

#### Objective Type Questions

(1 mark each)

1. Fill in the Blanks :
- (a) \_\_\_\_\_ is a privilege given to a team which is decided generally by seeding it or by draw of lots.
- (b) A league tournament is also known as \_\_\_\_\_ tournament.
- (c) In staircase method, the fixtures are made like a \_\_\_\_\_.
2. State whether these statements are True or False:
- (a) In consolation tournament, an additional chance is given to the defeated team.
- (b) Tournament is a large contest of many rounds among various teams.

Ans. (a) Bye

Ans. (a) True  
(b) True



### TOPIC-3

### Intramural, Extramural and Specific Sports Programmes

#### Objective Type Questions

(1 mark each)

1. Fill in the Blanks :
- (a) Run for Fun is a \_\_\_\_\_ sports programme.
- (b) Sack race and kho-kho are included in \_\_\_\_\_.
- (c) \_\_\_\_\_ are organised to make people aware of deadly diseases like AIDS and cancer.

(b) intramurals

(c) Health runs

2. State whether these statements are True or False:
- (a) The main objective of extramural activities is to provide ample opportunities to every

student in games and sports.

(b) Extramural encompasses the activities which are performed outside the walls of the institution or schools.

Ans. (a) False

(b) True

## Chapter 2 : Sports and Nutrition



### TOPIC-1

### Balanced Diet and Nutritive Components

#### ? Objective Type Questions

(1 mark e

1. Fill in the Blanks :

(a) The fibre present in the food which helps to eliminate wastes from the body is called \_\_\_\_\_.

(b) Vitamins and minerals are \_\_\_\_\_ nutrients.

(c) An alkaline pH contributes a \_\_\_\_\_ taste to the food.

Ans. (a) roughage

(b) micro

(c) bitter

2. State whether these statements are True or False

(a) Almost one-fourth of our body is made of water.

(b) Vitamin C is good for muscles and nerves

Ans. (a) False

(b) False



### TOPIC-2

### Effects of a Diet on the Performance and Eating for Weight Control

#### ? Objective Type Questions

(1 mark e

1. Fill in the Blanks :

(a) Sweating reduces the amount of \_\_\_\_\_ and \_\_\_\_\_ in the body.

(b) Partial or complete absence of the enzymes accountable for breaking down or absorbing the food elements causes \_\_\_\_\_.

(c) Hair loss and depression are \_\_\_\_\_ of dieting.

Ans. (a) sodium, chloride

(b) food intolerance

(c) pitfalls

2. State whether these statements are True or False

(a) BMI is a measure of weight proportion to height.

(b) Potatoes make you fat.

Ans. (a) True

(b) False

## Objective Type Questions

(1 mark each)

Fill in the Blanks :

- (a) The \_\_\_\_\_ meal is the meal that is consumed during the day of competition or just before the competition.
- (b) Food supplements are \_\_\_\_\_ if a child takes balanced diet.
- (c) After competition diet must be rich in \_\_\_\_\_ and \_\_\_\_\_.
15. (a) Pre-competition

- (b) unnecessary  
(c) carbohydrates, proteins

2. State whether these statements are True or False:

- (a) Bone pain, nauseous and swelling are some common symptoms on food supplements.
- (b) Skimmed milk has more calcium than ordinary milk.

- Ans. (a) True  
(b) True

## Chapter 3 : Yoga and Lifestyle



### TOPIC-1

### Asanas as preventive measures

## Objective Type Questions

(1 mark each)

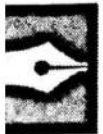
Fill in the Blanks :

- (a) While doing asana, one must \_\_\_\_\_ while raising any part of the body.
- (b) \_\_\_\_\_ is the practice of sun salutation.
- (c) \_\_\_\_\_ is a meditative asana.
1. (a) inhale  
(b) Surya Namaskar  
(c) Padmasana

2. State whether these statements are True or False:

- (a) Asanas give only physical stability and comfort.
- (b) In garudasana, the hands with arms placed in front look like the beak of an eagle.

- Ans. (a) False  
(b) True



### TOPIC-2

### Obesity

## Objective Type Questions

(1 mark each)

Fill in the Blanks :

- (a) \_\_\_\_\_ is the only asana which can be practiced immediately after taking meals.
- (b) In trikonasana, the body makes the shape of a \_\_\_\_\_.

(c) Ardh matsyendrasana must not be practiced by persons suffering from \_\_\_\_\_.

- Ans. (a) Vajrasana  
(b) triangle  
(c) Robin

2. State whether these statements are True or False:  
 (a) Obesity is a condition in which excess body fat has accumulated to the extent that it may have a negative effect on health.

Ans. (a) True  
 (b) True

(b) Coronary artery disease is a symptom of obesity.



**TOPIC-3  
Diabetes**

**Objective Type Questions**

1. Fill in the Blanks:  
 (a) Diabetes is a defect in the body's ability to convert \_\_\_\_\_ to energy.  
 (b) In Sanskrit, bhujanga means \_\_\_\_\_.  
 (c) Paschimottasana means stretching the \_\_\_\_\_ region.

Ans. (a) Glucose / sugar  
 (b) cobra  
 (c) posterior

2. State whether these statements are True or False:  
 (a) Type - 1 diabetes occurs most commonly in children.  
 (b) Pawanmuktasana reduces digestive power of the body and is a contraindication of asana.

Ans. (a) True  
 (b) False



**TOPIC-4  
Asthma**

**Objective Type Questions**

1. Fill in the Blanks:  
 (a) Asthma occurs when exposed to a \_\_\_\_\_.  
 (b) In Sanskrit, sukham means \_\_\_\_\_.  
 (c) Excessive fatigue is a symptom of \_\_\_\_\_.

Ans. (a) trigger

- (b) bliss / delight  
 (c) asthma  
 2. State whether these statements are True or False:  
 (a) Chest tightness causes asthma.  
 (b) Gomukhasana relieves heart rate.

Ans. (a) False  
 (b) True



**TOPIC-5  
Hypertension**

**Objective Type Questions**

1. Fill in the Blanks:  
 (a) Stress causes \_\_\_\_\_.  
 (b) In \_\_\_\_\_, body imitates like a palm tree.

(c) \_\_\_\_\_ stretches the front upper body.  
 Ans. (a) hypertension  
 (b) Tadasana  
 (c) Ardha-chakrasana

2. State whether these statements are True or False:
- (a) Pregnant women should avoid ardhachakrasana.      Ans. (a) True  
 (b) Hypertension can be genetic also.      (b) True



**TOPIC-6**  
**Back pain**

**Objective Type Questions**

(1 mark each)

1. Fill in the Blanks :
- (a) Back pain is felt in \_\_\_\_\_.
- (b) Sciatica is a cause of \_\_\_\_\_.
- (c) \_\_\_\_\_ is a symptom of back pain.
- Ans. (a) backbone  
 (b) back pain  
 (c) Inflammation
2. State whether these statements are True or False:
- (a) Vakrasana increases elasticity of limbs.
- (b) Back pain is felt in lower back.
- Ans. (a) False  
 (b) False

**Chapter 4 : Physical Education and Sports for Differently Abled**



**TOPIC-1**  
**Concept of Disabilities and Types of Disabilities, Its Causes and Nature**

**Objective Type Questions**

(1 mark each)

1. Fill in the Blanks :
- (a) \_\_\_\_\_ is an impairment that may be cognitive, developmental, intellectual, sensory, physical, mental or source combination of these.
- (b) A person who has \_\_\_\_\_ disability has trouble performing mental tasks that the average person would be able to do.
- (c) Paralysis is a symptom of \_\_\_\_\_ disability.
- Ans. (a) Disability  
 (b) cognitive  
 (c) physical
2. State whether these statements are True or False:
- (a) Disability can be classified as cognitive and intellectual disability only.
- (b) Stroke are caused by blockage in blood vessels.
- Ans. (a) False  
 (b) True



**TOPIC-2**  
**Concept and Types of Disorder, Its Causes and Nature (ADHD, SPD, ASD, ODD, OCD)**

**Objective Type Questions**

(1 mark each)

1. Fill in the Blanks :
- (a) ADHD may be caused due to \_\_\_\_\_ injury.
- (b) ASD stands for \_\_\_\_\_ Spectrum Disorder.
- (c) In \_\_\_\_\_, people tend to check things repeatedly.