

2. State whether these statements are True or False:
- (a) Women athletes have diminished sense of control.
- (b) Sport is a social institution having its own distinctive value orientations.
- Ans. (a) False
(b) True

Chapter 7 : Test and Measurements in Sports



TOPIC-1

Measurement of Muscular Strength—Kraus Weber Test



Objective Type Questions

(1 mark each)

1. Fill in the blanks:
- (a) Various tools and techniques which are used to collect data along with a numeric value are called _____.
- (b) Kraus Weber Test is the test of _____ muscular fitness.
- (c) Test 2 measures the strength of abdominal minus _____ muscles.
2. State whether these statements are True or False:
- (a) Test is a form of assessment used to quantify gained and retained by the trainee.
- (b) Muscular strength is measured with the maximum amount of weight that a given muscle can move for fifty repetitions.
- Ans. (a) True
(b) False
- Ans. (a) measurement
(b) minimum



TOPIC-2

Motor Fitness Test—AAHPERD



Objective Type Questions

(1 mark each)

1. Fill in the blanks:
- (a) AAHPERD stands for American Alliance for Health, Physical Education, _____ and Dance.
- (b) Coordination is a component of _____ test.
- (c) The sit ups are noted for _____ minute only.
2. State whether these statements are True or False:
- (a) In shuttle run, two parallel lines are marked at a distance of 30 m from each other.
- (b) The purpose of Flexed leg sit ups is to measure abdominal strength and endurance.
- Ans. (a) False
(b) True
- Ans. (a) Recreation
(b) motor fitness



TOPIC-3

Measurement of Cardiovascular Fitness—Harvard Step Test/Rockport Test



Objective Type Questions

(1 mark each)

1. Fill in the blanks:

- (a) Cardiovascular Fitness refers to ability of our heart, lungs and organs to consume, transport and utilize _____.
- (b) In long form of Harvard Step Test, the pulse is counted for 30 seconds on _____ occasions.
- (c) The objective of Rock Port One Mile Test is to monitor the development of the athletes' _____ max.

Ans. (a) oxygen

(b) three

(c) VO_2

2. State whether these statements are True or False

- (a) Harvard Step Test is the most widespread test of cardiovascular endurance all over the world.
- (b) PEI and PFI give the same answer.

Ans. (a) True

(b) True



TOPIC-4

Measurement of Flexibility—Sit and Reach Test



Objective Type Questions

(1 mark each)

1. Fill in the blanks:

- (a) Flexibility is the range of motion around a _____.
- (b) Flexibility is determined by elasticity of muscles, tendons and _____.
- (c) Sit and Reach Test is performed after _____.

Ans. (a) joint

(b) ligaments

(c) warming up

2. State whether these statements are True or False

- (a) Sit and Reach test is the second most famous test for the measurement of flexibility.
- (b) Sit and Reach test specially measures the flexibility of the lower back and hamstring muscles.

Ans. (a) False

(b) True



TOPIC-5

Rikli and Jones—Senior Citizen Fitness Test



Objective Type Questions

(1 mark each)

1. Fill in the blanks:

- (a) _____ and _____ prepared various physical fitness tests for senior citizens.

(b) _____ minute walk test was devised for aerobic fitness and endurance.

(c) The purpose of Chair Stand Test is to assess leg strength and _____ of senior citizens.

- Ans. (a) Rikli, Jones
 (b) Six
 (c) endurance
2. State whether these statements are True or False: Ans. (a) True
 (a) Arm curl test is performed to assess upper body strength.
 (b) The aim of arm curl test is to do as many arm curls as possible in 60 seconds.
 (b) False

Chapter 8 : Physiology and Sports



TOPIC-1

Gender Differences in Physical and Physiological Parameters



Objective Type Questions

(1 mark each)

1. Fill in the blanks:
- (a) Prior to adolescence, _____ grow slowly and after the age of 14-16 years, they grow faster.
- (b) _____ are good in balancing events such as Gymnastics and Jumping.
- (c) With strong bones and cartilages males have broader and strong _____.
- (b) females
 (c) shoulders
2. State whether these statements are True or False:
- (a) Psychology is the science dealing with the study of human body functions.
 (b) Exercise physiology is derived from sports physiology.
- Ans. (a) False
 (b) False
- Ans. (a) boys



TOPIC-2

Physiological Factor Determining the Components of Physical Fitness



Objective Type Questions

1. Fill in the blanks:
- (a) The _____ fibres produce more force as they can contract faster.
- (b) _____ strength is essential for all rapid and explosive movements.
- (c) The ball and socket joint of the _____ has the maximum range of motion.
- (a) fast twitch
 (b) Explosive
 (c) shoulder
2. State whether these statements are True or False:
- (a) The components of Physical Fitness like strength, speed, endurance and flexibility etc., can be determined with the help of various physiological factors.
 (b) The size of the muscle plays no role in the strength of the muscle.
- Ans. (a) True
 (b) False



Objective Type Questions

1. Fill in the blanks:

- (a) In healthy adults, resting heart rate ranges from _____ beats per minute.
- (b) Maximum heart rate is calculated with method of deducting age from the beats at the time of _____.
- (c) _____ output increases if either of heart rate or stroke volume increases.

Ans. (a) 60-80
(b) birth

(c) Cardiac

2.

- State whether these statements are True or False.
- (a) With exercise intensity there is increase in the stroke volume.
 - (b) Stress related hormones progressively reduced from circulating in the blood regular exercises.

Ans. (a) False
(b) True



TOPIC-4

Effect of Exercise on Respiratory System

Objective Type Questions

1. Fill in the blanks:

- (a) The lungs' volume and capacity increase with _____ training.
- (b) Breathing rate is the number of breaths per _____.
- (c) The exchange of gases that takes place in small air sacks of lungs (alveoli) is called _____.

Ans. (a) endurance

(b) minute

(c) pulmonary diffusion

2.

- State whether these statements are True or False.
- (a) The trained person gets more amount of oxygen from less amount of air.
 - (b) Exchange of gases between the blood and tissues is called external respiration.

Ans. (a) False
(b) False



TOPIC-5

Effect of Exercise on Muscular System

Objective Type Questions

1. Fill in the blanks:

- (a) In our body there are _____ muscles producing a particular movement.

- (b) Isotonic contraction is a type of _____ contraction in which while lifting a constant load, the muscle _____ with different tensions.

Ans.

(1 mark)

2.



1.

(1 mark)

Ans.



1.

(1 mark)

Ans.

(c) _____ is an increase in width of individual muscle fibre.

Ans. (a) 650

(b) shortens

(c) Hypertrophy

(a) As a result of training, glycolytic capacity decreases.

(b) About half the weight of our body is of our muscles.

Ans. (a) False

(b) True

2. State whether these statements are True or False:



TOPIC-6

Physiological Changes due to Ageing and Role of Physical Activity Maintaining Functional Fitness in Aged Population



Objective Type Questions

(1 mark each)

1. Fill in the blanks:

(a) _____ is characterised by the progressive degeneration of organ systems and tissues.

(b) _____ loss is a part of the ageing process.

(c) With the advancement of age, the body bone density _____.

Ans. (a) Ageing

(b) Hair

(c) decreases

2. State whether these statements are True or False:

(a) The inelasticity of tendons, ligaments and joint capsules is increased with ageing.

(b) Regular exercise is the supplement to delay the ageing process.

Ans. (a) False

(b) True

Chapter 9 : Sports Medicine



TOPIC-1

Concept and Definition



Objective Type Questions

(1 mark each)

1. Fill in the blanks:

(a) _____ bridges the space connecting science and sports.

(b) _____ exercises are a component of sports medicine.

(c) Sports medicine _____ plays an important role in prevention and rehabilitation of people with high risk of developing diseases.

Ans. (a) Sports Medicine

(b) Therapeutic

(c) expert

2. State whether these statements are True or False:

(a) Exercises help in the prevention of chronic degenerative diseases.

(b) Sports medicine includes the application of medical science and art.

Ans. (a) True

(b) True