

SAMPLE PAPER

Time Allowed: 3 hours

Maximum Marks: 70

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

Section A

1. Identify the Pranayama is known for providing a cooling effect to the body? [1]



- | | |
|------------------------|--------------------------|
| a) Bhramari Pranayama | b) Sheetli Pranayama |
| c) Bhastrika Pranayama | d) Suryabhedan Pranayama |

2. _____ is a large contest of many rounds among various teams. [1]

- | | |
|------------|---------------|
| a) Fixture | b) Tournament |
| c) Bye | d) Match |

3. How much energy does proteins provide? [1]

- | | |
|-------------|-------------|
| a) 9Kcal/gm | b) 4Kcal/gm |
|-------------|-------------|



SAMPLE PAPER

c) 5Kcal/gm

d) 8Kcal/gm

4. 50 M standing start test is used to measure [1]

a) Motor fitness

b) Fitness of senior womens only

c) Fitness of senior citizens

d) Cardiovascular fitness

5. **Assertion (A):** Bhujangasana and Palm tree pose corrects deformity of lordosis. [1]

Reason (R): These asanas strengthen the muscles and help in maintaining the balance of the body.

a) Both A and R are true and R is the correct explanation of A.

b) Both A and R are true but R is not the correct explanation of A.

c) A is true but R is false.

d) A is false but R is true.

6. _____ is a mental training technique to increase motivation and enhance confidence. [1]

a) Goal setting

b) Self talk

c) Mental imagery

d) Self esteem

7. _____ is a first period between the age of 9 to 15. [1]

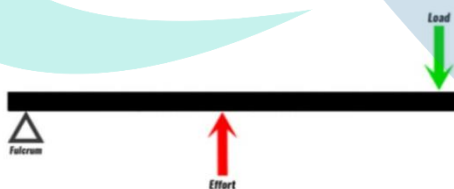
a) Anaemia

b) Pregnancy

c) Menarche

d) Dysmenorrhea

8. Identity the picture given below: [1]



a) Third-class lever system

b) Second-class lever system

c) Forth-class lever system

d) First-class lever system

9. Match the following: [1]

(a) knock out

(i) ladder tournaments



SAMPLE PAPER

(b) league	(ii) knock out cum knock out
(c) combination	(iii) elimination tournament
(d) challenge	(iv) round robin tournament

a) (a) - (iii), (b) - (iv), (c) - (ii), (d) - (i) b) (a) - (iii), (b) - (iv), (c) - (i), (d) - (ii)

c) (a) - (iii), (b) - (ii), (c) - (iv), (d) - (i) d) (a) - (iv), (b) - (iii), (c) - (ii), (d) - (i)

10. **Assertion (A):** League tournament has two types of tournament i.e., single and double league tournament. [1]

Reason (R): Knockout tournament is also known as elimination tournament.

- a) Both A and R are true and R is the correct explanation of A. b) Both A and R are true but R is not the correct explanation of A.
- c) A is true but R is false. d) A is false but R is true.

11. According to _____, personality is defined as more or less stable and enduring organization or a person's character, temperament, intellect and physique which determine his unique adjustment to the environment. [1]

- a) Eysenck b) Guilford
- c) Baron d) Cattell

12. Find out the correct category for the goal setting. [1]

- a) Performance goals b) Process goals
- c) Outcome goals d) All of these

13. Carbohydrates, proteins and fats along with water are called _____. [1]

- a) Nutrients b) Micronutrients
- c) Macronutrients d) Protein

14. Sources of Proteins include: [1]

SAMPLE PAPER

- a) Cucumber
- b) Spinach
- c) Fish
- d) Potato

15. If there are 19 teams playing in a knock-out tournament then how many byes will be given? [1]

- a) 13
- b) 2
- c) 5
- d) 10

16. In the placement of Byes, IV Bye is given to whom? [1]

- a) Last team of lower half
- b) Last team of upper half
- c) 1st Team of lower half
- d) 1st team of upper half

17. Sit and reach test is conducted to assess _____. [1]

- a) Flexibility
- b) Speed
- c) power
- d) strength

18. The body needs vitamins and minerals because: [1]

- a) They give energy to our body
- b) They help carry out metabolic reactions
- c) They insulate the body organs
- d) They withdraw heat from the body

Section B

Attempt any 5 questions

19. What do you mean by Plate tapping test and its procedure? [2]

20. What is the time when a pregnant women athlete should not participate in sporting competition? [2]

21. What is Kraus- Weber test? [2]

22. What type of fracture is known as Greenstick Fracture? [2]

23. What is normal BMR for female? [2]



SAMPLE PAPER

24. Explain the contraindication of Hastasna.

[2]

Section C

Attempt any 5 questions

25. Discuss about meal intake guidelines for pre, during and post sports event. [3]
26. Write the name of various committees. [3]
27. **Friction is a necessary evil.** Justify your answer with suitable examples from sport. [3]
28. Write in detail about the government schemes for talent identification and development in sports. [3]
29. Discuss the causes of fracture. [3]
30. Explain the strategy of inclusive classrooms. Why is it gaining popularity? [3]

Section D

31. **Read the following text carefully and answer the questions that follow:** [4]

A balanced diet refers to the intake of food constituting all the necessary nutrients. Ram shares his knowledge of 'food and nutrition' with neighbors while visiting his grandparents in a village. Ram notices that few people living in that village are suffering with goiter and severe anemia.



1. Minerals are placed under which nutrient category on the basis of the required quantity?

- a) Macro-nutrients
- b) Micro-nutrients
- c) Phyto-nutrients
- d) Zoo-nutrients

2. Goiter is caused due to deficiency of:

- a) Iron
- b) Calcium
- c) Iodine
- d) Vitamin D

SAMPLE PAPER

3. What conclusion can you derive from the picture?
 - a) Exercise is not necessary for a healthy body
 - b) Nutrition and exercise are both necessary for a healthy body
 - c) Only a balanced diet is necessary for a healthy body
 - d) Only exercise is necessary for a healthy body
4. Fresh Vegetables and Fruits are rich sources of:
 - a) Vitamins and Minerals
 - b) Proteins and Carbohydrates
 - c) Fats and Oils
 - d) Fiber and Water

32. Read the following text carefully and answer the questions that follow: [4]

As Mr. Kiren Rijuju, Sports Minister has ordered to popularize the game of Kabaddi among school students to develop their physical ability, Mr. Gopi, Physical Education Teacher of a reputed CBSE school has decided to conduct an Inter School Kabaddi tournament in his school premises after proper drawing of fixtures. He consulted the Management and the Principal to conduct the Tournament of Pro Kabaddi pattern but the PE teacher was not aware of pro Kabaddi Tournament. So he discussed with the National Kabaddi Referee Association.



1. Which is the best method to organize this kind of tournament?
 - a) League tournament
 - b) Knock out tournament
 - c) Round robin tournament
 - d) Group stage tournament
2. The Knock out tournament is also known as:
 - a) League tournament
 - b) Elimination tournament
 - c) Round robin tournament
 - d) Group stage tournament

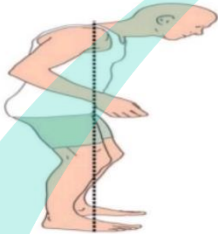


SAMPLE PAPER

3. If 17 teams are participating in this tournament, how many teams will get bye?
 - a) 13
 - b) 15
 - c) 16
 - d) 17
4. The formula for calculating the number of matches in a knockout tournament is:
 - a) $N/2$
 - b) $N-1$
 - c) $2N-1$
 - d) $N+1$

33. **Read the following text carefully and answer the questions that follow:** [4]

Sheethal spent her weekend checking the health status of all the security guards of her huge gated community as a part of project work assigned by PE teachers. She found out that more than half of them have shown a significant deformity in the upper part of their vertebral column.



1. The term used to define this deformity is:
 - a) Lordosis
 - b) Kyphosis
 - c) Scoliosis
 - d) Spinal stenosis
2. Which are the asana/s that help in rectifying such condition/s?
 - a) Trikonasana, Vrikshasana, and Shavasana
 - b) Chakrasana, Dhanurasana, and Bhujangasana
 - c) Bhujangasana, Vrikshasana, and Shavasana
 - d) Trikonasana, Dhanurasana, and Shavasana
3. Bending head backward in standing position helps in getting rid of:
 - a) Kyphosis
 - b) Spinal stenosis
 - c) Scoliosis
 - d) Lordosis



SAMPLE PAPER

4. Due to Covid Pandemic, most of the children attending online classes with bad sitting posture may experience which condition later in their life?

- a) Scoliosis
- b) Lordosis
- c) Kyphosis
- d) Spinal stenosis

Section E

Attempt any 3 questions

- 34. What do you mean by obesity? Discuss the benefits and contraindications of Pada Hastasana and Vajrasana. [5]
- 35. Elaborate the disabilities etiquettes of the person with speech difficulties and language impairment? [5]
- 36. Define flexibility and explain the methods of flexibility development. [5]
- 37. Elaborate the term Psychology in sports with detail explanation of any two psychological attributes. [5]

SAMPLE PAPER



Section A

1.
(b) Sheetli Pranayama
Explanation:
Sheetli Pranayama helps in cooling down the body temperature of the body.
2.
(b) Tournament
Explanation:
Tournament is a competition held among various teams in a particular activity according to a fixed schedule where we have to decide a winner.
3.
(b) 4Kcal/gm
Explanation:
Proteins provide 4Kcal/gm energy
4. **(a) Motor fitness**
Explanation:
Motor fitness
5.
(d) A is false but R is true.
Explanation:
There is no cause and effect between Lordosis and bhujangasana.
6. **(a) Goal setting**
Explanation:
Goal setting is a mental training technique to increase motivation and enhance confidence.
7.
(c) Menarche
Explanation:
Menarche means the beginning of the menstrual cycle in girls.
8. **(a) Third-class lever system**
Explanation:
Third-class lever system
9. **(a) (a) - (iii), (b) - (iv), (c) - (ii), (d) - (i)**
Explanation:
(a) - (iii), (b) - (iv), (c) - (ii), (d) - (i)

SAMPLE PAPER

10.

(b) Both A and R are true but R is not the correct explanation of A.

Explanation:

There are two types of league tournaments i.e., Single league tournament where each participant plays with every other participant once and Double league tournament where each participant plays with others twice. In Knock-out tournament, the loser of each bracket is immediately eliminated from the tournament.

11. (a) Eysenck

Explanation:

According to Eysenck (1953), personality is defined as more or less stable and enduring organization or a person's character, temperament, intellect and physique which determine his unique adjustment to the environment.

12.

(d) All of these

Explanation:

Goal making process consist all these categories which allows making proper goal setting.

13.

(c) Macronutrients

Explanation:

Carbohydrates, proteins and fats along with water are macronutrients.

14.

(c) Fish

Explanation:

Fish is a prominent source of protein.

15. (a) 13

Explanation:

13

16.

(b) Last team of upper half

Explanation:

The 4th bye is given to the last team of the upper half as per bye distribution rule.

17. (a) Flexibility

Explanation:

Flexibility

18.

(b) They help carry out metabolic reactions



Explanation:

Vitamins and Minerals help in carrying out metabolic reactions.

Section B

19. Plate tapping test is a part of SAI Khelo India fitness test and is used to measure speed and coordination of upper limb movement. In this test, students perform repeated action of tapping plate for 25 full cycles (50 taps). The time taken to complete 25 cycles is recorded.
20. There is no definite point during pregnancy when a female athlete should cease competition decisions regarding participation should be made by the female athlete in conjunction with her healthcare provider
21. The Kraus Weber Test is a test of minimum muscular fitness of the various muscles of the body. The test consists of six items which indicate the level of muscular strength and flexibility of key muscle groups.
22. Greenstick Fracture is a bend or crack in a bone usually found in children.
23. Most women have a BMR of around 1550 calories a day.
24. You should avoid this pose (or reach out to an experienced teacher) if you have any of the following:
 - Neck pain
 - Shoulder pain

Section C

25. **Pre Sports Events:** The athlete should stock up on the glycogen store by eating foods rich in complex carbohydrates. Less content of fat, Protein and fibre. Food should include cereals, whole grain, Pasta, Fruits and Vegetables.
During Sports Events: Athlete should stay hydrated and prevent onset of fatigue. Fluid intake should be continued in small sips. If the duration lasts for more than an hour the athlete should take small amount of carbohydrates at regular intervals, Energy drinks can be taken to supply energy. If the duration is shorter than an hour, than the athlete should drink water frequently every ten to twenty minutes.
Post Sports Events: To store lost energy, carbohydrate rich food should be taken within an hour after the activity. Plenty of water, fruits, juices and sports drinks to replace loss fluid. Two hours after the event, Full meal that is high in carbohydrate content such as potatoes, cereals, vegetables, fruits, meat and soyabean to be taken.
26. Administration committee, Executive committee, Decoration committee, Lodging and Boarding committee, Transport committee, Ground and Equipment committee, Financial Committee, Refreshment Committee, First Aid Committee, Ceremony Committee, Official committee, Prize committee etc.
27. Friction is usually called a necessary evil. It means that it is essential in games and sports. Without friction, we cannot give a better performance in the field of sports. Examples are

SAMPLE PAPER

spikes used by athletes for running and studs used in football boots of the players. However, friction has disadvantages also. In cycling, there should not be more friction between road and the tyres of the cycle.

28. Government schemes for talent identification and development in sports:

- i. The Sports Talent search Scholarship Scheme was introduced in 1970-71. The scheme provides facilities to talented young boys and girls studying at the secondary level of education and proficient in sports to develop their talent in sports.
- ii. SAI National Sports Talent Contest Scheme (SAI NSTC) - It provides the school environment to play and study for talented 8-14-year old who are at the right age for higher level training in competitive sports.
- iii. The sports authority of India has launched National sports talent Search scheme 2022.
- iv. Khelo India Program for Young Sports Talent launched in 2018 ("Khelo India - National Program for Development of Sports" has a dedicated vertical 'Talent Identification and Development'). Under this scheme, Khelo India School games and Khelo India University games are organised every year.

29. Fracture usually occurs due to a high impact on the bone. It can be caused by overuse. The most common causes of fracture are:

- a. In such sports event where there is a high impact.
- b. Traumatic, forceful and unnatural movements.
- c. Prolonged long distance walking or running.
- d. Sudden fall on hard surface.
- e. Direct strike or hit with any solid sports equipment.
- f. Osteoporosis.

30. 1. In an inclusion classroom, general education teachers and special education teachers work together to meet the needs of students.
2. This type of classroom gives special education students the support they need and allows them to stay in the least restrictive environment.
3. All students can benefit from the additional resources and supportive techniques used in an inclusion classroom.

It is gaining popularity because it not only helps CWSN students to cope up with the real life situations but also makes them learn what is being taught to other students. It also develops a sense of respect and responsibility among other students towards CWSN.

Section D

31. 1. b) Micro-nutrients
2. c) Iodine
3. b) Nutrition and exercise are both necessary for a healthy body
4. a) Vitamins and Minerals



SAMPLE PAPER

32. 1. b) Knock out tournament
2. b) Elimination tournament
3. b) 15
4. b) N-1
33. 1. b) Kyphosis
2. b) Chakrasana, Dhanurasana, and Bhujangasana
3. d) Lordosis
4. c) Kyphosis

Section E

34. Obesity is that condition of the body in which the amount of fat increases to extreme levels.

Benefits of Pada Hastasana:

- It makes the body very flexible.
- It stretches the leg and back muscles.
- It helps to eliminate excess belly fat.
- It makes the spine flexible and tones the nerves.
- It improves blood circulation.
- It improves digestion and removes constipation.

Contraindications Pada Hastasana: The individuals who have back pain should avoid this asana. At least, they should not bend forward fully. They can bend themselves only as far as comfortable.

Benefits of Vajrasana:

- It is helpful for concentration.
- It is helpful in curing dysentery, back pain and chest diseases.
- It enhances memory.
- It cures problems related to menstruation.
- It cures mental stress.
- It strengthens the pelvic muscles.
- It removes postural defects.
- It prevents hernia and give relief from piles.

Contraindication of Vajrasana:

- A person suffering from joint pain should not perform vajrasana.
- The individuals who have any spinal column problem should not perform vajrasana.
- The individuals who have some difficulty in movement should practice vajrasana with a lot of care.

35. 1. Address residents formally to show respect. Use "Mr.," "Mrs.," "Ms.," etc., unless you are on more familiar terms with the individual or the resident has expressed a



preference for how he or she would like to be addressed.

2. Be aware that older adults might have difficulty hearing. To address hearing impairments, speak in a clear voice and do not rush what you're saying. Avoid shouting, as it may distort your language and make you more difficult to understand. Face the individual and make eye contact while speaking so he or she can see your mouth movements and watch for visual cues.
3. Avoid distractions and background noise as much as possible. Interruptions and competing noises (such as music, voices, computers, fans, etc.) can hinder effective communication and comprehension.
4. Be aware that older adults might have difficulty seeing. To address vision impairments, make sure the resident's living space and common spaces have adequate lighting. Encourage the resident to use his or her eyeglasses, if applicable. If the resident has a severe vision impairment, consider alternative ways to provide information, such as through audio recording.
5. Don't interrupt or rush residents during communication. Doing so might imply lack of respect for the individual or general disinterest in what the resident is trying to communicate.
6. Avoid language that implies ageist stereotypes or might be viewed as disrespectful or patronizing. Even though these statements might be unintentional, they can negatively affect your ability to communicate well with residents. Carefully consider your wording and whether it is appropriate for the individual and the situation.
7. Acknowledge residents' emotions and respond with empathy and understanding. Older adults face many challenges associated with aging, and they may experience a range of emotions, such as fear, anger, uncertainty, anxiety, apathy, and more. Acknowledging these emotions and showing compassion, empathy, and understanding can facilitate communication and adherence to care plans.
8. Avoid medical jargon and technical language. Limited health literacy is a problem in all age groups, including older adults. Research shows that more than 66 percent of American adults aged 60 or older have marginal or inadequate literacy skills. Using plain language, clear descriptions of medical terms and visual aids can help overcome health literacy barriers. Additionally, writing down key points and having residents explain their understanding of important information in their own words can improve comprehension.
9. Consider residents' cultural beliefs and values when communicating. Although it is impossible to understand the fine details and nuances of every culture, developing a general understanding of residents' beliefs and norms can assist with effective



communication. Ask residents open-ended questions, actively listen, and gauge their preferences.

10. Ask politely instead of telling or assuming. Loss of autonomy and independence is very difficult for many older adults, particularly those who have moved from their homes into senior care facilities. Even slight variations in language that imply choice rather than an order can help older adults maintain a sense of control over their daily lives and activities. Further, by asking instead of telling, providers and staff can prevent the perception that they are condescending or patronizing to residents.
36. Flexibility is the quality of the muscles, ligaments and tendons that enables the joints of the body to move easily through a complete range of movement. Flexibility can be divided into two types, which are as follows
 - **Passive Flexibility** It is the ability to perform movement with greater range using external help, i.e., with the help of an equipment or a partner. For example, using exercise cycle to improve flexibility of lower body.
 - **Active Flexibility** It is the ability to perform movement with greater range without using external help, i.e. with the help of muscular force. For example, performance of stretching, push-ups, running and other exercises that stretch the muscles of the body.

The methods of flexibility development are as follows

- i. **Dynamic Stretching** It refers to stretching that involves putting muscular effort along with movement at the same time. Walking lunges, kicking action, moving the arm in circular motion are examples of dynamic stretching.
- ii. **Static Active Stretching** Here the muscles are stretched without moving the limbs and the limbs are held to the end position for 30 seconds. Standing on one leg and holding the other leg directly in front for 20-30 seconds is static active stretching.
- iii. **Static Passive Stretching** This also refers to stretching of muscles without moving the limbs. However, an external force is applied to hold the stretch in position. The external force can be some other part of your body like hands to hold the stretch, an assistance or an equipment.
- iv. **Ballistic Stretching** It uses the momentum of a moving body or a limb in an attempt to force it beyond its normal range of motion.
This is a stretching or warming up, by bouncing into a stretched position, using the stretched muscles as a spring which pulls you out of the stretch position. This type of stretching can lead to injury, if body is not warmed up. It should proceed from slow swinging exercises in beginning followed by fast swinging exercises.
37. **Psychology:** The word Psychology is originated from Greek. Psyche mean soul and logos means to study science. Earlier, psychology is part of philosophy. John B Watson and his colleagues define psychology as the study of behavior but earlier it was considered the

SAMPLE PAPER

study of mind, consciousness, and soul.

Sports Psychology: Sport psychology is the branch of psychology that deals with the behavior of sportspersons.

Goal Setting: According to Pablo Picasso, "Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success."

In the whole process of goal setting, a player can divide these goals into three categories:

- i. **Outcome goals:** Related to specific results in competition.
- ii. **Performance goals:** Helping an athlete make improvements over a period of time.
- iii. **Process goals:** Refers to a process in which a competitor concentrates on carrying out a specific skill.

Importance of Goal Setting in Sports:

- i. It can help them focus on what is important and essential in sports performance.
- ii. Correct goal directs them and give a sense of control and positive self-direction.
- iii. Goal setting can improve overall sports performance.
- iv. It influence motivation when the goal setting based on time.
- v. It helps athletes to reach their potential.

Mental Imagery: Mental imagery refers to the athletes who imagine themselves in an atmosphere and performs a particular activity like sight, hearing, feeling, and smell before, during and after competition. The images should have the athlete performing successfully and feeling performance. Imagery is also known as visualisation rehearsal. It means all of your senses should be practiced or rehearses according to your sports in your mind.

Need and Importance of Mental imagery:

- Mental imagery helps you get your best outcome from training.
- To keep in top form when training is difficult to conduct.
- Helpful in adaptation and acclimatisation in different playing conditions.
- Recalling images related to past successful performance or upcoming goals give motivation.
- Help in reducing negative thoughts before or during competitions.