

- Ans. (a) brain  
 (b) Autism  
 (c) Obsessive Compulsive Disorder / OCD
2. State whether these statements are True or False:

- (a) Disorder is same as disability.  
 (b) OCD may be caused due to brain imaging.
- Ans. (a) False  
 (b) True

SUPPLEME

(c)

Ans. (a)

(b)

(c)

2. Sta

(a)



### TOPIC-3

## Disability Etiquettes and Advantage of Physical Activities for Children with Special Needs

### Objective Type Questions

(1 mark each)

1. Fill in the Blanks :

- (a) Disability \_\_\_\_\_ is a set of guidelines dealing specifically with how to approach people with disabilities.
- (b) \_\_\_\_\_ expressions are explained from the beginning with support such as picture scheduler.
- (c) Hard surfaces such as concrete and asphalt may be dangerous for individuals with \_\_\_\_\_.

- Ans. (a) Etiquette  
 (b) Behavioural  
 (c) dyspraxia

2. State whether these statements are True or False

- (a) Physical exercise increases quality of sleep.  
 (b) All individuals benefit from regular physical activity

- Ans. (a) True  
 (b) True

## Chapter 5 : Children and Sports



### TOPIC-1

## Motor Development in Children

### Objective Type Questions

(1 mark each)

1. Fill in the Blanks :

- (a) \_\_\_\_\_ development goes on all the time from conception until late teens.
- (b) Early childhood is the age from \_\_\_\_\_ to \_\_\_\_\_ years.
- (c) \_\_\_\_\_ occur in the muscles, joints and nervous system.

- Ans. (a) Motor  
 (b) 2, 6

(c) Abnormalities

2. State whether these statements are True or False

- (a) Motor skills can be divided as gross motor skills and fine motor skills.  
 (b) Children become inactive and fragile in the work.

- Ans. (a) True  
 (b) False



### TOPIC-2

## Factors Affecting Motor Development

### Objective Type Questions

(1 mark each)

1. Fill in the Blanks :

- (a) Postural \_\_\_\_\_ is one of the factor affecting motor skills.

- (b) The head, trunk and \_\_\_\_\_ control mastered before the coordination of hands and fingers.

(c) Many diseases can be prevented by proper \_\_\_\_\_.

Ans. (a) deformities

(b) arm

(c) immunization

2. State whether these statements are True or False:

(a) Sensory impairment may lead to poor motor

development.

(b) Children who get more opportunities for playful activities have much better motor development than those who are less exposed to educational environment.

Ans. (a) True

(b) True



**TOPIC-3**

**Advantages and Disadvantages of Weight Training**



**Objective Type Questions**

(1 mark each)

1. Fill in the Blanks :

(a) \_\_\_\_\_ is a form of training that exercises your muscles and makes them stronger and more durable.

(b) Weight training exercises involve lifting of \_\_\_\_\_ weight.

(c) Weight training helps in \_\_\_\_\_ of muscles.

(b) Heavy

(c) conditioning

2. State whether these statements are True or False:

(a) When you are lifting weight, remember to stretch only relevant body parts.

(b) Proteins are the main components of bones.

Ans. (a) False

(b) False

Ans. (a) Weight training



**TOPIC-4**

**Concept of Correct Posture (Standing and Sitting)**



**Objective Type Questions**

(1 mark each)

1. Fill in the blanks:

(a) Posture means the position of body in regard to the \_\_\_\_\_ at any given instant.

(b) In \_\_\_\_\_ posture, the line of gravity of the centre of the head, chest, abdomen and pelvic fall in straight line.

(c) Correct posture is a position that is mechanically most favourable for the \_\_\_\_\_ of body weight.

Ans. (a) environment

(b) standing

(c) transmission

2. State whether these statements are True or False:

(a) Posture varies from individual to individual.

(b) When we sit in a chair, our hips should be as far as back in the chair as possible.

Ans. (a) True

(b) True



### TOPIC-5 Advantages of Correct Postures

#### ? Objective Type Questions

(1 mark each)

1. Fill in the blanks:
- \_\_\_\_\_ posture helps in carrying one's body.
  - A weak and deformed physique has a \_\_\_\_\_ effect.
  - Correct posture \_\_\_\_\_ the fatigue.
- Ans. (a) correct  
(b) negative  
(c) lessens
2. State whether these statements are True or False:
- Those who have bad postures, have a feeling of superiority.
  - The balance, coordination, flexibility, etc., are the components of physical fitness.
- Ans. (a) False  
(b) True



### TOPIC-6 Cause of Bad Posture

#### ? Objective Type Questions

(1 mark each)

1. Fill in the blanks:
- Bad posture is the posture that results from certain muscles \_\_\_\_\_ up.
  - \_\_\_\_\_ position is a cause of bad posture.
  - Disease causes the joints to \_\_\_\_\_ their strength and mobility.
- Ans. (a) tightening  
(b) faulty  
(c) loose
2. State whether these statements are True or False:
- Less work or fatigue also results in poor posture.
  - Modern fashion creates hindrances in the smooth functioning of the body.
- Ans. (a) False  
(b) True



### TOPIC-7 Common Postural Deformities

#### ? Objective Type Questions

(1 mark each)

1. Fill in the blanks:
- \_\_\_\_\_ is a postural deformity in which both the knees touch or overlap each other in the normal standing position.
  - \_\_\_\_\_ is caused due to standing for a long time.
  - Kyphosis is a deformity of the \_\_\_\_\_.
- Ans. (a) Knock knee  
(b) Flat foot  
(c) spine
2. State whether these statements are True or False:
- Postural deformities imply not having body parts.
  - Kyphosis is also known as hollow deformity of posture.
- Ans. (a) False  
(b) False



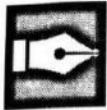
## Corrective Measures for Postural Deformities

### ? Objective Type Questions

(1 mark each)

1. Fill in the blanks:
- (a) In \_\_\_\_\_ deformities, only the soft tissues i.e. the muscle and ligaments are affected.
- (b) Swimming is a good remedial exercise for \_\_\_\_\_.
- (c) One should wear special shoes properly fitted with arch support made by \_\_\_\_\_ centre.
- Ans. (a) functional  
(b) Kyphosis  
(c) orthopedic
2. State whether these statements are True or False:
- (a) Perform chakrasana for round shoulders.
- (b) It is necessary to develop strength of abdominal muscles to correct Lordosis.
- Ans. (a) True  
(b) True

## Chapter 6 : Women and Sports



### TOPIC-1

### Sports Participation of Women in India

### ? Objective Type Questions

(1 mark each)

1. Fill in the Blanks :
- (a) Gymnast \_\_\_\_\_ became the first Indian women to feature in a gymnastics final.
- (b) One of the most important reasons for less participation of women in sports is \_\_\_\_\_ dominated culture.
- (c) The attitude of society towards participation of women in sports is \_\_\_\_\_.
- Ans. (a) Dipa Karmarkar  
(b) male  
(c) negative
2. State whether these statements are True or False:
- (a) In the first modern Olympics held at Athens in 1896, there was no participation of women.
- (b) M.C. Mary Kom won a gold medal in the women's boxing event in London Olympics 2012.
- Ans. (a) True  
(b) False



### TOPIC-2

### Special Consideration (Menarche, Menstrual Dysfunction)

### ? Objective Type Questions

(1 mark each)

1. Fill in the Blanks :
- (a) \_\_\_\_\_ is a young woman's first menstrual cycle and bleed.
- (b) The normal adult menstrual cycle varies from \_\_\_\_\_ to \_\_\_\_\_ days.
- (c) \_\_\_\_\_ is the time when a woman stops having menstrual periods.
- Ans. (a) Menarche  
(b) 25, 30  
(c) Menopause

2. State whether these statements are True or False:
- (a) In 5 percent of cases, menarche occurs between the ages of 16 to 18.
- Ans. (a) True  
(b) True



### TOPIC-3

### Female Athletes Triad

(Anaemia, Osteoporosis Amenorrhoea)

### ? Objective Type Questions

1. Fill in the Blanks :

- (a) Most girls with female athlete triad try to \_\_\_\_\_ weight as a way to improve their athletic performance.
- (b) Anaemia is a decrease in the amount of \_\_\_\_\_ in the blood.
- (c) Osteoporosis refers to a decreased \_\_\_\_\_ contents.

- Ans. (a) loose  
(b) Red Blood Cells / RBCs / haemoglobin

(c) bone material

2. State whether these statements are True or False:

- (a) The 'female athlete triad' is a syndrome related conditions generally seen in adolescent or adult female athletes.
- (b) Estrogen is lower in girls with female athlete triad.

- Ans. (a) False  
(b) True



### TOPIC-4

### Eating Disorders

### ? Objective Type Questions

1. Fill in the blanks:

- (a) \_\_\_\_\_ means lack of appetite.
- (b) In Anorexia Nervosa, there is discolouration of \_\_\_\_\_.
- (c) A tendency towards \_\_\_\_\_ may cause Anorexia Nervosa.

- Ans. (a) Anorexia  
(b) fingers

(c) depression / anxiety

2. State whether these statements are True or False:

- (a) During bingeing, a person consumes large amount of food rapidly.
- (b) A person suffering from Bulimia develops high self esteem.

- Ans. (a) True  
(b) False



### TOPIC-5

### Psychological Aspect of Women Athletes and Sociological Aspects of Sports Participation

### ? Objective Type Questions

1. Fill in the blanks:

- (a) Reduced stress is the \_\_\_\_\_ aspect of women athlete.
- (b) \_\_\_\_\_ helps in release of tension.
- (c) A research study indicates that females \_\_\_\_\_

who participate in sport are \_\_\_\_\_ competitive than males.

- Ans. (a) psychological  
(b) Sociology  
(c) more