



Aims and Scope

Objective Type Questions

1. Fill in the blanks:

- (a) The major aim of sports medicine is maintaining physical fitness of _____.
- (b) There are _____ specific aims of sports medicine.
- (c) Sports medicine is concerned with use and abuse of _____.

Ans. (a) sports person.
(b) three.

(c) drugs

2. State whether these statements are True or False.

- (a) The scope of sports medicine is very limited.
- (b) One of the aims of sports medicine is to provide the knowledge about the causes of sports injuries.

Ans. (a) False

(b) True



TOPIC-3

Sports injuries : Classification, Causes and Prevention

Objective Type Questions

1. Fill in the blanks:

- (a) _____ injuries are caused by an unexpected shock.
- (b) Poor warm up is the most common cause of _____.
- (c) _____ movements threaten golfers and tennis players.

Ans. (a) Acute

(b) sports injury

(c) Unilateral

2. State whether these statements are True or False.

- (a) Prior to the start of the activity or practice, a pre-participation physical medical checkup should be done of all important athletes only.
- (b) When we are active and exercising, it is essential to keep the body going.

Ans. (a) False

(b) True



TOPIC-4

Management of Injuries

Objective Type Questions

1. Fill in the blanks:

- (a) The damage in the muscles, ligaments, tendons or nerves of the body is known as _____.
- (b) _____ is a wound caused by damage to the skin.

_____ injury.

_____ is a wound caused by damage to the skin.

- (c) Contusion is a medical name for a bruise that refers to an area of _____.
- Ans. (a) soft tissue
(b) Abrasion
(c) skin discolouration
- (a) RICE stands for Rest, Ice, Compression and Elevation.
(b) Greenstick fractures management requires fracture reducing.
2. State whether these statements are True or False:
- Ans. (a) True
(b) True

Chapter 10 : Kinesiology Biomechanics and Sports



TOPIC-1 Introduction



Objective Type Questions

(1 mark each)

1. Fill in the blanks:
- (a) _____ is the field in sport science that applies laws of mechanics and physics to human performance.
- (b) _____ analyses motion in terms of time, displacement, velocity or acceleration.
- (c) _____ tends to change a body's state of rest or motion.
- Ans. (a) Biomechanics
(b) Kinematics
(c) Force



TOPIC-2 Projectile and Factors affecting Projectile Trajectory



Objective Type Questions

(1 mark each)

1. Fill in the blanks:
- (a) Projectile motion refers to the motion of an object that is thrown, or projected into the air at an _____.
- (b) The path of a projectile is called its _____.
- (c) Gravity affects the projectile as it _____ the height a projectile can obtain.
2. State whether these statements are True or False:
- (a) The motion of a projectile is determined only by the object's initial velocity and gravity.
- (b) Gravitation is a natural phenomenon by which all physical bodies attract each other.
- Ans. (a) angle
(b) trajectory
- Ans. (a) True
(b) True



TOPIC-3

Newton's Laws of Motion and the

Objective Type Questions

(1 mark each)

1. Fill in the blanks:

- (a) _____ gave the three laws of motion.
 (b) According to Law of _____, "A body at rest will remain at rest and a body in motion will remain in motion at the same speed and in the same direction unless acted on by an external force".
 (c) For every action there is _____ and _____ reaction.

Ans. (a) Newton

- (b) Inertia
 (c) equal, opposite

2. State whether these statements are True or False.
 (a) If an object is in motion, it remains in motion unless something or some external force stops it.
 (b) A change in acceleration of an object is inversely proportional to the force produced and inversely proportional to its mass.

Ans. (a) True
 (b) False



TOPIC-4

Aerodynamics

Objective Type Questions

(1 mark each)

1. Fill in the blanks:

- (a) The study of motion in air is called _____.
 (b) Aerodynamics is related to the flow of air around a _____.
 (c) Two examples of motion in air are _____ and _____.

Ans. (a) aerodynamics
 (b) projectile

- (c) spin / swing / break

2. State whether these statements are True or False.
 (a) The air flow around a ball thrown through the air differs greatly depending on whether it is a smooth surface or a rough surface.
 (b) A 5000 meters runner uses 90% of the total energy expenditure during a race simply overcoming air resistance.

Ans. (a) True
 (b) True



TOPIC-5

Introduction to Axis and Planes and Types of Movements

Objective Type Questions

(1 mark each)

1. Fill in the blanks:

- (a) An axis is a straight line around which an object _____.

- (b) _____ Axis runs horizontally from the front to back of your body.

4-XII

ts

ach)

lse:
otion
stops

ct is
icing

ach)

lse:
h the
it has

total
ly in

ts

ach)

m the

(c) Flexion refers to a movement that _____ the angle between two body parts.

- Ans. (a) rotates
(b) Frontal
(c) decreases

(a) Abduction is a movement towards the midline surface or a rough surface.

(b) Body movements include abduction, adduction, flexion, extension etc.

- Ans. (a) False
(b) True

2. State whether these statements are True or False:



TOPIC-6 Friction and Sports

? Objective Type Questions

(1 mark each)

1. Fill in the blanks:

(a) The force acting along two surfaces in contact, which opposes the motion of one body over the other, is called the force of _____.

(b) The larger the area of contact between the surfaces, the _____ the force of friction.

(c) _____ friction is a divergent force.

- Ans. (a) friction

- (b) greater
(c) Dynamic

2. State whether these statements are True or False:

(a) Rolling friction occurs when an object rolls slides over another.

(b) Dynamic friction is also called self-adjusting force.

- Ans. (a) False
(b) False



TOPIC-7 Major Muscles involved in Running, Jumping, Throwing

? Objective Type Questions

(1 mark each)

1. Fill in the blanks:

(a) The muscles on the front of the thigh are called the _____.

(b) The three major parts of hip flexors are Major, Minor and _____.

(c) The _____ have two parts - the gastrocnemius and soleus.

- Ans. (a) quadriceps
(b) Iliacus

- (c) calves

2. State whether these statements are True or False:

(a) Major muscles involved in running are Quadriceps, Hamstrings and Hip Flexor.

(b) The hips work when your thighs move toward your stomach.

- Ans. (a) True
(b) True

Chapter 11 : Psychology and Sports



TOPIC-1

Understanding Stress, Anxiety and its Management



Objective Type Questions

(1 mark each)

1. Fill in the blanks:
- (a) _____ is a physiological response to one's mental activities and how one perceives the situation.
- (b) Anxiety means a disturbed state of mind which is accompanied by emotional reactivity, physiological arousal, nervousness and an unpleasant state of _____.
- (c) _____ stress has a wearing effect on people.
- Ans. (a) Stress
(b) mind
(c) Chronic
2. State whether these statements are True or False.
- (a) Indigestion is a symptom of stress.
(b) Stress that continues with relief can lead to a condition called distress.
- Ans. (a) True
(b) False



TOPIC-2

Coping Strategies



Objective Type Questions

(1 mark each)

1. Fill in the blanks:
- (a) Expending conscious effort to solve personal and interpersonal problems and seeking to master, minimize or tolerate stress or conflict is called _____.
- (b) Goal should be realistic and _____.
- (c) _____ coping targets the cause of stress and anxiety in a practical way and tackles the problem thereby, reducing the stress.
- Ans. (a) coping
(b) attainable
(c) Problem focused
2. State whether these statements are True or False.
- (a) Emotions focused coping strategies are the coping strategies which try to reduce negative emotional responses linked with stress.
(b) Thinking about present situation increases pressure.
- Ans. (a) True
(b) False



TOPIC-3

Personality, its Dimension and Types; Role of Sports Personality Development



Objective Type Questions

(1 mark each)

1. Fill in the blanks:
- (a) The word personality has been derived from the Latin word _____.
- (b) _____ is a dynamic organ within the individual of those psychophysical systems that determine his unique adjustment to his environment.