

KENDRIYA VIDYALAYA SANGATHAN HYDERABAD REGION
SUB: PHYSICAL EDUCATION
STUDY MATERIAL FOR CLASS: XII (2023-24)
COMPETENCY BASED QUESTIONS - FORM MCQ




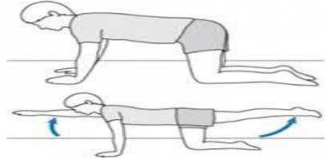

Unit - 1 Management of Sporting Events

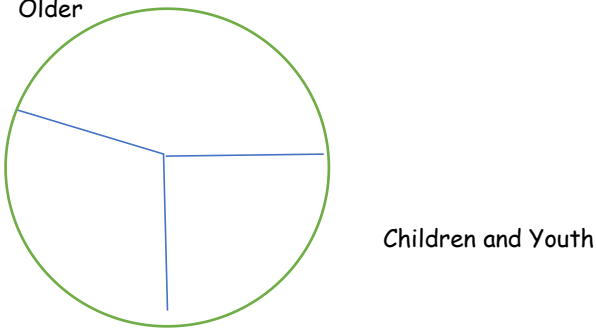
1	<p>Basketball academy is organising a tournament. Only 11 teams have confirmed their entries for the competition.</p> <p>Applying the rules of knock out tournament on the above case, answer the following questions.</p> <p>1. How many rounds of matches will be played?</p> <p>(A) 8 (B) 6 (C) 4 (D) 10</p>	1 M
2	<p>When 11 teams are participating in a knockout tournament, the total number of matches will be _____.</p> <p>(A) 10 (B) 12</p> <p>(C) 09 (D) 15</p>	1 M
3	<p>When 11 teams are participating in a knockout tournament, the total number of byes will be _____.</p> <p>(A) 4 (B) 5 (C) 6 (D) 7</p>	1 M
4	<p>A school wants to organise an inter school football tournament for 3 days. Total 8 schools have registered for the competition.</p> <p>Based on the above case answer the following question..</p> <p>4. Which type of tournament will be most appropriate.</p> <p>(A) League (B) Knock out</p> <p>(C) Combination (D) Challenge</p>	1 M
5	<p>A school wants to organise an inter school football tournament for 3 days. Total 8 schools have registered for the competition.</p> <p>Based on the above case answer the following question.</p> <p>Which committee will approve the size of the football for the matches to be played?</p> <p>(A) Medical (B) Purchase</p> <p>(C) Technical (D) Reception</p>	1 M
6	<p>A school wants to organise an inter school football tournament for 3 days. Total 8 schools have registered for the competition.</p> <p>Based on the above case answer the following question.</p> <p>Which committee will plan the budget for tournament.</p> <p>(A) Finance (B) Announcement</p> <p>(C) Media (D) Organising</p>	1 M

7	<p>Your school is bestowed with the responsibility of conducting Kabaddi tournament for boys with 5 teams in 2 days on League basis. Applying the rules league tournament, answer the following question. Formula for determining number of matches</p> <p>(A) $N(N+1)/2$ (B) $N+(N+1)/2$ (C) $N-(N+1)/2$ (D) $N(N-1)/2$</p>	1 M
8	<p>How many rounds will be there in the League tournament for 5 teams?</p> <p>(A) 6 (B) 5 (C) 4 (D) 7</p>	1 M
9	<p>League tournament is also known as ____ .</p> <p>(A) Round Robin (B) Elimination (C) Challenge (D) Combination</p>	1 M
10	<p>The formula for declaring the winner in a league tournament by the British method is ____</p> <p>A) Percentage of Points = $\frac{\text{Total points obtained}}{\text{Total possible points}} \times 100$ B) Percentage of Points = $\frac{\text{Total matches won}}{\text{Total matches played}} \times 100$ C) Percentage of Points = $\frac{\text{Total points obtained}}{\text{Total matches played}} \times 100$ D) Percentage of Points = $\frac{\text{Total points obtained}}{\text{Total matches won}} \times 100$</p>	1M
11	<p>Which of the following statements correctly describe staffing?</p> <p>A) It means describing the duties to the concerned staff B) It means the required manpower at every post to complete the task C) It means to map out everything required to organize a sports event. D) It means getting ready to perform a task.</p>	1 M
12	<p>What do you mean by Intramural tournament?</p> <p>(A) Inter school (B) Inter class (C) Inter district (D) Inter city</p>	1 M
13	<p>What is elimination tournament?</p> <p>(A) League tournament (B) Combination tournament (C) Knock out tournament (D) League Cum Knock out tournament.</p>	1 M
14	<p>Formula for determining the number of byes in the lower half of a knockout fixture when number of byes are odd?</p> <p>(A) $nb+1/2$ (B) $nb-1/2$ (C) $nb/2$ (D) $nb+1$</p>	1 M
15	<p>Planning in sports leads to _____.</p>	1 M

	(A) Increased expenditure (B) Better coordination (C) Increase in mistakes (D) Favoritism	
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Unit - 2 Children and Women in Sports

1	<p>Match the postural deformities with their remedial activities.</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>LIST I (Deformities)</p> <p>A. Scoliosis I.</p> <p>B. Lordosis II.</p> <p>C. Kyphosis III.</p> <p>D. Round Shoulder IV.</p> </div> <div style="width: 45%;"> <p>LIST II (Remedial Activities)</p>     </div> </div> <p>Choose the correct answer from the option given below:</p> <p>(a) A-III B-IV C-I D-II (b) A-II B-IV C-I D-II (c) A-III B-I C-IV D-II (d) A-IV B-III C-I D-II</p>	1 M
2	<p>Identify the common postural deformity.</p>  <p>(A) Bow legs (B) Knock knee (C) Lordosis (D) Flat foot</p>	1 M
3	<p>Gomukhasana and Padmasana are performed to correct which postural deformity?</p> <p>(A) Flat foot (B) Scoliosis (C) Knock knees (D) Bow legs</p>	1 M



4	Female athlete triad is a syndrome characterized by (A) Osteoporosis (B) Amenorrhea (C) Eating disorder (D) All of these	1 M
5	Food related disorder is (A) Bulimia Nervosa (B) Heredity (C) Exercise (D) None of the above	1 M
6	In a colony different age groups of people are residing as shown in the diagram.  Maximum number of peoples in a group in the colony? (A) Children and Youth (B) Infant (C) Toddler (D) Adult	1 M
7	Based on above diagram, name the second highest group in the colony (A) Older (B) Children and Youth (C) Adult (D) Toddler	1 M
8	Based on above diagram, Least group of people in the colony (A) Infant (B) Children & youth (C) Older (D) Toddler	1 M
9	Weakening of bones due to loss of bone density and improper bone formation is _____. (A) Amenorrhea (B) Anorexia Nervosa (C) Osteoporosis (D) Lordosis	1 M
10	Menarche is related to _____. (A) Ending of menstrual period in women (B) Beginning of menstrual period in women (C) Time of pregnancy (D) Spinal deformity	1 M
11	Match list I and list II and select the correct option using the codes given below. LIST I i. Anorexia Nervosa ii. Osteoporosis iii. Bulimia Nervosa iv. Amenorrhea LIST II 1. Episodes of Binge eating 2. Anaemia 3. Absence of menses for three months 4. Decrease in density of bones. Choose the correct answer from the option given below: (i) (ii) (iii) (iv) (a) 2 4 1 3 (b) 3 4 1 2 (C) 4 3 2 1 (d) 2 3 4 1	1 M

12	WHO issued a set of guidelines for exercise in the year ____. (A) 2007 (B) 2009 (C) 2010 (D) 2012	1 M
13	Sports is a important tool for social empowerment for women as it develops the following: (A) Aggression (B) Isolation (C) Stress (D) Leadership	1 M
14	Which of these is structural disability? (A) Kyphosis (B) Hearing impairment (C) Visual impairment (D) Organic impairment	1 M
15	During menstrual cycle, sports performance of a woman athlete (A) Improves drastically (B) Decreases drastically (C) Doesn't have any significant effect (D) None of the above	1 M

ANSWER KEY

Unit - 1 Management of Sporting Events		Unit - 2 Children and Women in Sports	
Q.NO	KEY	Q.NO	KEY
1.	C	1.	D
2.	A	2.	B
3.	B	3.	C
4.	A	4.	D
5.	C	5.	A
6.	A	6.	A
7.	D	7.	D
8.	B	8.	C
9.	A	9.	C
10.	A	10.	B
11.	B	11.	A
12.	B	12.	C
13.	C	13.	D
14.	A	14.	A
15.	B	15.	C

UNIT 3. YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASES

S.No	Competency Based Questions (MCQ) from Unit-3	Marks
1	Gomukhasana, Chakrasana and Matsyana are helpful in curing which disease. a) diabetes b) Backpain c) Asthma d) Obesity	1m
2	Identify the asana  a) Dhanurasana b) Katichakrasana b) c) Makarasana d) Uttanpadasana	1m
3	----- relieves heart rate. a) Chakrasana b) Uttanasana c) Sukhasana d) Paschimottasana	1m
4	The Yoga is derived from a) Yog b) Yuj c) Yug d) yoj	1m
5	The BMI index for an Obese person is a) Less than 18.5 b) 18.5-24.9 c) Greater than 30 d) Greater than 25	1m
6	Asthma is caused by a) Ulcer in airways b) Dilation of airways c) None of these d) Construction of airways	1m
7	The normal adult person's blood pressure is a) 80/120 b) 60/130 c) 100/140 d) 120/80	1m
8	Which gland secretes the hormone insulin, the lack of which is associated with Diabetes? a. Endocrine glands b. Pituitary c. Pancreas d. Hypothalamus	1m
9	In Matyasana, the body takes the shape of a a) Cow b) Mountain c) Snake d) Fish	1m
10	Identify the asana:  a) Bhujangasana b) Gomukhasana c) Ardha- Matayendra asana d) Halasana	1m

MARKING SCHEME: Unit-3

Q. No	Answer	Q. No	Answer
1	C	6	D
2	A	7	D
3	B	8	C
4	B	9	D
5	C	10	B

UNIT 4. PHYSICAL EDUCATION & SPORTS FOR CWSN

S.No	Competency Based Questions (MCQ) from Unit- 4	Marks
1	Most suitable word used for disable person: a) Disabled person b) retarded c) Divyang d) Blind	1m
2	Disability etiquettes are related to a) Ignorance b) No relation with disable c) Always keep interfering d) Assistance as needed	
3	Which of these is structural disability? a) Kyphosis b) Hearing impairment c) Visual impairment d) Organic impairment	1m
4	Scoliosis is deformity related to a) Eye b) Leg c) Head d) Spine	1m
5	Expanded form of ODD is a) Opposite different disorder b) Oppositional defiant disorder c) Opposite different disability d) Obsessive deficit disability	1m
6	Cognitive disorders do not include a) Poliomyelitis b) Autism c) Down Syndrome d) Dyslexia	1m
7	Strategies to make physical activities accessible for children with special needs. a) The Environment b) Planning the schedule c) strategy for physical Education Teachers d) All of the these	1m
8	Physical activities are beneficial for CWNS due to a) Development of socialization b) Activeness c) Development of integration d) All of these	1m
9	Alzheimer's disease is related to a) Brain b) Heart c) Lungs d) Kidneys	1m
10	What are the causes of OCD a) Genetic Factors b) Biological factors c) Environmental factors d) All of the these	1m

MARKING SCHEME: Unit-4

Q. No	Answer	Q. No	Answer
1	C	6	A
2	D	7	D
3	A	8	D
4	D	9	A
5	B	10	D


Unit 5 - SPORTS AND NUTRITION

1	Which fruit is a good source of Potassium? A. Oranges B. Apple C. Kiwi D. Banana.	1M
2.	Disadvantages of dieting _____ A. no changes in body weight B. Over body weight C. Loss in body weight D. Not achieving the required goal.	1 M
3	If a person stops eating potatoes thinking it will make him fat then it is a A. Food energy B. Food myth C. Food intolerance D. All of this	1 M

4	Which of the following helps best in maintaining healthy body weight? A . Leading a active life style B. Missing at least one meal every day C. Eating snacks frequently but no meals D. Reducing calories drastically in food eaten	1 M																																													
5	What does BMI measures A. Body fat calculated on the basis of height and weight B. The range of weight required to remain healthy C. The amount of weight reduced to remain healthy D. None of the above	1 M																																													
6	Which of the following is a macro mineral A. Iodine B. Iron C. Copper D. Calcium	1 M																																													
7	Vitamin E contributes to the production of _____making our system _____strong. A . Strength, digestive B. Antibodies, immunity C. Both A&B. D.. Harmones, muscular	1 M																																													
8	Which type of nutrients are advisable for player A. Protein B. Minerals C. Carbohydrates D. Vitamins	1 M																																													
9	What is the function of Vitamin C in our body? A. Healing the wounds. B. Increase metabolic rate C. Highly effective antioxidant. D. All of the above	1 M																																													
10	Match the following <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>S. No</th> <th>List I</th> <th></th> <th>List II</th> </tr> </thead> <tbody> <tr> <td>a</td> <td>Energy yielding</td> <td>1</td> <td>Carbohydrates</td> </tr> <tr> <td>b</td> <td>Body building</td> <td>2</td> <td>Vitamin</td> </tr> <tr> <td>c</td> <td>Protective</td> <td>3</td> <td>Cellulose</td> </tr> <tr> <td>d</td> <td>Fiber</td> <td>4</td> <td>Protein</td> </tr> </tbody> </table> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>a</th> <th>b</th> <th>c</th> <th>d</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>1</td> <td>4</td> <td>2</td> <td>3</td> </tr> <tr> <td>B</td> <td>4</td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>C</td> <td>4</td> <td>1</td> <td>3</td> <td>2</td> </tr> <tr> <td>D</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> </tbody> </table>	S. No	List I		List II	a	Energy yielding	1	Carbohydrates	b	Body building	2	Vitamin	c	Protective	3	Cellulose	d	Fiber	4	Protein		a	b	c	d	A	1	4	2	3	B	4	1	2	3	C	4	1	3	2	D	1	2	3	4	1M
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Q.NO	KEY
1.	D
2.	B
3.	B
4.	A
5.	A
6.	D
7.	B
8.	A
9.	D
10.	A

Unit 6 - TEST AND MEASUREMENTS IN SPORTS

1	<p>Chair stand test is a test for measuring:</p> <p>A. Upper body strength and endurance B. Lower body strength and endurance C. Flexibility of lower body D. Range of motion of shoulders</p>	1M																				
2	<p>Which of the tests designed by Rikli and Jones for senior citizens is meant to test speed and balance while moving?</p> <p>A. Arm curl test B. Chair sit and reach test C. Eight foot up and go test D. Back scratch test</p>	1M																				
3	<p>Standing broad jump helps to develop _____muscles.</p> <p>A. Back B. Lower body C. upper body. D. Abdominal</p>	1M																				
4	<p>AAPHPERD Stands for</p> <p>A. Australian Alliance for Health, Physical education, Recreation and Dance B. Asian Alliance for Health, Physical education, Recreation and Dance C. American Alliance for Health, Physical education, Recreation and Dance D. None of the above</p>	1M																				
5	<p>12years old Rajesh is under the training for athletics .He wants to take part in 400m hurdle race. Before starting the coaching, the coach wants to see Rajesh's physical fitness. Which test is best suited for Rajesh?</p> <p>A. 4*10m shuttle run B. Partial curl up C. Eight foot up and go test D. Rockport test</p>	1M																				
6	<p>Identify the given image and what is the purpose of this test</p> <div style="text-align: center;">  </div> <p>A. To measure lower body flexibility B. To measure upper body flexibility C. To measure cardiovascular endurance D. To measure leg strength</p>	1M																				
7	<p>Which of the following are the components of motor fitness</p> <p>A. Balance B. Coordination C. Agility D. All of the above</p>	1M																				
8	<p>In the standing broad jump, When the athlete lands in the feet after jumping, the achievement is measured as the distance between the _____and the _____</p> <p>A. Standing position, toe of the feet B. Restraining line , heel of the feet C. Restraining line , toe of the foot D. None of the above</p>	1M																				
9	<p>Match the following</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">S. No.</th> <th style="width: 40%;">Test</th> <th style="width: 10%;"></th> <th style="width: 40%;">Material required</th> </tr> </thead> <tbody> <tr> <td>a</td> <td>Standing broad jump</td> <td style="text-align: center;">1</td> <td>Two wooden blocks, marker, cones, measuring tape, stopwatch</td> </tr> <tr> <td>b</td> <td>Zig zag run</td> <td style="text-align: center;">2</td> <td>Flexometer</td> </tr> <tr> <td>c</td> <td>Sit and reach test</td> <td style="text-align: center;">3</td> <td>Measurement tape and mat</td> </tr> <tr> <td>d</td> <td>4*10 meter shuttle run</td> <td style="text-align: center;">4</td> <td>Stopwatch, traffic cones, floor measuring tape, floor area of 16 into 10feet</td> </tr> </tbody> </table>	S. No.	Test		Material required	a	Standing broad jump	1	Two wooden blocks, marker, cones, measuring tape, stopwatch	b	Zig zag run	2	Flexometer	c	Sit and reach test	3	Measurement tape and mat	d	4*10 meter shuttle run	4	Stopwatch, traffic cones, floor measuring tape, floor area of 16 into 10feet	1M
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		a	b	c	d	
	A	4	3	2	1	
	B	1	2	3	4	
	C	3	4	2	1	
	D	2	1	3	4	
10	<p>_____ is the ability of hearts and lungs to supply oxygen rich blood to working muscle tissues and the ability of the muscle to use oxygen to produce energy for the movement</p> <p>A. Motor fitness B. Cardiovascular fitness C. Both A&B D. None of the above</p>					1M

Q. No	Key
1	B
2	C
3	B
4	C
5	A
6	C
7	D
8	B
9	A
10	C

UNIT 7 :- PHYSIOLOGY AND INJURIES IN SPORTS

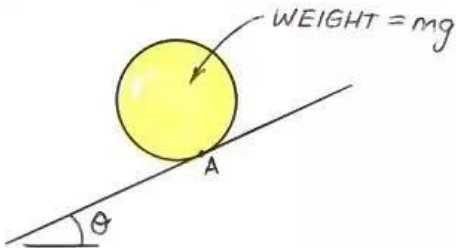
S.No	Competency Based Questions (MCQ) from Unit-7	Marks
1	Sprain is an injury to___ A. Ligament B. Muscle C. Bone D. Connective tissue	
2	Knee cartilage injuries are commonly associated with- A. swimming B. Rowing C. Boxing D. Football	1m
3	Strain is an injury to___ A. Ligament B. Tendon C. connective tissue D. None of the above	1m
4	If the bone is broken in one place is called___ A. Comminuted fracture B. Green Stick fracture C. Simple fracture. D. Compound fracture	1m
5	If Outer layer of skin is damaged in sports injuries it is called___ A. Blister B. Contusion C. Abrasion D. Lacerated wounds	1m
6	Breaking a bone as a result of injury of pathological weakness is called___ A. severe bleeding B. Dislocation C. fracture D. Abbration	1m
7	Which of the following is hard tissue A. Tendon. B. Cartilage C. Bone D. Muscle	1m

8	Immediate symptom of sprained ankle is____ A. Bleeding. B. swelling & Pain C. Dislocation. D. All of the above	1m
9	Shoulder dislocation injuries are commonly associated with____ A. Rowing. B. Basket Ball C. Volley ball. D.Judo	1m
10	Rehabilitation of sports injuries is done using____ A. calisthenics B. Corrective exercises C. free hand exercises D.All of the above	1m

MARKING SCHEME: Unit-7

Q. No	Answer	Q. No	Answer
1	A	6	C
2	D	7	C
3	B	8	B
4	C	9	D
5	C	10	D

8: BIOMECHANICS AND SPORTS

1	Which type of friction we can observe in ice skating (A) Static friction (B) Sliding friction (C) Rolling friction (D) Fluid friction	1 M
2	Sita and Geeta both are friends one day they went to park for playing with seesaw , When you are observing their play which type of lever is applicable in see-saw game. (A) First class Lever (B) Second class Lever (C) Third class Lever (D) None of the above	1 M
3	Ramu is a short distance Runner, everyday he practices running in 400m track or in a circular track, while he is running, if he increases speed or velocity and he is slightly changing the track towards the outer lane. which type of force is applying on Ramu when he is doing running in circular motion. (A) Centrifugal force (B) Angular force (C) Development force (D) Centripetal force	1 M
4	In 100 M competition Vinay changed his speed from low to high velocity, which type of Newton's law is applicable when he changes his speed (A) Newton's first law of motion (B) Newton's second law of motion (C) Newton's third law of motion (D)None of the above	1 M
5	In the below given examples where you can observe the first-class Lever which is designed as Fulcrum between weight and force (A) Wheel barrow (B) seesaw (C) shovel (D) Canoe paddle	1 M
6	Which type of friction you can observe in the below given picture (A) Static friction (B) Sliding friction (C) Rolling friction (D) Fluid friction 	1 M

7	<p>What is the other name of Newton's first law _____</p> <p>(A) Law of acceleration (B) Law of inertia (C) Law of resultant force (D) Law of reciprocal action</p>	1 M		
8	<p>Ramesh and Suresh are best cricket players. They always play in opposite teams. One day there was a cricket match between Ramesh and Suresh team Ramesh hit six in Suresh bowling.</p> <p>i) Which Newton's Law is applicable while Ramesh batting? (A) Newton's first law of motion (B) Newton's second law of motion (C) Newton's third law of motion (D) None of the above</p> <p>ii) which Newton law is applicable while Suresh bowling? (A) Newton's first law of motion (B) Newton's second law of motion (C) Newton's third law of motion (D) None of the above</p>	1 M		
9	<p>ShriKruti is a good Runner, she has the habit of running in the early morning, unfortunately she doesn't have standard track facility to run every morning she used to run in circle which type of motion is applicable while she was running in circular type ground.</p> <p>(A) Linear Motion (B) Oscillatory Motion (C) Angular Motion (D) None of the above</p>	1 M		
10	<p>Which of the following properties of our body, according to the principal of biomechanics, is squarely responsible for our Gravity A) Weight B) Competence C) Equilibrium D) Volume</p>	1M		
11	<p>Match list I and list II and select the correct option using the codes given below</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>LIST I (Moment concept)</p> <p>A. Mechanics</p> <p>B. Statics</p> <p>C. Biomechanics</p> <p>D. Dynamics</p> </td> <td style="width: 50%; vertical-align: top;"> <p>LIST II (Description)</p> <p>I. study of systems that are in a state of constant motion</p> <p>II. Study of system in which acceleration is present</p> <p>III. Analysis of the actions of Forces</p> <p>IV. science involving the study of biological systems from a mechanical perspective</p> </td> </tr> </table> <p>Choose the correct answer from the option given below: (a) A-III B-IV C-I D-II (b) A-II B-IV C-I D-II (c) A-III B-I C-IV D-II (d) A-IV B-I C-II D-III</p>	<p>LIST I (Moment concept)</p> <p>A. Mechanics</p> <p>B. Statics</p> <p>C. Biomechanics</p> <p>D. Dynamics</p>	<p>LIST II (Description)</p> <p>I. study of systems that are in a state of constant motion</p> <p>II. Study of system in which acceleration is present</p> <p>III. Analysis of the actions of Forces</p> <p>IV. science involving the study of biological systems from a mechanical perspective</p>	1 M
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12	<p>Biomechanically, wrist joint is categorized as (A) freely movable joint (B) immovable joint (C) slightly movable joint (D) cartilaginous joint</p>	1 M		
13	<p>Given below are two statements one of which is labelled as Assertion(A) and the other is Reason(R) Assertion (A) : To every action there is an equal and opposite reaction, says Newton's third law of motion. Reason (R): A weightlifter performing a bench press applies force to the barbell to lift it and the barbell, in turn, pushes down process weightlifter's hands. In the light of the two statements choose the correct answer from the option given</p>	1 M		

	below. (A) Both A and R are true and R gives a correct explanation of A. (B) Both A and R are true and R is not the correct explanation of A. (C) A is true but R is false. (D) A is false but R is true.	
14	In which type of lever the weight is in between force and fulcrum (A) Type I (B) Type II (C) Type III (D) All of the above	1 M
15	The flight path of an object is____ (A) Velocity (B) Projectile (C) Speed (D) Trajectory	1 M
16	The point where the entire mass or weight of the body may be considered to be concentrated is____ (A) Centre of mass (B) Centre of gravity (C) Torque (D) Lever	1 M
17	Rising of body on toes is an example of____ (A) First class Lever (B) Second class Lever (C) Third class Lever (D) None	1 M
18	The terms rest and motion are studied under (A) Biochemistry (B) Anatomy (C) Biomechanics (D) None of the above	1 M
19	The branch of mechanics that describe the cause of force is (A) Kinetics (B) Kinematics (C) Biomechanics (D) Fluid mechanics	1 M
20	Newton's second law of motion is also known as____ (A) Law of inertia (B) Law of Action reaction (C) Law of momentum (D) Law of gravitation	1 M

ANSWER KEY

Q.NO	KEY	Q.NO	KEY	Q.NO	KEY	Q.NO	KEY
1.	B	6.	C	11.	C	16.	B
2.	A	7.	B	12.	A	17.	B
3.	A	8.	C, B	13.	A	18.	C
4.	B	9.	A	14.	B	19.	A
5.	B	10.	A	15.	B	20.	C

UNIT 9 :-PSYCHOLOGY & SPORTS

S.No	Competency Based Questions (MCQ) from Unit-9	Marks
1	Personality is derived from a latin word 'persona' meaning A. Shape B. Philosophy C. Stage D. Mask	1m
2	A person who is bold and outgoing is an A. Introvert B. Extrovert C. Ambivert D. Somatotype	1m
3	Motivation through reward or praise is known as A. Extrinsic Motivation B. Intrinsic Motivation C. Pedagogical Motivation D. Facilitation Motivation	1m

4	Motivation that drives individuals to naturally pursue actions that provide fun, joy, pleasure or challenge is called A. Extrinsic Motivation C. Intrinsic Motivation	B. Amotivation D. Cognitive Motivation	1m
5	Which one of the following is NOT a result of regular exercise? A. Increased bone density C. Strong immune system.	B. Increased cholesterol level. D. Increased longevity	1m
6	Which of the following is effective for prevention of Coronary Heart Disease? A. Regular exercise C. Medicine	B. Sedentary lifestyle D. Dieting	1m
7	Process of recreating images in mind to improve performance in sports is referred as? A. Goal Setting C. Self-esteem	B. Self-talk D. Mental imagery	1m
8	Which type of goal focus on final result of an event? A. Outcome Goal C. Product Goal	B. Process Goal D. Life Goal	1m
9	Which member of the team reflected most of the Extrovert traits? A. Coach C. Captain	B. New Members D. Manager	1m
10	Aggression is displayed in sports through A. assertion of views C. walking away from the opponent	B. use of abusive words D. strictly following the rules	1m

MARKING SCHEME: Unit-9

Q. No	Answer	Q. No	Answer
1	D	6	A
2	B	7	D
3	A	8	A
4	C	9	C
5	B	10	B

UNIT 10: TRAINING IN SPORTS

S.No	Competency Based Questions (MCQ) from Unit- 10	Marks
1	400m sprint event comes under A. Speed Endurance C. Medium Endurance	1m
2	Acceleration run and pace run can be two methods of improving A. Flexibility C. Endurance	
3	Meso cycle is training of A. one week C. 3 to 6 weeks	1m
4	Transitional Phase is a A. rest and recovery period C. competition period	1m

5	Micro cycle is A. 3 to 10 weeks C. 3 to 10 Months	B. 3 to 10 days D. None from above	1m
6	The isokinetic method was developed by A. HC Buck C. J.J. Perrine	B. Joy Perrny D. JJ Coubertin	1m
7	The Swedish word meaning speed play is..... A. Fartlek Method C. Pace Method	B. Continuous Method D. None of the Above	1m
8	Coordinative ability is associated with A. Heart and Brain C. Lungs and Brain	B. Liver and Brain D. Body and Brain	1m
9	In which method is stretching done rhythmically? A. Slow stretch C. Ballistic method	B. Slow stretch and hold D. PNF	1m
10	Circuit Training was introduced by A. Hettinger C. De Lorme	B. Per-Olof Astrand D. Adomson and Morgan	1m

MARKING SCHEME: Unit-10

Q. No	Answer	Q. No	Answer
1	A	6	C
2	B	7	A
3	C	8	D
4	A	9	C
5	B	10	D

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