

## **SECTION - A**

**1. Which one of the following is a post-competition responsibility of the technical committee?**

- (A) Requisition to purchase equipment
- (B) Arrangement of equipment and stationery
- (C) Arrangement of officials
- (D) Maintenance of the field

**Answer: (D) Maintenance of the field**

**2. Which of the following is an objective of Intramural tournaments?**

- (A) To achieve high performance at the highest level of the tournament.

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- (B) To develop the feeling of integration with other institutions.
- (C) To provide opportunities for choosing a career in sports.
- (D) To promote health and recreation at the institution.

**Answer: (D) To promote health and recreation at the institution**

**3. Which of the following deformities is NOT related to lower extremities?**

- (A) Knock-Knee
- (B) Scoliosis
- (C) Bow-legs
- (D) Flat-foot

**Answer: (B) Scoliosis**

**4. Brisk walking, running, bicycling and jumping are related to which activities?**

- (A) Speed activities
- (B) Strength activities
- (C) Endurance activities

(D) Co-ordinative activities

**Answer: (C) Endurance activities**

**5. As per the prescribed syllabus, Suryabhedan Pranayam is recommended for**

(A) Obesity

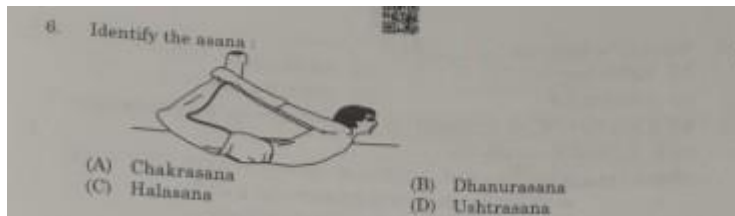
(C) Asthma

(B) Hypertension

(D) Back pain

**Answer: (C) Asthma**

**6. Identify the asana:**



(A) Chakrasana

(C) Halasana

(B) Dhanurasana

(D) Ushtrasana.

**Answer: The image depicts (B) Dhanurasana.**

**7. Given below are two statements.**

**Assertion (A):** The International Paralympic Committee (IPC) has developed a classification process which can contribute to sporting excellence for all athletes and sports in the Paralympic Movement,<sup>1</sup> and provide equitable competition.

**Reason (R):** The classification process serves two roles. The first is to determine who is eligible and the second is to group the sportspeople for competitions.

In the context of the above two statements, which one of the following is correct?

(A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).

(B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).

(C) Assertion (A) is true, but Reason (R) is false.

(D) Assertion (A) is false, but Reason (R) is true.

**Answer: (A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).**

**8. .... are the colours, that represent the four regional confederations in the Deaflympic logo.**

- (A) Red, blue, black and yellow
- (B) Blue, yellow, black and red Blue, black, red and yellow
- (C) Red, blue, yellow and green
- (D) Blue, Black, Red and Yellow

**Answer: (C) Red, blue, yellow and green**

**9. What type of lever has the load resistance between the fulcrum and the force?**

- (A) First class lever
- (C) Both (A) and (B)
- (B) Second class lever
- (D) Third class lever

**Answer: (B) Second class lever.**

**10. The scientific name of Vitamin 'C' is**

- (A) Betadine acid
- (C) Acetonic acid
- (B) Ascorbic acid
- (D) Hydrochloric acid

**Answer: (B) Ascorbic acid.**

**11. Given below are two statements...**

**Assertion (A):** The risk of cancer can be reduced by eating more colourful vegetables, fruits and other plant foods that have certain phytochemicals in them.

**Reason (R):** Non-nutritive components of the diet are part of a balanced diet. In the context of the above two statements, which one of the following is correct?

In the context of the above two statements, which one of the following is correct?

- (A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).
- (B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- (C) Assertion (A) is true, but Reason (R) is false.
- (D) Assertion (A) is false, but Reason (R) is true.

**Answer: (B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).**

**12. In which test, the score is recorded to the nearest centimetre between the initial and final score?**

- (A) Partial curl-up
- (C) Sit and reach test
- (B) Back stretch test
- (D) Chair sit and reach test

**Answer: (C) Sit and reach test.**

**13. Given below the are types of fractures in List -I with their features in List -II:**

List-I Types of Fracture	List - II Features
(a) Transverse	i. Bone breaks diagonally
(b) Oblique	ii. Bone is crushed into a number of pieces
(c) Green stick	iii. Straight break right across a bone.
(d) Comminuted	iv. Soft bone, in which bone bends

Match the items of List I with List II and choose the correct option from the following:

	(a)	(b)	(c)	(d)
(A)	iii	iv	ii	i
(B)	iii	i	iv	ii
(C)	i	ii	iii	iv
(D)	ii	iii	iv	i

The correct matching is:

(a) Transverse - iii. Straight break right across a bone. (b) Oblique - i. Bone breaks diagonally (c) Green stick - iv. Soft bone, in which bone bends (d) Comminuted - ii. Bone is crushed into a number of piece

**Answer: (B) iii i iv ii.**

**14. "The golf ball remains at rest until it is struck by a golf club." This statement indicates -**

- (A) Law of Inertia
- (B) Law of Acceleration
- (C) Law of Gravity
- (D) Law of Reaction

**Answer: (A) The Law of Inertia.**

**15. Given below are traits of the big five theories of personality in List - I with their characteristics in List - II:**

List - I Traits of Big 5	List - II Characteristics
--------------------------	---------------------------

- |                   |   |
|-------------------|---|
| (a) Openness      | i. Active, optimistic and social                              |
| (b) Extroversion  | ii. Insecure, nervous and anxious                             |
| (c) Neuroticism   | iii. Creative, focused on tackling new challenges and curious |
| (d) Agreeableness | iv. Friendly, helpful and trustworthy                         |

Match the items of List I with List II and choose the correct option from the following:

	(a)	(b)	(c)	(d)
(A)	iii	i	iv	ii
(B)	iii	i	ii	iv
(C)	iv	ii	iii	i
(D)	iv	i	ii	iii

**Answer: (B)**

**16. The concept of \_\_\_\_\_ generally refers to a person's evaluation of, or attitude towards, him or herself.**

- (A) Mental-imagery
- (B) Self-esteem
- (C) Self-talk
- (D) Goal-setting

**Answer: (B) Self-esteem**

**17. The Swedish word speed play is also known as**

- (A) Fartlek training
- (B) Interval method
- (C) Continuous method
- (D) Pace method

**Answer: (A) Fartlek training**

**18. In which type of exercise movement can NOT be seen directly?**

- (A) Iso-tonic
- (B) Iso-kinetic
- (C) Iso-metric

(D) Plyometric

**Answer: (C) Iso-metric**

## **SECTION-B**

**19. Suggest any two corrective measures for each, bow legs and round shoulders.**

**Answer:**

**Bow Legs:**

1. **Strengthening exercises:** Focus on muscles that abduct the hips and externally rotate the legs, like gluteus medius and minimus.
2. **Stretching:** Stretch the inner thigh muscles (adductors) which may be tight.

**Round Shoulders:**

1. **Strengthening exercises:** Strengthen the upper back muscles (rhomboids, trapezius) to pull the shoulders back.
2. **Stretching:** Stretch the chest and front shoulder muscles (pectoralis muscles) which are often tight and contribute to the rounded posture.

**20. Enlist four benefits of participation in physical activities for children with special needs.**

**Answer:**

1. **Improved physical health:** Enhances cardiovascular fitness, strength, flexibility, and motor skills.
2. **Enhanced psychological well-being:** Boosts self-esteem, reduces stress and anxiety, and improves mood.
3. **Social development:** Provides opportunities for interaction and friendship with peers.
4. **Cognitive benefits:** May improve attention, focus, and learning abilities.

**21. Enumerate any two myths related to food items with their respective facts.**

**Answer:**

**Myth 1:** All carbohydrates are bad for you.

**Fact:** Complex carbohydrates (whole grains, vegetables) are essential for energy and health. Refined carbohydrates (white bread, sugary drinks) should be limited.

**Myth 2:** You need to cut out all fats to lose weight.

**Fact:** Healthy fats are important for hormone production, cell function, and nutrient absorption. Focus on unsaturated fats (avocado, nuts, olive oil) and limit saturated and trans fats.

**22. Mention the fitness index score formula and its norms for the Harvard Step Test.**

**Answer:**

**Formula:**  $\text{Fitness Index} = (\text{Duration of exercise in seconds} \times 100) / (2 \times \text{Sum of heartbeats for 3 minutes after exercise})$

**Norms:** (These can vary slightly based on source, but generally follow this pattern)

- **Excellent:** Above 90
- **Good:** 80-90
- **Average:** 65-79
- **Below Average:** 55-64
- **Poor:** Below 55

**23. Mention any two strategies for enhancing adherence to exercise.**

**Answer:**

1. **Choose activities you enjoy:** You're more likely to stick with something you find fun and engaging.
2. **Set realistic goals:** Start with small, achievable goals and gradually increase the intensity and duration of your
3. **Find a workout buddy:** Having someone to exercise with can provide motivation and accountability.
4. **Track your progress:** Monitoring your workouts and seeing improvements can help you stay motivated.

**24. When wrestlers fall on the mat, why do they spread their arms, knees, and legs? Justify your answer.**

**Answer:**

Spreading their limbs increases their base of support. This makes them more stable and less likely to be pinned or taken down. It lowers their centre of gravity and widens the area over which their weight is distributed, making it harder for their opponent to move them. In essence, it's a strategy to maximize stability and prevent their opponent from gaining a positional advantage.

## **SECTION – C**

**25. “The organization of its community sports reflects the progress of any country.” In the context of this statement, outline ‘Run for a specific cause’ and ‘Run for unity’.**

- **Run for a Specific Cause:** This type of event is organized to raise awareness or funds for a particular social, environmental, or medical cause (e.g., cancer awareness, cleanliness, or girl child education). It helps unite communities toward a positive change and reflects a country's awareness and sensitivity to issues.
  - **Run for Unity:** Organized to promote national integration and unity among diverse cultures, communities, and religions. An example is the "Run for Unity" held on Sardar Vallabhbhai Patel's birth anniversary in India. Such events foster patriotism and communal harmony, indicating societal strength and unity.
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**26. Describe the physical and psychological benefits of women’s participation in sports.**

- **Physical Benefits:**
    - Improved cardiovascular health
    - Stronger bones and muscles
    - Better posture and flexibility
    - Weight management
    - Reduced risk of lifestyle diseases
  - **Psychological Benefits:**
    - Enhanced self-esteem and confidence
    - Reduced stress, anxiety, and depression
    - Improved social skills and teamwork
    - Sense of achievement and motivation
    - Better focus and concentration
- 

**27. Define flexibility. Explain the methods to improve flexibility for a gymnast.**

- **Flexibility:** The ability of a joint or muscle to move through its full range of motion.
  - **Methods to Improve Flexibility for a Gymnast:**
    - **Static Stretching:** Holding a stretch for 20–30 seconds (e.g., splits, hamstring stretch)
    - **Dynamic Stretching:** Controlled movements through full range of motion (e.g., leg swings)
    - **PNF Stretching** (Proprioceptive Neuromuscular Facilitation): Involves stretching and contracting the muscle group
    - **Yoga & Pilates:** Help in improving muscle control, posture, and flexibility
    - **Consistency:** Regular stretching after warm-up and cool-down is essential
-



## 28. Mention any three importance of diet during competition.

1. **Provides Energy:** A balanced diet ensures athletes have adequate energy for optimal performance.
  2. **Improves Recovery:** Helps repair muscle tissue and replenish glycogen stores after competition.
  3. **Enhances Focus:** A proper diet improves mental alertness and concentration during the event.
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## 29. Describe the following:

### (a) Residual Volume:

The volume of air remaining in the lungs after a forceful exhalation. It ensures that the lungs do not collapse.

### (b) Stroke Volume:

The amount of blood pumped by the heart in one beat. Higher stroke volume indicates better cardiovascular fitness.

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## 30. Compare and contrast the hostile and instrumental aggression.

Hostile Aggression	Instrumental Aggression
Intent is to cause harm or injury	Intent is to achieve a goal (e.g., win a game)
Emotion-driven (e.g., anger, frustration)	Thought-out and goal-oriented
Often results in penalties or fouls	May be within the rules of the sport
Example: Fighting with opponent	Example: Strong tackle to stop a goal in football

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## SECTION – D

### 31. Kho-Kho Fixture Questions:

#### (i) Number of Non-bye teams:

👉 (C) 08

#### (ii) If 48 teams, number of byes:

48 is not a power of 2. Next power of 2 = 64

Byes =  $64 - 48 = 16$

#### (iii) 7th Match will be played between team number:

This depends on the given fixture. Without image, can't specify teams. But usually 7th match is between winners of Match 3 and 4.

👉 Answer depends on actual fixture.

**OR**

**Formula to calculate byes in lower half:**

👉  $(\text{Byes}-1)/2$  if byes are odd

👉  $(\text{Byes})/2$  if byes are even

**(iv) Provision to separate top teams in different halves:**

👉 **(C) Seeding**

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**For Visually Impaired Candidates (Kabaddi Case Study):**

**(i) Number of matches in 17-team knockout:**

👉  $\text{Matches} = \text{Teams} - 1 = 16$

**(ii) Saves cost and time:**

👉 **(A) Knockout tournament**

**(iii) Committee managing injured players:**

👉 **(B) Technical committee**

**(iv) Formula for byes in lower half:**

Use the same formula as above

If total byes =  $32 - 17 = 15$

👉 Lower Half Byes =  $(15 - 1)/2 = 7$

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## **32. Children with Special Needs Case**

**(i) Minimum age for Special Olympics:**

👉 **(A) 7 years**

**(ii) First Deaflympics held in:**

👉 **1924**

**(iii) Founder of Paralympics:**

👉 **Dr. Ludwig Guttmann**

**(iv) Two strategies to make physical activities accessible:**

- Provide inclusive and adaptive sports equipment
  - Train coaches in inclusive physical education methods
- 

## **33. Diya's Sports Centre Case**

(i) **Not a long-term effect on muscles:**

👉 **(D) Accumulation of lactate**

(ii) **Cardiac Output:**

👉 The amount of blood pumped by the heart in one minute  
= Stroke Volume × Heart Rate

(iii) **Tidal Volume:**

👉 **(A) Amount of air inhaled and exhaled in one breath**

(iv) **Lactic acid tolerance relates to:**

👉 **(D) Endurance**

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## SECTION – E (Attempt Any 3)

### 34. Mandukasana and Makarasana for Hypertension

- **Mandukasana (Frog Pose):**  
**Procedure:** Sit in Vajrasana, make fists and press them into the abdomen. Bend forward while exhaling.  
**Benefits:** Improves digestion, reduces stress and blood pressure.
  - **Makarasana (Crocodile Pose):**  
**Procedure:** Lie on your stomach, place your hands under your chin, elbows spread. Relax.  
**Benefits:** Calms the nervous system, regulates blood circulation, relieves hypertension.
- 

### 35. What is Equilibrium? How does it increase in sports?

- **Equilibrium:** The ability to maintain body balance during static or dynamic activities.
  - **How it Increases:**
    - **Wider base of support** (e.g., sumo wrestling)
    - **Lower center of gravity** (e.g., wrestling stance)
    - **Proper body alignment and posture** (e.g., gymnastics)
    - **Focused vision** (helps in yoga and shooting)
    - **Training and muscle control** (balance board in training)
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### 36. Circuit Training and Planning for 6 Stations

- **Definition:** Circuit training is a method of physical training that involves performing a sequence of exercises (stations) with minimal rest.
- **Example of 6-Station Circuit:**

1. Jumping Jacks – 30 sec
  2. Push-ups – 15 reps
  3. Squats – 20 reps
  4. Plank – 30 sec
  5. Burpees – 10 reps
  6. High Knees – 30 sec
- Repeat circuit 2–3 times based on trainee level. Focus on full-body fitness.
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### **37. Flamingo Balance Test and Plate Tapping Test**

- **Flamingo Balance Test:**  
**Procedure:** Stand on one leg on a beam, other leg folded. Count number of falls in 1 minute.  
**Scoring:** Fewer falls = better balance.
- **Plate Tapping Test:**  
**Procedure:** Two plates 60 cm apart. Touch alternate plates with one hand as fast as possible.  
**Scoring:** Time taken to complete 25 taps is recorded. Less time = better coordination