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हैदराबाद संभाग / HYDERABAD REGION

QUESTION BANK OF MULTIPLE-CHOICE QUESTIONS 2021-22

CLASS XII SUBJECT : PHE(048)

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Syllabus

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This question bank consists of Unit wise MCQ Under the headings

Case based MCQ, Knowledge & understanding,

Application based MCQ, Assertion & Reasoning MCQ

For Term- 1 Only

UNIT - 1 PLANNING IN SPORTS

Case Studies- MCQ

A sports university vice-chancellor going to host inter-university tournament in his university campus, he wants to conduct this tournament very smoothly so he decided to assign duty to all other departments head. On the basis of given information answer the following questions.

Q.1 During a tournament which committee is responsible for "managing all committees and ensuring all committees are doing their work properly"?

- (I) Organizing committee (II) Finance committee
(III) Publicity committee (IV) Marketing committee
(a) II & III
(b) I & II
(c) I only
(d) IV & II

Correct Answer - (c) I only

Q.2 What is the role of food and accommodation committee after a tournament?

- (I) Providing information about all participating team to organizing committee and distributing certificates to all participants.
(II) Repair work for any damage at accommodation site.
(III) Submitting all first aid equipment and information to organizing committee.
(IV) Providing information of food expenditure to organizing committee.

- (a) II & I (b) III & II (c) I & III (d) IV & II

Correct Answer - (d) IV & II

In Jaipur, Every Year District Sports Officer conducts inter colony tournament but this year he is transferred to a new place. But colony people are eagerly waiting for the tournament because they practices throughout the year. After one month, government appointed a contractual coach to conduct this tournament. On the basis of given information answer the following questions.

Q.3 Which point is most related to seeding?

- (I) Given to last year runner-up team. (II) Team can be entered only in second round.
(III) Given to last year winner team. (IV) Seeding can be given to any team.

- (a) I & III (b) III & II (c) IV & III (d) IV & II

Correct Answer - (a) I & III

Q.4 Name the type of tournament in which teams compete once with each other and teams play with every other team twice, without any consideration of victory or defeat?

- (I) Knockout Tournament (II) Double League Tournament
(III) Combination Tournament (IV) Single League Tournament

- (a) I & III (b) IV & II (c) IV & III (d) III & II

Correct Answer - (b) IV & II

Railway employee's fitness is very low so Divisional Railway Manager decided to make every railway employee fit so that efficiency of the work will improve. He called railway sports officer and discussed about the situation; officer suggested him to conduct a departmental knockout tournament so that everybody will take part and improve their physical fitness. On the basis of given information answer the following questions.

Q-5. If 17 teams are participating in this tournament, how many teams will get bye?
(a) 14 (b) 12 (c) 15 (d) 11

Correct Answer - (c) 15

Q-6. If 22 teams are participating in this tournament, how many rounds will be there?
(a) 5 (b) 7 (c) 6 (d) 4

Correct Answer - (a) 5

A group of friends wants to organize a kho-kho tournament in their school. They asked their coach to conduct tournament in their Vidyalaya and coach has given permission to them and told that planning is very important to conduct any competition. So, they decided to conduct it very honestly and systematically to take experience of tournament. They have given advertisement in newspaper with prize money. On the basis of given information answer the following questions.

Q-7. Which one of the following is not an objective of planning in sports?
(a) To have good control over all the activities. (b) To reduce the chance of mistake.
(c) Training of umpire and coaches. (d) To reduce undue pressure.

Correct Answer - (c) Training of umpire and coaches.

Q.8 Which one of the following is not an objective of intramural?
(a) To provide recreation. (b) To find out talented sportspersons.
(c) To develop feeling of cooperation. (d) To broaden the base of sports.

Correct Answer - (d) To broaden the base of sports.

Board of control for cricket in India (BCCI) member wants to conduct a cricket tournament on knock-out basis because number of teams are more and time is less to conduct the matches. They also decided to give byes and seeding according to the rule. On the basis of given information answer the following questions.

Q.9 Which of the following is also known as the elimination tournament?
(a) Single league (b) Round robin
(c) Double league (d) Knock-out

Correct Answer - (d) Knock-out

Q.10 Which of the following procedures is not used for drawing up fixtures for a knock-out tournament?
(a) Staircase (b) Seeding (c) Special seeding (d) Bye

Correct Answer - (a) Staircase

KNOWLEDGE & UNDER STANDING

Knowledge & Understanding -MCQ

Q.1. Which is not the objective of Planning.

- A. To reduce Pressure
B. To have good control over activities
C. To minimise the chances of mistake
D. To improve the personal relation among the staff.

Q.2. To avoid the careless mistake under pressure and to achieve the goal, which of them should be more valuable.

- A. Planning
B. Staffing
C. Supervision
D. Budgeting

Q.3. Out of them which is not the work of organising committee

- A. To Draw Fixture
B. To Select referee panel for match
C. To conduct the matches
D. To decorate the tournament venue.

Q.4. The other name of League Tournament is—

- A. Round robin Tournament
B. Knock out Tournament
C. Combination Tournament
D. Challenge Tournament

Q.5. To avoid compete in initial round which of the following is correct.

- A. Bye
B. Seeding
C. fixture
D. Special seeding

Q.6. Total no matches for knock out tournament is decided as—

- A. $(N - 1)$
B. $(N^2 - 1)$
C. $(N \times n - 1)$
D. $(N \times n - 1)/2$

Q.7. To calculate Total No of matches for league Tournament (single league)

- A. $(N - 1)$
B. $(N^2 - 1)$
C. $(N \times n - 1)$
D. $(N \times n - 1)/2$

Q.8. How many bye will be given for 21 teams on the knock out basis.

- A. 15
B. 16
C. 11
D. 17

Q.9. In the placement of Byes, IV Bye is given to whom.

- A. 1st Team of lower half
B. 1st team of upper half
C. Last team of lower half
D. Last team of upper half

Q.10. To calculate the total no of team teams is upper half for knock out tournament when total no of teams are odd, which formula is used.

- A. $N + \frac{1}{2}$
B. $N^2 + \frac{1}{2}$
C. $N - 1$
D. $(N + 1)^2/2$

Q.11. Match the following

- | | |
|-----------------|---|
| (a) Intramurals | (i) After Losing, get out from Tournament |
| (b) Knock out | (ii) given when teams are not in power of 2 |
| (c) Bye | (iii) League Tournament |
| (d) Staircase | (iv) With in the boundary of institute |
- (a) a-IV, b-i, c-II, d-III (b) a-IV, b-I, c-III, d-II

(c) d-IV, b-III, c-II, a-I (d) a-I, b-IV c-II, d-III

Q.12 Match the following

- | | |
|----------------------------|-------------------------------------|
| (a) Cyclic | (i) Resolve Dispute |
| (b) Technical committee | (ii) Outside Institute |
| (c) Extramural | (iii) To avoid to meet in 1st Round |
| (d) Seeding | (iv) League Tournament |
| (1) d-III, c-II, b-I, a-IV | (2) d-II, c-III, b-I, a-IV |
| (3) d-III, c-II, a-I, b-IV | (4) d-IV, b-III, c-II, a-I |

Q.13 Intramural Tournaments are those Tournaments which are organised.

- A. Within the boundary wall of institute B. Outside the boundary wall of institute
C. Interzonal level D. At national level

Q.14 Which is not the objectives of Intramural Tournament.

- A. To Provide Recreation B. To help in overall development
C. To achieve high performance D. To provide opportunity to Learn a variety of games & skill.

Q.1 Match the following

- | | |
|----------------------------|---|
| (a) Run for fun | (i) Organised once in year |
| (b) Health Run | (ii) To provide the since to work jointly |
| (c) Sports Day | (iii) To Promote since of physical, mental, social & emotional well being |
| (d) Run for unity | (iv) To provide enjoyment |
| (a) A-I, B-II, C-III, D-IV | (b) A-II, B-I, C-IV, D-III |
| (c) A-IV, B-III, C-I, D-II | (d) A-IV, B-III, C-II, D-I |

Application Based - MCQ

1. Match the following:

- | | | |
|----------------|---|----------------------------|
| 1. Knockout | - | (a) Round Robin |
| 2. League | - | (b) Consolation tournament |
| 3. Combination | - | (c) Ladder tournament |
| 4. Challenges | - | (d) Knockout cum League |

- | | | | |
|------|----|----|----|
| 1. | 2. | 3. | 4. |
| A) b | a | d | c |
| B) a | b | c | d |
| C) d | c | b | a |
| D) c | d | b | d |

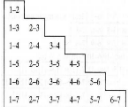
Answer :- (A)

2. Match the following:

1.

A	B	C	D	E	F	G	H
A	1	2	3	4	5	6	7
B		3	4	5	6	7	2
C			5	6	7	1	4
D				7	1	2	6
E					2	3	1
F						4	5
G							5
H							

- (a) Cycle method

2.  - (b) Tabular method

3. d  - (c) Knockout method

4.  - (d) Staircase method

- | | | | | |
|----|----|----|----|----|
| | 1. | 2. | 3. | 4. |
| A) | a | b | c | d |
| B) | b | d | a | c |
| C) | b | d | c | a |
| D) | c | b | a | d |

Answer :- (B)

3. Match the following:

- | | |
|---|-------------------------|
| 1. Deciding in advance what is to be done | - (a) League |
| 2. What is role for technical committee | - (b) Knockout |
| 3. Round Robin tournament | - (c) Planning |
| 4. Elimination tournament | - (d) Technical conduct |

- | | | | | |
|----|----|----|----|----|
| | 1. | 2. | 3. | 4. |
| A) | a | b | c | d |
| B) | b | a | d | c |
| C) | c | d | a | b |
| D) | b | c | d | a |

Answer :- (C)

4. Which statement is not correct in the statement of Advantage of Knockout tournament given below?

- A) Less number of officials are needed
- B) Fewer days are needed to complete the tournament
- C) Less expenditure
- D) Tournament is less challenging

Answer :- (D)

5. If Number of team is 25 (Knockout Fixture) Match the following:

- | | |
|----------------------------|----------|
| 2. Number of match | - (a) 7 |
| 2. Number of bye | - (b) 13 |
| 3. Number of round | - (c) 5 |
| 4. Number of Upper of team | - (d) 24 |

	2.	2.	3.	4.
E)	a	b	c	d
F)	b	a	d	c
G)	c	d	a	b
H)	d	a	c	b

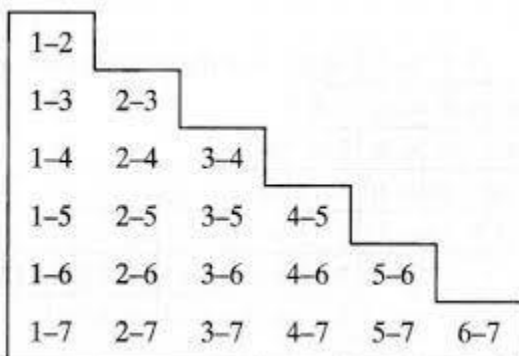
Answer :- (D)

Q.5 If number of teams are more and time is less to complete the tournament. Which method we will choose to conduct the tournament?

- A. Elimination Tournament
- B. League Tournament
- C. Single League Tournament
- D. Double League Tournament

Correct answer - A. Elimination Tournament

Q.6 Which types of method given in the picture under tournament?



- A. Cyclic Method

- B. Staircase Method
- C. Tabular Method
- D. None of the above

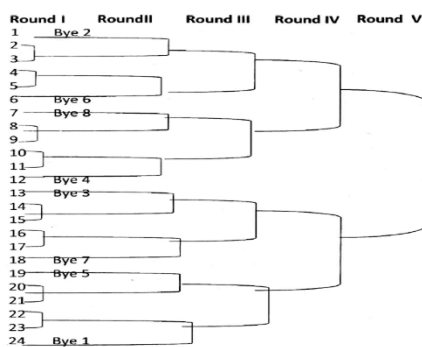
Correct answer - (B). Staircase Method

Q.7 Which formula is correct to find out the number of matches in knockout tournament?

- A. N-2
- B. 2N-1
- C. N-1
- D. N-1/2

Correct answer - (C). N-1

Q.8 Which types of tournament fixture is given in the picture?



- A. Double League Tournament
- B. Single League Tournament
- C. League Tournament
- D. Knockout Tournament

Correct answer - (D). Knockout Tournament

Q.9 Match the following.

1. Organizing Committee	(a) Spread information about the tournament 3 or 4 weeks prior to the tournament.
2. Publicity Committee	(b) Ensure proper transport facilities for the tournament
3. Marketing Committee	(c) Responsible for organizing and smooth running of the tournament.
4. Transport Committee	(d) Purchasing all equipment and other items required for the tournament and ensuring their quality

	1	2.	3.	4.
I)	a	b	c	d
J)	b	a	d	c
K)	c	a	d	b
L)	b	c	d	a

Correct answer - (C) c a d

Assertion & Reasoning -MCQ

1. Given below are two statements, one is labelled as Assertion [A] and other is labelled as Reason [R]

- A. Assertion [A]: Planning is developing Strategies
- B. Reason [R]: Strategic planning is **an organizational management activity**
- C. *In the context above two statements, which one of the following is correct?*
 - 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.

Answer: A

2. Given below are two statements, one is labelled as Assertion [A] and other is labelled as Reason [R]

- A. Assertion [A]: Success of the tournament depends upon the works which are done before start of the tournament
- B. Reason [R]: success depends upon the coordination of various committees
- C. *In the context above two statements, which one of the following is correct?*
 - 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.

Answer: B

3. Given below are two statements, one is labelled as Assertion [A] and other is labelled as Reason [R]

- A. Assertion [A]: Fixture is the procedure of arranging teams in a systematic order
- B. Reason [R]: Fixture makes it easier to conduct the tournament according to the schedule
- C. *In the context above two statements, which one of the following is correct?*
 - 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.

Answer: B

4. Given below are two statements, one is labelled as Assertion [A] and other is labelled as Reason [R]

A. Assertion [A]: Development of Sports Skills Various skills of sports are developed in tournaments.

B. Reason [R]: Helpful in Selection of Players Good players can be selected easily by observing their performance in the tournament

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

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.

Answer: A

5. Given below are two statements, one is labelled as Assertion [A] and other is labelled as Reason [R]

A. Assertion [A]: Knock out Tournaments Good teams can get eliminated because of their poor performance even in first round.

B. Reason [R]: In this type of tournament, there has to be sufficient time to complete the tournament.

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

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.

Answer: C

6. Given below are two statements, one is labelled as Assertion [A] and other is labelled as Reason [R]

A. Assertion [A]: In a knock-out tournament, the fixtures are drawn by the following Seeding Method

B. Reason [R]: It is a procedure by which good teams are placed in fixtures in such a way that stronger teams do not meet each other at the very start of a tournament

C.

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

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.

Answer: A

7. Given below are two statements, one is labelled as Assertion [A] and other is labelled as Reason [R]

A. Assertion [A]: A Cheerful loser is the winner

B. Reason [R]: Taking defeat in a positive way always improves nature of the player

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

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.

8. Given below are two statements, one is labelled as Assertion [A] and other is labelled as Reason [R]

A. Assertion [A]: Knock-out tournament or elimination tournament is a tournament where a large number of teams compete

B. Reason [R]: It is most suitable when there are less number of teams and a long period of time.

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

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.

Answer: C

9. Given below are two statements, one is labelled as Assertion [A] and other is labelled as Reason [R]

A. Assertion [A]: Tournaments are conducted to Decide the Best

B. Reason [R]: Tournament are organised for recreation

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

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.

Answer: B

10. Given below are two statements, one is labelled as Assertion [A] and other is labelled as Reason [R]

A. Assertion [A]: Tournaments creates rifts among the communities as they challenge each other

B. Reason [R]: Tournament develops social qualities among the players

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

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.

Answer: D

Unit-2 Sports & Nutrition

Case Studies- MCQ

Q1.Mr. Rajneesh is 45 years old and 1.77mtrs. tall with a large frame. he reports having lost 30 kg. in the last 3 months and weighs 50kg, He eats three meals a day and complains that he feels hungry at odd times and frequent urination.

i) What is Mr Rajneesh's BMI

- a) 15.9 b) 25.9 c) 35.9 d)10.5 **Answer : a (15.9)**

ii) According to the previous answer of Mr Rajneesh BMI, He is _____.

- a) Underweight b) normal weight c) Over weight, d) obese,
Answer: a(Under weight)

iii) Mr Rajneesh is having following disease

- a) Diabetes b) Blood Pressure c) obesity d) atherosclerosis
Answer : a (Diabetes)

2 Humans have a well developed digestive system for the digestion of different food components at different stages and in different organs of the digestive system. The digestion of the food initiates in the mouth as mouth consists of salivary amylase for the digestion of the starch and carbohydrates. The digestion of the fat is done by the bile salt which is secreted by the liver and from the gall bladder which is present inside the liver. The absorption of the minerals and the vitamin is completed in the large intestine and small intestine. The small intestine is responsible for the absorption of all simpler food particles. The roughage is the solid material that consists of cellulose component in the material of the roughage. Our body does not have a mechanism for the digestion of the cellulose so cellulose is excreted as such from the body without any digestion.

i).Salts and water is absorbed in _____

Answer: B

- A. Blood
B. Large intestine
C. Both A and B
D. Cells

ii).The indigestible material in food is also known as

Answer: A

- A. Roughage
B. Fats
C. Minerals
D. Vitamins

iii).Which of the following are involved in protection and regulation of metabolism in living organisms?

- A. Carbohydrates
B. Proteins
C. Vitamins
D. Fats

Answer: C

iv). The amount of water present inside human body cells is about

Answer: C

- (A) 15 liters
- (B) 5 liters
- (C) 25 liters
- (D) 10 liters

3 The Food Pyramid is designed to make healthy eating easier. It shows the different food groups and how much of each we need to have a healthy diet. Eating the right amount from each food group is called eating a "balanced diet". Eating well is important for all of us.



i) The bottom most part of the food pyramid is occupied by _____, indicating large quantities of intake.

- (a) carbohydrates (b) vitamins (c) minerals (d) fats

Answer -A

ii) Major portion of individuals diet constitute _____ nutrients.

Answer -A

- (a) macro (b) micro (c) water (d) roughage

iii) Fat soluble vitamins are _____

Answer -D

- (a) Vitamin A & D (b) Vitamin- A&K (c) Vitamin- E&D (d) Vitamin - A, D, E & K

iv) The body building nutrient is _____

Answer -C

- (a) Fat (b) vitamin (c) protein (d) mineral

v) Ghee, Butter, Cheese & curds are rich sources of _____

Answer -B

- (a) Vitamins (b) fats (c) minerals (d) proteins

4. According to Nutritionists, These Are the 7 Ingredients Your Multivitamin Should have Vitamin D. Vitamin D helps our bodies absorb calcium, which is important for bone health. ... Magnesium. Magnesium is an essential nutrient, which means that we must get it from food or supplements. ...Calcium. ...Zinc. ...Iron. ...Folate. ...Vitamin B-12.

i) The vitamins, minerals, and water collectively called as -----food.

Answer -B

- (a) Body Building (b) Defensive (c) Energy Yielding (d) Facilitating

ii). Vitamin E contributes to the production of -----, making our----- system strong.

Answer -B

- (a) Strength, digestive (b) Antibodies, immune (c) Both a & b (d) Hormones, muscular

iii) -----Vitamin is a group of 8 water soluble vitamin which are important for cellular metabolism.

- (a) E (b) B Complex (c) C (d) D

Answer -C

5. The KVS Regional football team started the practice for Foot Ball KVS National Meet . One day the school Principal visited the playground and watched the practice session. He felt that the players were weak. Coach informed that most of players are having habit of eating junk food. Principal arranged a Nutritionist to take care of players' requirements.

i) Which food Item has carbohydrates and fats?

Answer -A

- (a) Bread & Butter
- (b) Rice & Pulse
- (c) Potato & tomato
- (d) Tamato & Almond .

ii) when balanced diet is completed

Answer -B

- (a) Complex Carbohydrates
- (b) According to the need of the persons
- (c) Animal fat rich
- (d) 6-7 litres of water

iii) following is called a protective food

Answer -A

- (a) Vitamins
- (b) Minerals
- (c) fat
- (d) Carbohydrates

6. Every cell in the human body contains proteins. The basic structure of protein is a chain of amino acids. You need protein in your diet to help your body repair cells and make new ones. Protein is also important for growth and development in children, teens, and pregnant women

Protein has many roles in your body. It helps repair and build your body's tissues, allows metabolic reactions to take place and coordinates bodily functions. In addition to providing your body with a structural framework, proteins also maintain proper pH and fluid balance.

i) How much protein a working woman must intake per a day

Answer -A

- a) between 50 and 60 grams
- b) between 25 and 30 grams
- c) between 100 and 150 grams
- d) between 150 and 200 grams

ii) From the Items given below which food helps you gain muscle mass .

Answer -A

- a) Soya beans
- b) Vegetables
- c) Fruits
- d) All of the above

iii) Side effects of excessive protein intake

Answer -A

- a) Dehydration
- b) Excessive urination
- c) Sweating

d) Obesity

7. Most people get the amount of minerals they need by eating a wide variety of foods. In some cases, your doctor may recommend a mineral supplement. People who have certain health problems or under medication may need to avoid one of the minerals. For example, people with [chronic kidney disease](#) need to limit foods that are high in potassium.

i) How many types of essential minerals are there

Answer -A

- a) 16
- b) 24
- c) 17
- d) 15

ii) Why body need minerals

Answer -A

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

iii) Which are essential minerals required for the human body

Answer -A

- a) calcium, phosphorus, potassium
- b) riboflavin, niacin, pantothenic acid
- c) methionine, phenylalanine, threonine,
- d) alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA).

8. Misconception of dieting, many think skipping a few meals will decrease total calorie intake, it usually leads to overeating at next meal or increased snacking throughout the day. "**Skipping meals can slow down one's metabolism**, which is the opposite of what we are striving for with weight loss,"

i)What is the meaning of the term pitfall of dieting

Answer -B

- a) Importance
- b) Draw backs
- c) Need
- d) Outcome

ii) What is advisable for control of weight

Answer -B

- a) Skipping of Meals
- b) Exercising
- c) Taking more carbohydrates
- d) Fat diet

iii) Disadvantage of pitfall of dieting

Answer -A

- a) Acne and skin infection
- b) Good health

- c) Weight control
- d) Good metabolism

9. There are seven main classes of nutrients that the body needs. These are **carbohydrates, proteins, fats, vitamins, minerals, fibre and water**. It is important that everyone consumes these seven nutrients on a daily basis to help them build their bodies and maintain their health.

i) Which of the following contains all ingredients of a balanced diet Answer -A

- a) Meat
- b) Butter
- c) Lemon
- d) Fish

ii) Which is non-nutritive component of diet Answer -D

- a) Fats
- b) Carbohydrates
- c) Proteins
- d) Water

iii) Roughage is a component of food which has Answer -B

- a) Nutritive Value
- b) No Nutritive Value
- c) More Nutritive value
- d) 50% Nutritive value

10. Vitamins are an essential part of our diet. Without an adequate amount of vitamins, a deficiency will occur. Vitamins are naturally found in the foods that we consume and are also found in supplements. A well-balanced diet is often enough to meet the vitamin needs of healthy individuals. When supplementation is needed, it is important to know how much you need to take and the best way to take it.

i) Vitamin D deficiency can lead to Answer -B

- a) Heart Attack
- b) Loss of bone density
- c) Kidney failure
- d) Diabetics

ii) What happens when vitamin A is deficient? Answer -A

- a) Night blindness
- b) Rickets
- c) Giddiness
- d) Weight loss

iii) Which of the following vitamins helps in preventing from heart attack Answer -D

- a) K

- b) A
- c) B
- d) E

Knowledge & Understanding -MCQ

- Q.1 A balanced diet is complete, when it will be-
- A. Complex Carbohydrates
C. Animal fat rich
- B. According to the needs of the person
D. 4 to 5 litter water
- Q.2 Which food item has carbohydrates and fats
- A. Bread and butters
Tomato and Almond
- B. Rice and Pules
C. Potato and Tomato
- D.
- Q.3 Sources of Proteins includes
- A. Fish
C. Spinach
- B. Potato
D. Cucumber
- Q.4 Maximum Carbohydrates are obtained from
- A. Whole grain food
B. Fish
- C. Plant oil
D. Nuts
- Q.5 What is the function of protein as a nutrient.
- A. Growth of organs and development of new Tissues
B. Does not carry oxygen and haemoglobin to all parts of the body
- C. Required for metabolism
D. Prevents skin from being rough
- Q.6 Match the following
- | | |
|---------------------------------------|------------|
| 1. Creates antibodies | A. Fat |
| 2. Protects internal organs | B. Calcium |
| 3. Essential for bones and teeth | C. Iron |
| 4. Essential for creating haemoglobin | D. protein |
- (a) 1D, 2A, 3B, 4C (b) 1D, 2B, 3A, 4C
(c) 1-A, 2C, 3C, 4D (d) 1-B, 2C, 3D, 4A
- Q.7 Match the following
- | | |
|-----------------|---------------------------------|
| 1. Carbohydrate | A. Build interal organs |
| 2. Protein | B. Provides energy to the body |
| 3. Fat | C. Make cells soft and flexible |
| 4. Water | D. Protect the soft organs |
- (a) 1-D, 2-A, 3-B, 4-C (b) 1-B, 2-A, 3-D, 4C
(c) 1-B, 2-A, 3-C, 4D (d) 1-B, 2-C, 3-4, 4A
- Q.8 It is the example of macro-Mineral.
- A. Phosphorus
B. Copper
- C. iodine
D. Iron
- Q.9 Body needs vitamins and minerals because
- A. They give the body energy
C. They insulate the body's organs
- B. They help carry out metabolic reactions
D. They with draw heat from the body
- Q.10 Substance needed by the body for growth energy and maintenance is called
- A. Nutrient
B. Carbohydrate
- C. Fat
D. Calories

- Q.11 In which category BMI comes in 30 BMI
A. Obesity I weight B. Over lead C. Obesity II D. Neath
- Q.12 Methods to control healthy body weight
 A. Not taking balanced diet B. **Regular physical activity**
 C. Excessive water consumption D. Frequent eating
- Q.13 Disadvantages of Dieting
 A. No change in body weight B. Over body weight
C. Loss in body weight D. Not achieving the required goal
- Q.14 Symptoms of headaches, vomiting, stomach pain. loose motion.
 A. Dieting Lack of vitamins B. **Food intolerance** C. Food myths D.
- Q.15 Match the following
- | | |
|---------------------|-------------------------------------|
| 1. Food Intolerance | (A) Loss in body weight |
| 2. Food myths | (B) Vomiting |
| 3. Dieting | (C) Healthy weight |
| 4. B.M.I 24 | (D) Do not drink water during meals |
| a) ID, 2A, 3B, 4C | (b) IB, 2D, 3A, 4C |
| (c) IB, 2A, 3D, 4C | (d) ID, 2A, 3C, 4B |
- Q.16 Match the following
- | | |
|---------------------------|---|
| 1. Protein | (A) Teeth and blood related discuse |
| 2. Water | (B) Growth of skin, nails, hair, internal organs. |
| 3. Colour compound | (C) 60-70% Precent of human body |
| 4. Dieting | (D) Make food appealing |
| (a) IB, 2C, 3D, 4A | (b) IC, 2D, 3A, 4B |
| (c) ID, 2A, 3C, 4B | (d) IA, 2C, 3B, 4D |
- Q.17 Match the following
- | | |
|---------------------------|----------------------------------|
| 1. Dryness | (A) Deficiency of calcium |
| 2. Anaemia | (B) Deficiency vitamin A |
| 3. Decreased bone density | (C) Lack of water during dieting |
| 4. Night Blindness | (D) Dificiency iron |
| (a) ID, 2C, 3A, 4B | (b) IC, 2D, 3A, 4B |
| (c) IA, 2B, 3C, 4D | (d) ID, 2C, 3B, 4B |
- Q.18 Maximum Carbohydrates are obtained from
(a) Whole grain food (b) Fish (c) Plant oil (d) Nuts
- Q.19 Sources of Proteins includes
(a) Fish (b) Spinach (c) Potato (d) D. Cucumber

Application Based Question Unit - 2

6. Match the following:

5. Food Intolerance meals - (a) Do not drink water during meals
6. Food myths - (b) Vomiting
7. Balanced diet - (c) Loss in body weight
8. Dieting person - (d) According to the needs of the person

	2.	2.	3.	4.
E)	b	a	d	c
F)	a	b	c	d
G)	d	c	b	a
H)	c	d	b	d

Answer :- (A)

7. Match the following:

2. Essential for normal growth of the body E - (a) Vitamin E
2. Essential for the formation of healthy teeth and bones K - (b) Vitamin K
3. Proper functioning of adrenal and sex glands. A - (c) Vitamin A
4. Helpful in the clotting of blood D - (d) Vitamin D

	2.	2.	3.	4.
E)	a	b	c	d
F)	c	d	a	b
G)	b	d	c	a
H)	c	b	a	d

Answer :- (B)

8. Match the following:

3. Source of Protein - (a)



2. Source of Carbohydrate - (b)



3. Source of Fat - (c)

4. Source of Iron



	3.	2.	3.	4.
M)	a	b	c	d
N)	b	a	d	c
O)	c	a	b	d
P)	b	c	d	a

Answer :- (C)

9. Which statement is not correct in the statement of BMI given below?

BODY MASS INDEX



- A) When BMI Below 18.5 - Underweight
- B) When BMI 30.0 and above Obese
- C) When BMI Below 25.0-29.9 - Overweight
- D) When BMI Below 30.0 and below Obese

Answer :- (D)

10. If Number of team is 25 (Knockout Fixture) Match the following:

- 4. source of vitamin C - (a) Plant oils
- 2. source of vitamin A - (b) Sun
- 3. source of vitamin D - (c) Papaya
- 4. source of vitamin B - (d) Gooseberry

	4.	2.	3.	4.
Q)	a	b	c	d
R)	b	a	d	c
S)	c	d	a	b
T)	d	c	b	a

Answer :- (D)

11. If Number of team is 25 (Knockout Fixture) Match the following:

- | | | |
|------------------------|---|----------------|
| 5. source of vitamin C | - | (a) Plant oils |
| 2. source of vitamin A | - | (b) Sun |
| 3. source of vitamin D | - | (c) Papaya |
| 4. source of vitamin B | - | (d) Gooseberry |

	5.	2.	3.	4.
U)	a	b	c	d
V)	b	a	d	c
W)	c	d	a	b
X)	d	c	b	a

Answer :- (D)

Application Based Question Unit - 2

1. Match the following:

- | | |
|---------------------|--|
| 1. Food Intolerance | -(a) Do not drink water during meals |
| 2. Food myths | - (b) Vomiting |
| 3. Balanced diet | - (c) Loss in body weight |
| 4. Dieting | - (d) According to the needs of the person |

	1	2.	3.	4.
I)	b	a	d	c
J)	a	b	c	d
K)	d	c	b	a
L)	c	d	b	d

Answer :- (A)

2. Match the following:

- | | |
|---|---------------|
| 1. Essential for normal growth of the body | (a) Vitamin E |
| 2. Essential for the formation of healthy teeth and bones | (b) Vitamin K |
| 3. Proper functioning of adrenal and sex glands. | (c) Vitamin A |
| 4. Helpful in the clotting of blood | (d) Vitamin D |

1	2.	3.	4.
---	----	----	----

I)	a	b	c	d
J)	c	d	a	b
K)	b	d	c	a
L)	c	b	a	d

Answer :- (B)

3, Match the following:

1. Source of Protein - (a)



2. Source of Carbohydrate - (b)



3. Source of Fat - (c)



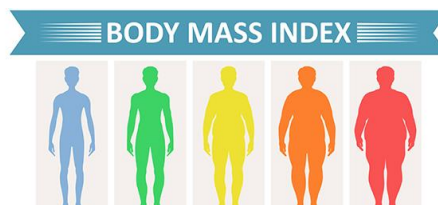
4. Source of Iron - (d)



	1.	2.	3.	4.
Y)	a	b	c	d
Z)	b	a	d	c
AA)	c	a	b	d
BB)	b	c	d	a

Answer :- (C)

4. Which statement is not correct in the statement of BMI given below?



- A) When BMI Below 18.5 - Underweight
- B) When BMI 30.0 and above Obese
- C) When BMI Below 25.0-29.9 - Overweight
- D) When BMI Below 30.0 and below Obese

Answer :- (D)

6. Match the following:

- | | | |
|------------------------|---|----------------|
| 7. source of vitamin C | - | (a) Plant oils |
| 2. source of vitamin A | - | (b) Sun |
| 3. source of vitamin D | - | (c) Papaya |
| 4. source of vitamin B | - | (d) Gooseberry |

	1.	2.	3.	4.
CC)	a	b	c	d
DD)	b	a	d	c
EE)	c	d	a	b
FF)	d	c	b	a

Answer :- (D)

Assertion & Reasoning -MCQ

Q.1 Assertion (A) - Balance diet is good for sports person as well as sedentary lifestyle peoples.

Reason (R) - Balance Diet contains adequate amounts of all the necessary nutrients required for proper growth & maintenance of 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.

Correct Answer - (a) Both A and R are true and R is the correct explanation of A.

Q.2 Assertion (A) - Macro Nutrients are the nutritive components of food that the body needs for energy and to maintain the body's structure and systems.

Reason (R) - Minerals and Vitamins are the macro nutrients of diet.

- (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.

Correct Answer - (c) A is true but R is false.

Q.3 Assertion (A) - A healthy weight is a weight that reduce your risk for health problems.

Reason (R) - Body mass index (weight in kg/height in meter square) are good way to achieve healthy weight.

- (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.

Correct Answer - (a) Both A and R are true and R is the correct explanation of A.

Q.4 Assertion (A) - Simple carbohydrate are made up of shorter chains of molecules and are quicker to digest than complex carbohydrates.

Reason (R) - Peas, beans, whole grains and vegetables are complex carbohydrates.

- (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.

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

Q.5 Assertion (A) - Goiter is caused due to deficiency of iodine.

Reason (R) - Iron is essential for the formation of thyroxin hormone.

- (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) Both A and R are false

Correct Answer - (c) A is true but R are false.

Explanation - Iodine is essential for the formation of thyroxin hormone.

Q.6 Assertion (A) - Fat provides us with twice as much energy as carbohydrate.

Reason (R) - Sugar and starch are good in carbohydrate.

- (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) Both A and R are false.

Correct Answer - (c) Both A and R are true and R is not the correct explanation of A.

Q.7 Assertion (A) - For endurance activity diet before competition should be more amount of complex carbohydrate like - whole-wheat bread, potatoes, sweet potatoes.

Reason (R) - Complex carbohydrate improve athletic performance by delaying fatigue and allowing an athlete to compete at higher levels for longer.

- (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) Both A and R are false.

Correct Answer - (a) Both A and R are true and R is the correct explanation of A.

Q.8 Assertion (A) - Vitamin keeps us healthy by helping the body to fight against the disease.

Reason (R) - Vitamin B and C is a fat soluble.

- (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) Both A and R are false.

Correct Answer - (c) A is true but R is false.

Explanation - Vitamin B and C is a water soluble.

Q.9 Assertion (A) - Vitamin D is responsible for deficiency disease "RICKETS".

Reason (R) - Vitamin D is a fat soluble.

- (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) Both A and R are false.

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

Q.10 Assertion (A) - Inadequate fluid intake and Excessive sweating is a cause of dehydration in athletes.

Reason (R) - Protein can overcome dehydration in athletes.

- (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) Both A and R are false.

Correct Answer - (c) A is true but R is false.

Explanation - Protein intake increased; hydration levels decreased.

Q.11 Assertion (A) - Dieting can lead to improper functioning of the body.

Reason (R) - Nutrients like simple, complex carbohydrate and fats are restricted in dieting.

- (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) Both A and R are false.

Correct Answer - (a) Both A and R are true and R is the correct explanation of A.

Case Studies- MCQ

Q.1. Below given the summary data of a survey conducted on the students with postural deformities.

- 25% students have Round Shoulders
- 05% students have Knock Knees
- 20% students have Bow legs
- 05% students have Flat Foot
- 20% students have Scoliosis
- 20% students have Kyphosis
- 10% students have Lordosis

On the basis of the above data provided, answer the following questions.

1. 25% of the students suffering from

- a. Scoliosis b. Fat foot c. Round shoulders d. Lordosis

ANS: c(round shoulders)

2. Among Leg deformity, which category is highly affected

- a. Fat Foot b. Knock Knees c. Lordosis d. Bow Legs

ANS: d(Bow legs)

3. 50% of the students are suffering from the following combination

- a. ROUND SHOULDERS & LEG DEFORMITIES
b. SCOLIOSIS & LORDOSIS
c. KYPHOSIS & LEG DEFORMITY
d. BOW LEGS & LORDOSIS

ANS: a (Round shoulders & Legs deformities)

4. Spiral deformities are

- a. Lordosis, Round Shoulders, Flat Foot
b. Kyphosis, Lordosis, Scoliosis
c. Scoliosis, Kyphosis, Flat Foot
d. Round Shoulders, Bow legs, Scoliosis

ANS: b (Kyphosis, Lordosis, Scoliosis)

5. Among Spiral deformities which category is less affected

- a. Lordosis
b. Kyphosis
c. Scoliosis
d. Black Box

ANS: a (lordosis)

Q. 2. Deepa wants to learn badminton, but her brother made fun of her and ridiculed her. Her parents, seeing her interest, sent her to a professional coach in the Academy to learn that Sport properly and professionally.

Based on this case study, answer the following questions.

1. Why was Deepa ridiculed by her brother?

- (a) She wanted to learn sport (b) She did not want to learn badminton
(c) She wanted to have fun (d) She is not serious about sports

Ans: a (She wanted to learn sports)

2. What values are shown by her parents.

- (a) Right judgement (b) No gender discrimination
(c) High attitude (d) Indiscipline

Ans: b (No gender discrimination)

3. What does this show about females?

- (a) Girls awareness (b) Interest in sports
(c) Gender discrimination (d) Support to boys

Ans: a (Girls awareness)

Q.3. Mr. Alex, Physical education Teacher at Public School observed that a student of class VIII has a problem of Lumbar-Spine, which is bent in front beyond the normal level. He suggested some exercises to rectify this problem.

Based on this case study, answer the following questions.

1. What is this deformity known as?

- (a) Scoliosis (b) Lordosis
(c) Kyphosis (d) Flat foot

Ans: b (Lordosis)

2. Lordosis is commonly known as

- (a) Hollow back (b) Hunch back
(c) Sideways bending (d) Kyphosis

Ans: a (Hollow back)

3. Lordosis is the deformity related to

- (a) Foot (b) Vertebral column
(c) Shoulder (d) Legs

Ans: b (Vertebral column)

Q.4. Anita, a student of class XII, used to read books in the library. One day she was studying the history of women participation in Indian sports and felt that they should be encouraged to actively participate in sports. She believed that impossible things can be achieved through participation in sports.

Based on this case study, answer the following questions.

1. In which year did women first participate in the Olympics?

- (a) 2000 (b) 1900 (c) 2012 (d) 1947

Ans: b (1900)

2. Which of the following players is associated with Athletics?

- (a) Sania Mirza (b) Saina Nehwal (c) Karnam Malleshwari (d) P.T.Usha

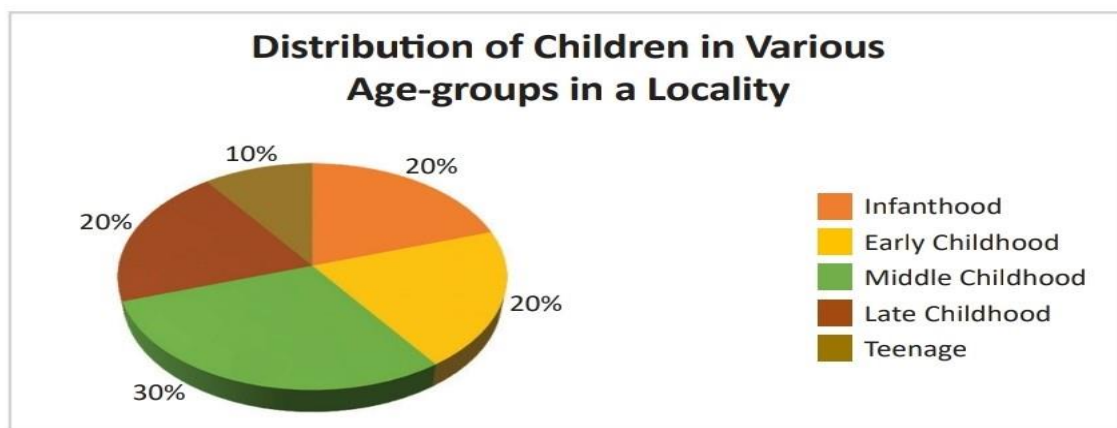
Ans: d (P.T.Usha)

3. Who is the first Indian woman to win the medal at Olympics?

- (a) Karnam Malleshwari (weight lifting)
(b) Mirabai Chanu
(c) Mary kom
(d) P.V.Sindhu

ANS: a (Karanam malleshwari - weight lifting)

Q.5. Given below is the chart which depicts the distribution of children in various age groups in a locality.



On the basis of pie chart given above, answer the following questions.

Q.1. The locality community hall has Gymnasium. For which category do you recommend to go for gym?

- a. Late childhood b. Teenager
b. Infant d. Early childhood

ANS: b (Teenager)

Q.2. Gross Motor development primarily takes place in this age

- a. Infant-hood b. Later childhood
c. Teenage d. Middle age

ANS: a (Infanthood)

Q.6. In a playground of a private school, sports class is going on for all primary children. During this class some children are involved in running, throwing and hopping. Where as others are involved in ball games like Football and Handball.

On the basis of case given , answer the following questions.

1. Children who are involved in running, throwing and hopping belongs to which stage of growth and development?

- a. Infanthood(0 - 1 yr) b. Early childhood(2 -6 yrs.)
c. Middle childhood(7-10 yrs.) d. Later childhood (11 - 12yrs.)

ANS: c (middle childhood)

2. Children who were playing ball games like Football and Handball represent which group?

- a. Early childhood
- b. Adolescence
- c. Later childhood
- d. Babyhood

ANS: c (Later Childhood)

Q.7. Tom's parents give him very good diet, encourage him to do heavy physical workouts and to play team games, whereas his brother Sam is allowed to play recreational activities.

On the basis of case given, answer the following questions.

1. Tom belongs to which stage of growth.

- a. Adolescent
- b. Later childhood
- b. Infant
- d. Old age

ANS: a (Adolescent)

2. Sam represents which stage of growth

- a. Babyhood
- b. Adolescence
- c. Later childhood
- d. Early childhood

ANS: d (Early childhood)

Q.8. Harry met with a major accident. Later on he suffered from shoulder and thoracic deformity problems. After few months he started practicing Chakrasan and Dhanurasan to rectify his deformities.

On the basis of case given, answer the following questions.

1. Harry's accident led his body to

- a. Good posture
- b. Bad posture
- c. Curvature body
- d. Bent body

ANS: b (Bad posture)

2. What may be the thoracic deformity Harry suffered from

- a. Flat foot
- b. Round Shoulders
- c. Kyphosis
- d. Bow legs

ANS: c (Kyphosis)

3. Harry practiced Chakrasan and Dhanurasan to rectify which deformity.

- a. Round shoulders
- b. Bow legs
- c. Flat Foot
- d. Lordosis

ANS: a (Round shoulders)

Q.9. Meena's coach was training her for District level competition. While giving coaching he realized that her knees are always getting close to one another. Then he recommended her two

asanas, like Garud Asana and Ardh Matasyendra Asana. By continuous practice her problem was rectified.

On the basis of case given , answer the following questions

1. Meena was suffering from which deformity

- a. Thoracic
- b. Leg
- b. Vertibral
- d. Spine

ANS:b (leg)

2. Garud Asana and Ardh Matasyendra Asana is recommended for which deformity

- a. Scoliosis
- b.Lordosis
- c.Kyphosis
- d.Bow Legs

ANS: d(Bow legs)

Q.10. In a school for special children, a physical instructor was planning for the physical activities which involves yogasanas, movement coordination as the growth and development in children was not up to the mark.

1. When growth and development in children is not up to the mark, it gives

- a.Bad posture
- b. Good posture
- c. Good Growth
- d.Good development

ANS:a (Bad Posture)

2. In the above case, many children are prone to various types of

- a. Fractures
- b. Deformities
- c. Diseases
- d. None

ANS: a (Fractures)

Knowledge & Understanding -MCQ

Q.1. Which development is motor development

- A. **Bones & muscles**
- B. Sense Organs
- C. Disorder development
- D. Postural deformity

Q.2. Select the right no of motor skills development in children

- A. **2**
- B. 4
- C. 6
- D. 1

Q.3. Painting, catching activities are the examples of

- A. Gross motor skill development
- B. **Fine motor skill development**
- C. Sensory skill development
- D. Bone & muscles development

Q.4. Choose the correct one

- 1. Big muscles actives
- 2. Small muscles activities
- 3. Early childhood
- 1. 1-a, 2-b, 3-c
- 2. 1-c, 2-b, 3-a
- 3. 1-b, 2-c, 3-a**
- 4. 1-c, 2-a, 3-b
- a. 3 to 6 yrs.
- b. Running, jumping
- c. Painting, catching

Q.5. Select the correct development during infancy state.

- A. 1-a, 2-b, 3-c
- B. 1-c, 2-a, 3-b
- C. 1-c, 2-b, 3-a
- D. 1-b, 2-a, 3-c

Q.16. Choose correct one

A

B

- | | |
|-------------------|------------------------------------|
| 1. Round shoulder | a. Abdomen is ahead of body |
| 2. Scoliosis | b. sideways curvature of the spine |
| 3. Lordosis | c. Forward rounding of upper back |
| 4. Kyphosis | d. forward bending of shoulder |

- A. 1-a, 2-d, 3-c, 4-b
- B. 1-d, 2-b, 3-a, 4-c
- C. 1-d, 2-a, 3-c, 4-b
- D. 1-b, 2-c, 3-d, 4-a

Q.17. Select the correct reason for less participation of female in sports.

- A. Low physical fitness B. Lack of education C. Good Legal system D. (a) & (b) both

Q.18. Select the correct reason to improve participation of female in sports

- A. Good legal system B. Female role model C. Both (a) & (b) D. Improper motivation

Q.19. Menarche is the

- A. Very first menstrual bleeding in girls B. Last menstrual bleeding in girls.
C. Irregular bleeding in girls. D. Regular bleeding in girls.

Q.20. The average menstrual cycle consists of days.

- (a) 10-15 days B. 15-25 days C. 21-35 days D. 05-10 days

Q.21. Define menstrual Dysfunction

- A. Irregular menstrual bleeding B. Delay of menstrual cycle
C. Lack of Haemoglobin D. Extra amount of Haemoglobin

Q.22.

A

B

- | | |
|--------------------------|----------------------------------|
| a. Menarche | 1. Irregular menstrual bleeding |
| b. Menstrual cycle | 2. Very first menstrual bleeding |
| c. Menstrual dysfunction | 3. 21-35 days |
| 1. a-1, b-2, c-3, | 2. a-3, b-2, c-1 |
| 3. a-2, b-3, c-1 | 4. 1 & 2 both |

Q.23. Osteoporosis mean.

- A. Insufficient calcium in bone B. Low bone density
C. a & b both D. None of these

Q.24. Anorexia nervosa is a

- A. mental disorder illness B. Wrong perception
C. Normal diet related diseases D. Serious disease

Q.25. Amenorrhoea is the caused by

- a. Hormonal imbalance, irregularity in diet reproductive system B. Hormonal Imbalance in reproductive system
 b. Hormonal imbalance & irregular in menstrual cycle menstrual period D. Hormonal balance regular in menstrual period

Q.26. Bulimia Nervosa is an

- A. Eating disorder B. Eating disability
 C. eating of balance diet D. eating of habits

Application Based - MCQ

1) Match list - I with list - II and select the correct answer from the code given below:

List I - Postural Deformities

List II - Relates to

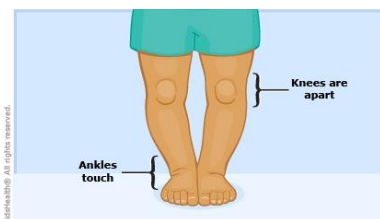
- | | |
|----------------|--|
| (a) Scoliosis | (1) Lumbar spine bends in front |
| (b) Lordosis | (2) Vertibral Column bends to sideward |
| (c) Flat foot | (3) Outward Walking |
| (d) Knock knee | (4) Shoes Arch |

Select the correct set of options:

	i	ii	iii	iv
A	3	2	1	4
B	4	4	3	3
C	2	1	4	2
D	1	3	2	1

Answer: C

2) Identify the postural deformity



- a) Bow Leg
- b) Knock Knee
- c) Flat Foot
- d) None

Answer: a)

3) Identify the postural deformity having hump



- a) Lordosis
- b) Kyphosis
- c) Scoliosis
- d) Lumbar deformity

Answer: b)

4) Later Childhood Growth and Development occurs during _____ phase.

- a) 1 to 2 Years
- b) 7 to 12 Years
- c) 13 to 19 Years
- d) 20 and above

Answer: b)

5) Gross motor components develop mostly during this stage of Growth and Development.



- a) Early Childhood
- b) Later Childhood
- c) Infancy
- d) Adolescence

Answer: c)

Assertion & Reasoning -MCQ

1. Given below are two statements,
one labelled as Assertion (A) and the other as Reason (R):

Assertion (A): Gross Moto Development is the development of the large muscles in the child's body.

Reason (R): It allows the movement of fingers and hands like picking up the objects, using cups, holding and using of pen, pencils.

Codes:

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

Correct Answer: **(b) Both (A) and (R) are true,(R)is but not correct explanation of (A).**

2. **Assertion (A):** Wrong sitting posture creates postural disabilities.
Reason (R): Correct body posture reflects good personality.

Codes:

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

Correct Answer: (d) Both (A) and (R) are true and (R) is not correct explanation of (A).

3. **Assertion (A):** Children in early childhood age should be physically active.

Reason (R): Two hours of active play per day help in physical and mental of the child.

Codes:

- a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- b) Both (A) and (R) are true.
- c) (A) is true but (R) is false.
- d) (A) is false but (R) is true.

Correct Answer: (a) Both (A) and (R) are true and (R) is the correct explanation of (A).

4. **Assertion (A):** Environment does not affect the growth and development of a child in Later Childhood stage

Reason (R): Friendships in this age are often with same gender peers usually based on proximity, Common interest/ hobbies, or other perceived commonalities.

Codes:

- a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- b) Both (A) and (R) are true.
- c) (A) is true but (R) is false.
- d) (A) is false but (R) is true.

Correct Answer: (d) A is false but R is true.

5. **Assertion (A):** Inactive Posture: when a person is sleeping or having rest and body requires minimum muscular efforts.

Reason (R): Active Posture: where integrated muscular activity is required.

Codes:

- 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 the correct explanation of (A).
- c) (A) is true but (R) is false.
- d) (A) is false but (R) is true.

Correct Answer: (b) Both A and R are true but, (R) is the correct explanation of (A).

6. **Assertion (A):** Scoliosis caused due to one side paralysis of spinal muscles, short leg of one side, wrong sitting posture and hereditary defects in structure.

Reason (R): Scoliosis cannot be prevented nor be corrected.

Codes:

- a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- b) Both (A) and (R) are true.
- c) (A) is true but (R) is false.
- d) (A) is false but (R) is true.

Correct Answer: (c) A is true but R is false.

6. **Assertion (A):** Bow legs is the defect of legs, in which legs bend outward.

Reason (R): Exercises that help to improve Bow Legs are walking inward, Ardh Matsendra asans , Garud Asana etc.

Codes:

- a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- b) Both (A) and (R) are true.
- c) (A) is true but (R) is false.
- d) (A) is false but (R) is true.

Correct Answer: (a) Both (A) and (R) are true and (R) is the correct explanation of (A).

7. **Assertion (A):** Another name of Kyphosis is Hunchback.

Reason (R): It is a convexity of thoracic region of spine.

Codes:

- a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- b) Both (A) and (R) are true.
- c) (A) is true but (R) is false.
- d) (A) is false but (R) is true.

Correct Answer: (a) Both (A) and (R) are true and (R) is the correct explanation of (A).

8. **Assertion (A):** In Tokyo Olympics Pusarla Venkata Sindhu won silver medal
In badminton.

Reason (R): She is the first Indian women, who won two medals in
Olympics.

Codes:

- a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- b) Both (A) and (R) are true.
- c) (A) is true but (R) is false.
- d) (A) is false but (R) is true.

Correct Answer: (b) Both (A) and (R) are true .

9. **Assertion (A):** Flat Foot is a deformity in which there is no arch in the foot

and the foot is completely flat.

Reason (R): Use of poor quality footwear is one of the causes of Flat Foot.

Codes:

- a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- b) Both (A) and (R) are true.
- c) (A) is true, but (R) are false.
- d) (A) is false, but (R) are true.

Correct Answer: (b) Both (A) and (R) are true and (R) is the correct explanation of (A).

CHAPTER -(VI)

TEST AND MEASUREMENT IN SPORTS

Case Studies- MCQ

1. Ashok Physical Education, teacher is going to test the physical endurance/cardiovascular fitness of his students. He has gone to the sports shop for purchase the equipment/ material use for conduct the test.

Q.1. Ashok has ordered the bench for the boys with having the _____ height.

- A. 15 Inches.
- B. 15 Cm.
- C. 20 Inches.
- D. 20 Cm.

Answer:- C

Q.2. Which one of the following equipment is not required for the test?

- A. Metronome.
- B. Stopwatch.
- C. Stadiometer.
- D. Pulse meter.

Answer:-C

2. Arun athletic coach has got posting in Ganganagar district. He has to select the players for the coaching camp for inter district athletics completion. He conducted the endurance/ cardiovascular fitness test before selecting the player for the coaching.

Q.1. For cardiovascular fitness test Arun has to choose one test from the given below.

- A. Medicine Ball Put.

- B. Harward step test
- C. Standing Broad Jump
- D. 50 Yard Dash.

Answer:-B

Q.2. _____ is the formula used to calculate the score of the subject.

- A. $200 \times \text{Test duration in seconds} / 2(P_1 + P_2 + P_3)$.
- B. $200 \times \text{Test duration in seconds} / 2(P_1 + P_2 + P_3 + P_4)$.
- C. $100 \times \text{Test duration in seconds} / 2(P_1 + P_2 + P_3)$.
- D. $100 \times \text{Test duration in seconds} / 2(P_1 + P_2 + P_3 + P_4)$.

Answer:-C

3. Sonali's grandmother was suffering from the knee pain. She has taken her grandmother to the physiotherapist; physiotherapist has suggested some exercise to the grandmother, after some days Sonali has decided to check the effect of exercise on lower body strength of her grandmother.

Q.1. Which test Sonali should select to check the lower body strength of her grandmother?

- A. Back stretch.
- B. Arm curl test.
- C. Push ups.
- D. Chair stand test.

Answer:-D

Q.2. Grandmother will place her arms during performing the test.

- A. Right arm placed on the chest.
- B. Left arm placed on the chest.
- C. Parallel arms placed on the chest.
- D. Cross arms placed on the chest.

Answer:-D

4. Before performing the Chair Sit and Reach test, Mr. Raju has to listen the all instructions carefully, so that he can perform well in the test to get real scores.

Q1. The age of Mr. Raju should be :

- A. Below 20 years.
- B. 15 years.
- C. 10 years.
- D. Above 60 years.

Answer:-D

Q2. Chair Sit and Reach test measures:

- A. Flexibility.
- B. Endurance.
- C. Speed.
- D. Strength.

Answer:-A

5. Salman is a Physical Education student, daly goes for morning walk in the park. Where he has seen that a group of old age people are also come for walk. As a student of Physical Education he has decided to check the coordination and agility of the persons.

Q1. Which of the following test he will use for check the coordination of old age persons?

- A. Sit and Reach test.
- B. Shuttle Run.
- C. Eight Foot up and go test.
- D. Arm curl test.

Answer:-C

Q2. Back Scratch test will check the _____ of the old age person.

- A. Lower body Flexibility.
- B. Upper body Flexibility.
- C. Abdominal Flexibility.
- D. Knee Flexibility.

Answer:-B

6. Mr. Gansham , sarpanch of the Kila village, has seen that youth of his village is wandering here and there, he conduct the meeting with the school principals and decided to conduct the physical fitness test for the youth , so that the youth can get motivation for the fitness and participation in sports. Village core committee appointed the Mr. Pawan, Physical Education teacher for conduct the Physical Fitness test.

Q1. Which test will be use by Mr. Pawan for check the agility of the youth?

- A. 4x 10m Shuttle Run.
- B. 4x 40m Shuttle Run.
- C. 6x 90m Shuttle Run.
- D. 6x 100m Shuttle Run.

Answer:-A

Q2. Which type of strength can be check by conducting the Standing Broad Jump test?

- A. Strength Endurance.
- B. Maximal Strength.
- C. Explosive Strength.
- D. Minimal Stength.

Answer:-C

7. Suresh is an aspirant of belt forces, he runs 10 km dally in the morning. His younger brother, Arun is a Physical Education student, Arun advised the Suresh to check his endurance level by Rock Port One Mile Test.

Q1. What is the distance Suresh has to run to perform Rock Port One Mile Test?

- A. 1709 Meter.
- B. 1609 Meter.
- C. 1709 Yard.
- D. 1609 Yard.

Answer:-B

Q2. Endurance can also be name as.

- A. VO2 MAX.
- B. VO3 MAX.
- C. VO3 MIN.
- D. VO2 MIN.

Answer:-A

8.In 1965, AAHPERD has framed a test to check the Moter Fitness of an Athlete to perform effectively during sports and other Physical Activities.

1. Given below test is not a part of AAHPED Moter Fitness test.

- A. 50 Yard Dash
- B. Shuttle Run
- C. Sit Ups
- D. Medicine Ball Put

Answer:-D

2. 50 Yard Dash is a test to check the _____ of the player.

- A. Agility.
- B. Strength.
- C. Balance.
- D. Endurance.

Answer:-A

9.Push Up is the one of the test batteries of the AAHPERED. It measures the upper body strength and endurance of the players. It should perform after warm up and under the guidance of the expert.

Q1. What is the full form of AAHPERD Moter Fitness test?

- A. American Alliance for Health, Physical Education, Recreation and Dance.
- B. Australian Alliance for Health, Physical Education, Recreation and Dance.
- C. American Alliance for Health, Physical Fitness, Recreation and Dance.
- D. Australian Alliance for Health, Physical Fitness, Recreation and Dance.

Answer:-A

Q2. Modified Push ups measures the _____ of the girls.

- A. strength.
- B. Speed.
- C. Balance.
- D. Coordination.

Answer:-A

10.Anvesh is performing the Harvard Step test, his Pulse1 is 54, Pulse 2 is 50 and Pulse 46.

Q1. What will be the score of the Anvesh after calculation by the Harvard Step Test formula?

- A. 61
- B.60
- C.61

D.62

Answer:-B

Q2. Harvard Step test is designed in which year?

A. 1927

B. 1934

C. 1937

D. 1943

Answer:-D

Knowledge & Understanding -MCQ

Q.1. Match the following

- | | | |
|----|----------------------|---------------------------|
| 1. | 600 m Run/walk | A Flexibility |
| 2. | Sit and Reach | B Upper muscular strength |
| 3. | Push ups (Boys) | C Agility |
| 4. | 4 × 10 m Shuttle Run | D Aerobic capacity |

A. 1- C, 2 - B, 3 - D, 4 - A

B. 1D, 2A, 3B, 4C

C. 1B, 2C, 3D, 4A

D. 1,B, 2A, 3C, 4D

Q.2. Partial curl up test for

A. To measure the explosive power of legs

B. To measure agility and speed.

C. To measure abdominal strength

D. To measure acceleration speed

Q. 3. Athlete speed (Acceleration) is measured

A. Modified push ups (Girls)

B. 4 × 10 m shuttle Run

C. 50 m standing start

D. Sit and Reach

Q.4. Modified push ups for

A. Volleyball player

B. Boys

C. Cricket player

D. **Girls**

Q.5. Measurement of the field for Zig - Zag

(a) 16 × 18 m

(b) 16 × 10 m

(c) 15 × 10 m

(d) 16 × 12

Q.6. Weight of the medicine ball for Boys

(a) 1Kg

(b) 2Kg

(c) 3Kg

(d) 4Kg

Q.7. Match the following

1. Arm curl test

A. lower back flexibility

2. Back scratch test

B. upper body strength

3. Six minute walk test

C. cardio-vascular endurance

4. Chair sit and Reach test

D. upper body flexibility

A. 1B, 2D, 3C, 4A

B. 1C, 2B, 3D, 4A

C. 1C, 2B, 3A, 4D

D. 1D, 2C, 3B, 4A

Q.8. Riklis and Jones senior citizen test was developed in

(a) 1990
2002

(b) 2000

(c) 2001

(d)

Q.9. Which of the following is assessed by eight foot up and go test.

- A. Physiology fitness
B. Walking speed, Coordination and agility
C. Lower body flexibility
D. Upper body strength

Q.10 Match the following

- | | |
|-------------------------|---------------------------------|
| 1. 600 m Ran/walk | A. General motor fitness test |
| 2. Zig - Zag Run | B. Riklis and jones test |
| 3. Harvard step test | C. Motor fitness test |
| 4. Six minute walk test | D. Cardio vascular fitness test |

- (a) 1D, 2C, 3B, 1A
(b) 1C, 2A, 3D, 4B
(c) 1A, 2D, 3D, 4C
(d) 1D, 2B, 3A, 4C

Q.11. Match the following

- | | |
|---------------------------------|--------------------------------|
| 1. motor fitness tests | A Chair stand test |
| 2. Riklis and jones test | B Compilation of fitness index |
| 3. General motor fitness test | C Standing Broad jump |
| 4. Cardio vascular fitness test | D 4 × 10 m Shuttle Run |

- A. 1C, 2B, 3A, 4D
B. 1B, 2A, 3D, 4C
C. 1D, 2A, 3C, 4B
D. 1B, 2A, 3D, 4C

Application Based -MCQ

Q.1. which formula is correct to measure the VO₂ max of an individual in Harvard Step Test?

- A. $200 \times \text{Test duration in seconds} / 2(P_1 + P_2 + P_3)$.
B. $200 \times \text{Test duration in seconds} / 2(P_1 + P_2 + P_3 + P_4)$.
C. $100 \times \text{Test duration in seconds} / 2(P_1 + P_2 + P_3)$.
D. $100 \times \text{Test duration in seconds} / 2(P_1 + P_2 + P_3 + P_4)$.

Answer: C

Q.2. Match the following.

1. Shuttle run	(a) Speed
2. 50- Yard dash	(b) Agility
3. Standing broad jump	(c) Endurance
4. 600- yard or 9 min run/walk	d) Strength

- | | | | | |
|----|----|----|----|----|
| | 1. | 2. | 3. | 4. |
| A) | a | b | c | d |
| B) | b | a | d | c |
| C) | c | a | d | b |
| D) | d | a | c | b |

Answer: B

Q.3. Match the following.

1. Push-Ups (Girls)	(a) Modified
2. 4 X 10 m	(b) Run/walk
3. 50-Yard	(c) Shuttle run
4. 600 yard	(d) Dash

1. 2. 3. 4.
- A) a c d b
- B) b a d c
- C) c a d b
- D) d a c b

Answer: A

Q.4. Match the following.

1. Chair Sit and Reach	(a) Upper Body Flexibility
2. Eight foot up and go	(b) Aerobic Endurance
3. Back scratch	(c) Agility
4. Six Minute Walk	(d) Lower Body Flexibility

1. 2. 3. 4.
- A) a c d b
- B) b a d c
- C) c a d b
- D) d c a b

Answer: D

Q.5. Match the following.

1. Rikli and Jones	(a) Senior Citizen
2. AAHPERD	(b) One Mile
3. Harvard	(c) Motor Fitness
4. Rock Port	(d) Step Ups

	1.	2.	3.	4.
A)	b	c	d	b
B)	b	a	d	c
C)	c	a	d	b
D)	d	a	c	b

Answer: A

Assertion & Reasoning -MCQ

1. ASSERTION (A): The "test" is an instrument or tool to be scientifically administered.
REASON (R): A scientific trait/characteristic data of an individual is obtained.

- a. A is true and R is true.
- b. A is true and R is false.
- c. A is false and r is true.
- d. A is false and R is false.

ANS: a

EXPLANATION: Any trait/characteristic data is obtained scientifically by administering tests on an individual.

2. ASSERTION (A): Test and Measurement data are prerequisite for Evaluation. Evaluation tells

the progress of an individual or group.

REASON (R): Test and Measurement data shows the progress of an individual or a group.

- a. A is true and R is true.
- b. A is true and R is false.
- c. A is false and r is true.
- d. A is false and R is false.

ANS: b

EXPLANATION: Test and Measurement data should be evaluated to show the progress of an individual or a group.

3. ASSERTION (A): Acceleration and Speed can be measured by sprint in Physical Fitness Test as it is an aerobic activity.

REASON (R): Sprint is an Anaerobic activity, which measures explosive power in a very short duration of time.

- a. A is true and R is true.
- b. A is true and R is false.
- c. A is false and R is true.
- d. A is false and R is false.

ANS: c

EXPLANATION: Acceleration and Speed can be measured by sprint, as it is carried out without using oxygen, thus an anaerobic activity.

4. **ASSERTION (A):** Shuttle run test battery measures speed, agility and body control during change of directions,

REASON(R): This test battery measures agility, quickness and body control, as it is an Aerobic activity.

- a. A is true and R is true.
- b. A is true and R is false.
- c. A is false and R is true.
- d. A is false and R is false.

ANS: c

EXPLANATION: Shuttle run is an aerobic activity as it is performed with oxygen and not for a very short duration of time.

5. **ASSERTION (A):** Cardiorespiratory fitness of an individual is measured by " Harvard Step Test".

REASON(R): Pulse rate/Heart rate is measured per minute in this test.

- a. A is true and R is true.
- b. A is true and R is false.
- c. A is false and R is true.
- d. A is false and R is false.

ANS: c

EXPLANATION: Cardiorespiratory ability is checked by Rockport Walking test and Cardiovascular ability is checked by Harvard Step Test.

6. **ASSERTION (A):** Partial Curl Up Test measures upper body strength and endurance.

REASON(R): Push Ups/Modified Push Ups Test measures abdominal strength and Endurance.

- a. A is true and R is true.
- b. A is true and R is false.
- c. A is false and R is true.
- d. A is false and R is false.

ANS: d

EXPLANATION: Partial Curl Up Test measures abdominal strength and endurance. Push Ups/Modified Push Ups Test measures upper body strength and endurance.

7. **ASSERTION (A):** The Fitness Index score can be determined by Short form and Long form formulae.

REASON(R): Short form fitness Index score is more accurate than Long form Fitness score.

- a. A is true and R is true.
- b. A is true and R is false.
- c. A is false and R is true.
- d. A is false and R is false.

ANS: b

EXPLANATION: Long form Fitness formula has more accuracy than Short form formula.

8. ASSERTION (A): Fitness ability of senior citizens cannot be checked.

REASON(R): Functional Fitness ability of senior citizen can be checked by various test batteries.

- a. A is true and R is true.
- b. A is true and R is false.
- c. A is false and R is true.
- d. A is false and R is false.

ANS: c

EXPLANATION: Functional Fitness ability of senior citizen can be checked by Rikli and Jones Test.

9. ASSERTION (A): In Rikli and Jones Test Six minute walk is conducted to assess the coordination and agility of senior citizens.

REASON(R): 8 feet - up and Go test measures flexibility.

- a. A is true and R is true.
- b. A is true and R is false.
- c. A is false and R is true.
- d. A is false and R is false.

ANS: d

EXPLANATION: In Rikli and Jones Test Six minute walk measures aerobic fitness, 8 feet - up and Go test measures speed, agility and balance while moving and Sit and reach test measures flexibility.

10. ASSERTION (A): For Senior Citizens Chair stand test measures leg strength and Endurance.

REASON(R): Range of motion of shoulder is measured by Back scratch test.

- a. A is true and R is true.
- b. A is true and R is false.
- c. A is false and R is true.
- d. A is false and R is false.

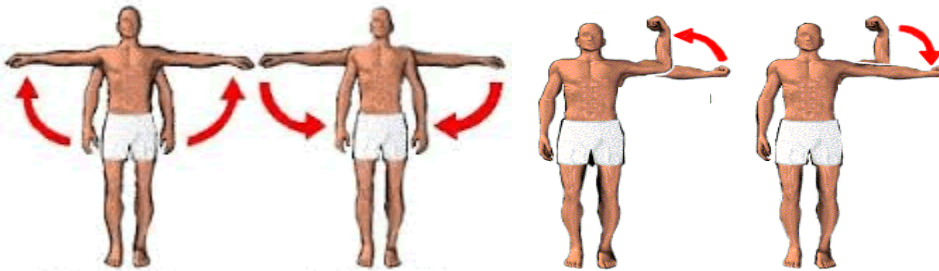
ANS: a

EXPLANATION: These two test batteries are a part of Rikli and Jones Test for Senior

Biomechanics in sports

Case Studies- MCQ

1.The place of biomechanics is very important in the game, its knowledge is very important for the players and the coach, through this we try to improve our game and make it better, it leads the game towards the best performance.



Q1. A movement away from the midline:

Answer : C, Abduction

- A) Adduction
- B) Flexion
- C) Abduction
- D) Extension

Q2. a movement towards the midline.

Answer : A, Adduction

- A) Adduction
- B) Flexion
- C) Abduction
- D) Extension

Q3. A movement that decreases the angle between two body parts

Answer : B, Flexion

- A) Adduction
- B) Flexion
- C) Abduction
- D) Extension

Q4. A movement that increases the angle between two body parts

Answer :D,Extension

- A) Adduction
- B) Flexion
- C) Abduction
- D) Extension

2.There are different types of competition in the sport of athletics. Like running, jumping and throwing, all these sports involve the ability of the players as well as the facts of some biomechanics. Through which the player is able to perform well in this competition. Like Neeraj Chopra performed in Tokyo Olympics, if the javelin release angle is in between 40 to 45 degrees, then it covers more distance, we study all these facts in biomechanics.

Q1. In the game of cricket, the ball is hit by the batsman, the ball after impacting the bat crosses the boundary line, choose one of the options given below and state what Newton is between the ball and the bat The rule is working.



- A) Newton's 2nd Law
- B) Newton's 1st Law
- C) Newton's 3rd Law
- D) None of the above

Answer : C, Newton's 3rd Law

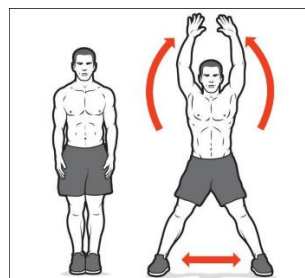
Q2. Which Newton's law applied when the athlete is in running position?



- A) Newton's 2nd Law
- B) Newton's 1st Law
- C) Newton's 3rd Law
- D) None of the above

Answer : A, Newton's 2nd Law

Q3. Jumping jacks exercise is related to which movement.



- A) Adduction - Abduction
- B) Flexion - Extension
- C) Supination - Pronation
- D) None of the above

Answer : A, Adduction - Abduction

Q4. When we walk, our leg and hand move front and back this is related to which movement.



- A) Adduction - Abduction
- B) Flexion - Extension
- C) Supination - Pronation
- D) None of the above

Answer : B, Flexion - Extension

Q5. Which Newton's law applied when the ball was placed in the penalty spot?



- A) Newton's 2nd Law
- B) Newton's 1st Law
- C) Newton's 3rd Law
- D) None of the above

Answer : B, Newton's 1st Law

Q6) In Biomechanics class, Ramana, the teacher, brings the students to the physics lab of his school. The students get confused why they bring them in physics lab instead of going to field. But in lab they have their class. After the completion of the class they realize the fact.

1) Why does the teacher bring the students to physics lab for biomechanics class?

- a) It deals with physics principle
- b) Sliding friction
- c) Rolling friction
- d) Static friction

Answer : a), It deals with physics principle

2) Biomechanics is associated with.

- a) Mechanics
- b) Physics
- c) Mechanics and Physics
- d) Mechanics and Anatomy

Answer : d), Mechanics and Anatomy

3) Friction can be increased by which of the following?

- a) Smooth surface
- b) Dry surface
- c) Decrease of the weight
- d) all of the above

Answer : b), Dry Surface

Q7) During the physical education class Newton's Laws of motion were disclosed and their practical application in sports events was explained to the students. These laws are most relevant in sports as most of the actions in sports are related to these laws.

- 1) News first Law of motion is also known as?
 - a) Law of inertia
 - b) Law of momentum
 - c) Law of reaction
 - d) Law of acceleration

(1) According to Newton's first law of motion, a moving object that is not acted on by an unbalanced force will.

- a). remain in motion
- b) eventually come to a stop.
- c) change its momentum
- d) accelerate.

Answer :C), Change its momentum

(2) According to which Newton's law of motion, the swimmer moves her hand down and to the left and her body goes forward to the right.

- a) Newton's 1st Law
- b) Newton's 2nd Law
- c) Newton's 3rd Law
- d) The law of acceleration

Answer :C, Newton's 3rd Law

(3) A force in the opposite direction to the motion of the object will cause the object to

- a). speed up
- b). slowdown
- c). turn
- d). crash

Answer : a) Speed Up

Knowledge & Understanding - MCQ

Q.1. Which is not the Importance of Biomechanics

- A. Improvement of Technique
- B. To understand the structure of Movement & effect of forces on the Movement
- C. To understand Physiology of human body
- D. Improvement of sports Equipment's

Q.2. Biomechanics Deals units.

- A. Muscles involved in Movement
- B. Effect of force on Different Movements done by human body
- C. To understand the physiology of the body
- D. To understand Time & Distance concept of Various Movements

Q.3. Match the following.

- (a) Flexion (i) Increase in Angle
 - (b) Extension (ii) Away from Mid line of body
 - (c) Abduction (iii) Towards the Mid line of body
 - (d) Adduction (iv) Decrease in angle
1. a-IV, b-I, c-III, d-II 3. c-II, d-III, a-I, b-IV
2. a-IV, b-I, c-II, d-III 4. c-I, d-IV, a-III, b-II

Q.4. Bending of Elbow when our hand is going toward our chest is

- (a) Flexion
- (b) Extension
- (c) Abduction
- (d) Adduction

Q.5. Opening of hand sidewise when our hand is moving away from body is example of

- (a) Abduction
- (b) Adduction
- (c) Flexion
- (d) Extension

Q.6. Newton's 2nd law is also known as

- (a) Law of Action Reaction
- (b) Law of Inertia
- (c) Law of Acceleration
- (d) Law of velocity

Q.7. In the long jump take off which law works

- (a) 1st law of newton conservation of mass. B. 2nd law of newton C. 3rd law of newton D. Low of

Q.8. The force which oppose the relative motion between the surfaces of two object is known as

- (a) Frictional force (b) Gravitational force (c) Applied force (d) Tension force

Q.9. The force produced when the surfaces of two objects comes to contract of each other & tends to move but their is no relative motion between them is known as

- (a) Static friction (b) Sliding friction (c) Rolling friction
(d) Fluid friction

Q.10. Match the following (1 Marks)

- | | |
|------------------------------------|------------------------------------|
| (a) Abduction | (i) Decreasing in Angle |
| (b) Newton's 2nd law | (ii) Frictional force |
| (d) Force That oppose Movement | (iii) Away from mid line |
| (d) Flexion | (iv) Law of Acceleration |
| (a) a - iii, b - iv, c - ii, d - I | (b) a -iv, b - iii, c - ii, d - i |
| (c) a - iv, b - iii, c - i, d - ii | (d) a - ii, d - iv, b - iii, c - i |

Q.11. Match the following marks

- | | |
|-------------------------------------|---|
| (a) Mechanical friction | (i) Increased in angle |
| (b) Law of Inertia | (ii) Object are solid comes in contract |
| (c) Take off high jump | (iii) 3rd law of motion |
| (d) Extension | (iv) Things Remains in its position |
| (a) a - ii, b - iv, c - iii, d - ii | (b) a - iv, b - ii, c - iii, d - i |
| (c) a - iv, b - ii, c - i, d -iii | (d) a - iii, b - ii, c - i, d - iv |

Application Based -MCQ

3. Match the following:

3.



- (a) Adduction

4.



- (b) Abduction

5.



(c) Flexion

6.



(d) Extension

	3.	2.	3.	4.
M)	a	b	c	d
N)	b	a	d	c
O)	d	c	b	a
P)	c	d	b	d

Answer :- (D)

4. Match the following:



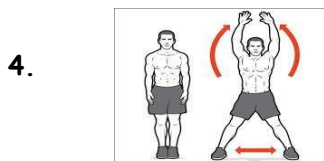
- (a) 3rd newton's law example in sports



- (b) 1st newton's law example in sports



- (c) adduction & abduction



- (d) 2nd newton's law example in sports

	3.	2.	3.	4.
M)	a	b	c	d
N)	b	a	d	c
O)	b	d	a	c
P)	c	d	a	b

Answer :- (C)

5. Match the following:

8. a movement that decreases the angle between two body parts - (a)
Extension
2. a movement that increases the angle between two body parts - (b)
Flexion
3. a movement away from the midline - (c) Adduction
4. a movement towards the midline - (d) Abduction

7.	2.	3.	4.		
GG)	a	b	c	d	
HH)		b	a	d	c
II)	d	c	b	a	
JJ)	b	c	d	a	

Answer :- (B)

6. Which Newton's law will apply while taking off in long jump?



- A) 3rd newton's law
B) 1st newton's law
C) 2nd newton's law
D) None of these

Answer :- (A)

7. Which statement is wrong in the statement of Newton's first law given below?

- A) Football on the field.
B) Book placed on the table.
C) A ball rolling in a cricket field.
D) Dribbling in a basketball game.

Answer :- (D)

Assertion & Reasoning -MCQ

1. **Assertion (A):** The coordinated action of skeletal muscles with bones of skeletal system forms a complex system of anatomical levers.

Reason (R): Flexion of elbow is second class lever.

Code:

- A) (A) is true but (R) is false
B) Both (A) and (R) are true

- C) Both (A) and (R) are false
- D) (R) is true but (A) is false

Answer - (A) : (A) is true but (R) is false

(Assertion is true and reason is false because flexion movement in elbow work 3rd class lever.)

2. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R):

Assertion (A): For a squat jump one goes down at first by flexing hip, knee and ankle joints.

Reason (R): Lowering of Centre of gravity increases degree of stability.

Which one of the following is correct?

- (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.

Answer - (B) : Both (A) and (R) are true but (R) is not the correct explanation of (A).

3. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R):

Assertion (A): If the net external force on the body is zero, then its acceleration is zero.

Reason (R): Acceleration does not depend on force.

Which one of the following is correct?

- (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.

Answer - (C) : (A) is true, but (R) is false.

4. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R):

Assertion (A): Increase of angle of knee is called extension.

Reason (R): The movement by which the two elements of any jointed part are drawn away from each other.

Code:

- (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.

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

5. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R):

Assertion (A): The first law states that an object at rest will stay at rest, and an object in motion will stay in motion unless an external force acts on it.

Reason (R): The motion of a ball falling down through the atmosphere, or a model rocket being launched up into the atmosphere are both examples of Newton's first law.

Code:

- (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.

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

6. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R):

Assertion (A): For the motion of electron around nucleus, Newton's second law is used.

Reason (R): Newton's Second Law of Motion says that acceleration (gaining speed) happens when a force acts on a mass (object).

Which one of the following is correct?

- (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

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

7. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R):

Assertion (A): A cricketer moves his hands forward to catch a ball so as to catch it easily without hurting.

Reason (R): He tries to decrease the distance travelled by the ball so that it hurts less.

Which one of the following is correct?

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

Answer –(B) : Both (A) and (R) are true and (R) is the correct explanation of (A).

8. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R):

Assertion (A): A block placed on a table is at rest, because action force cancels the reaction force on the block.

Reason (R): The net force on the block is zero. Because as there is no displacement.

Which one of the following is correct?

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

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

Answer -(B) : Both (A) and (R) are true and (R) is the correct explanation of (A).

9. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R):

Assertion (A): Friction is the resistance to motion of one object moving relative to another.

Reason (R): Though friction dissipates power, but without friction we cannot walk.
Which one of the following is correct?

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

Answer -(C) : Both (A) and (R) are true and (R) is the correct explanation of (A).

10. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R):

Assertion (A): The third law of motion concludes that the forces occur in action and reaction.

Reason (R): The action force is equal to the reaction force.

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

Answer -(B) : Both (A) and (R) are true and (R) is the correct explanation of (A).

11. Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R):

Assertion (A): To every action there is an equal and opposite reaction.

Reason (R): A weight-lifter performing a bench press applies force to the barbell to lift it and the barbell in turn pushes down the hands of the weight-lifters.

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

- (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 and (R) is false.
(D) (A) is false and (R) is true

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

12. Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R):

Assertion (A): Newton's second law of motion gives the measurement of force.

Reason (R): According to Newton's second law of motion, force is directly proportional to the rate of change of momentum.

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

- (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 and (R) is false.
- (D) (A) is false and (R) is true

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

13. Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R):

Assertion (A): Newton's first law of motion is also called the law of Inertia.

Reason (R): According to first law of motion everything in the universe is lazy and needs some force to move, slow down, stop or change direction.

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

- (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 and (R) is false.
- (D) (A) is false and (R) is true

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

14. Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R):

Assertion (A): sports person performance can be improved by improving his/her technique.

Reason (R): The coaches many used their knowledge of biomechanics to rectify the errors made by the sports person in order to improve the execution of a skill.

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

- (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 and (R) is false.
- (D) (A) is false and (R) is true

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

All the best

Thank You