

- (c) Individuals of type _____ personality are of an extremely independent, competitive, ambitious and optimistic in nature.

Ans. (a) Persona
(b) Personality
(c) A

2. State whether these statements are True or False:

- (a) Type C personalities love to relax and accept things as they approach.
(b) Type D individuals actually deem in apathy.

Ans. (a) False
(b) True



TOPIC-4

Motivation, its Types and Techniques

? Objective Type Questions

(1 mark each)

1. Fill in the blanks:

- (a) When we say that one is _____, it means that he is driven or moved by an inner urge or force to achieve the goal.
(b) The state within a person or an animal that drives behaviour towards some goal is called _____.
(c) In _____ motivation, the basis of contentment does not stretch out within the assignment or task.

Ans. (a) motivated

- (b) motivation

- (c) extrinsic

2. State whether these statements are True or False:

- (a) A greater level of freedom should be allowable in order to motivate professionals in the early attempts.
(b) Healthy sports environment plays a very vital role in motivating the sportsperson.

Ans. (a) False
(b) True



TOPIC-5

Exercise Adherence

? Objective Type Questions

(1 mark each)

1. Fill in the blanks:

- (a) Exercise _____ refers to maintaining an exercise regime for a sustained period of time after its adoption.
(b) _____ is any movement in body produced by skeletal muscles.
(c) _____ involves identifying, defining, and predicting the high-risk situations that might influence an individual's decision to discontinue an exercise program.

Ans. (a) adherence

- (b) Physical Activity

- (c) Relapse prevention

2. State whether these statements are True or False:

- (a) Exercise is a part of physical activity.
(b) Acquiring the habit of maintaining an exercise program is a process.

Ans. (a) False
(b) True



TOPIC-6
Self Esteem and Body Image



Objective Type Questions

(1 mark ea)

1. Fill in the blanks:

- (a) _____ self-esteem provide us the potency and flexibility that help us to acquire charge of our lives and to grow up from our mistakes with no fright of negative response..
- (b) Negative self-esteem is also called _____.
- (c) Exercising for at least _____ minutes a day builds up self-confidence and self-esteem.

Ans. (a) Positive

- (b) Low self-esteem
(c) 30

2. State whether these statements are True or False

- (a) Self-esteem is about worth of us.
(b) Consumption of healthy foods facilitate maintain the weight prevent disease heightens the self-confidence.

Ans. (a) True
(b) True



TOPIC-7
Psychological Benefits of Exercise



Objective Type Questions

(1 mark ea)

1. Fill in the blanks:

- (a) An amazingly precious tool for stress reduction is _____.
- (b) The body feels more _____ and _____ when exercising.

Ans. (a) exercising
(b) relaxed, calm

2. State whether these statements are True or False

- (a) Exercise leads to reduced level of anxiety less depressive symptoms.
(b) Regular exercises have lesser risk of depression compared to those individuals who physically inactive.

Ans. (a) True
(b) True



TOPIC-8
Meaning, Concept and Types of Aggressions in Sports



Objective Type Questions

(1 mark ea)

1. Fill in the blanks:

- (a) _____ is any interpersonal behaviour intended to cause physical harm or mental distress to a person or persons.
- (b) Emotional Aggression is also called _____ aggression.

(c) Social ostracizing is an example of _____ aggression.

Ans. (a) Aggression
(b) impulsive
(c) indirect

Chapter 12 : Training in Sports



TOPIC-1 Strength

Objective Type Questions

(1 mark each)

1. Fill in the blanks:
- (a) A conditional capability which depends mainly on the energy liberation process in the muscles is called _____.
- (b) Maximum strength is the ability of muscle to _____ over resistance of utmost intensity of stimulus.
- (c) The strength generated during the starting of any muscle contraction activity is _____.
- Ans. (a) strength
(b) contract
(c) power
2. State whether these statements are True or False:
- (a) Isometric exercises are done on particularly designed machinery.
- (b) $\text{Work Performed} = \text{Force} \times \text{Distance moved in the course of force}$
- Ans. (a) False
(b) True



TOPIC-2 Endurance

Objective Type Questions

(1 mark each)

1. Fill in the blanks:
- (a) The aim of endurance training is to increase the _____ production system to fulfil the demand of the event.
- (b) _____ is the ability to do sports movement with the desired quality and speed, under the conditions of fatigue.
- (c) Speed Endurance is the capability to defend against _____ in activities enduring up to 45 seconds.
- Ans. (a) energy
(b) Endurance
(c) fatigue
2. State whether these statements are True or False:
- (a) Circuit training increases muscular strength.
- (b) Fartlek is a Swedish term which means 'speed play'.
- Ans. (a) True
(b) True



TOPIC-3 Speed

Objective Type Questions

(1 mark each)

1. Fill in the blanks:
- (a) Speed is the ability to perform motor actions in _____ possible time under certain situations.
- (b) In sprint events, performances are determined by _____ ability.

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(c) _____ means running the whole distance of a race at a constant speed.

- Ans. (a) minimum
(b) Personality
(c) Pace Run

2. State whether these statements are True or False:

- (a) Reaction time enables a sportsperson to react quickly and effectively to different stimuli.
(b) Pace run method is used to develop acceleration.

- Ans. (a) True
(b) False



TOPIC-4 Flexibility

? Objective Type Questions

(1 mark)

1. Fill in the blanks:

- (a) _____ is the ability to perform a joint action through a range of movement.
(b) While the sportsman is lying, standing or sitting, _____ flexibility is essential for movements done.
(c) The name ballistic method means stretching movement is done with a _____.

Ans. (a) Flexibility

- (b) static
(c) swing

2. State whether these statements are True or False:

- (a) The development of flexibility should begin before puberty.
(b) Active flexibility is the base of all flexibility.

- Ans. (a) True
(b) False



TOPIC-5 Co-ordinates Abilities

? Objective Type Questions

(1 mark)

1. Fill in the blanks:

- (a) Ability of an individual which assists him to do a variety of inter connected activities correctly is called _____.
(b) Coordinative abilities enable the sportsman to do a group of movement with better _____ and _____.
(c) The ability to achieve high level of fine tuning or harmony is _____ ability.

Ans. (a) Coordinative ability
(b) quality, effect

- (c) differentiation

2. State whether these statements are True or False:

- (a) Balance ability is the ability to maintain balance of the body during movement and regain it quickly after disturbing movement.
(b) The ability to coordinate body part movements with one another and in relation to a definite goal oriented whole body movement is called adaptation ability.

- Ans. (a) True
(b) False

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TOPIC-6

Impact of Surfaces and Environment on Athletes



Objective Type Questions

(1 mark each)

1. Fill in the blanks:

- (a) _____ is one of the most soothing and scenic way to exercise.
- (b) _____ is rated as one of the best athletic surfaces.
- (c) _____ is the one universal variable in sport.

- Ans. (a) Sand
(b) Grass
(c) Weather

2. State whether these statements are True or False:

- (a) Sand surfaces may have hidden holes, rocks, twigs and other distractions which may lead to injuries
- (b) The major process to regulate the body's temperature is convection, radiation, conduction and evaporation.

- Ans. (a) False
(b) True

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