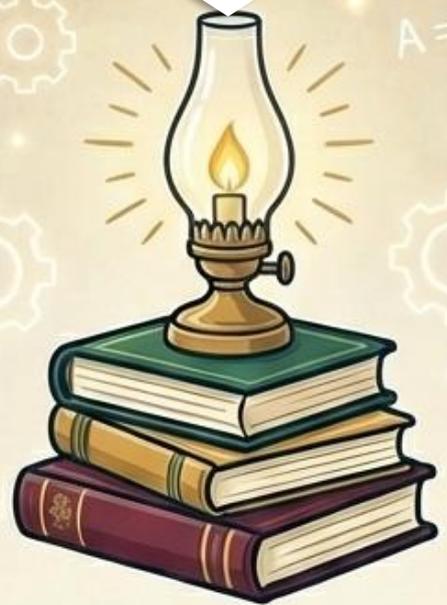




$$A = \frac{m}{(m^2 + c)^2}$$



# NIOS PYQ's SOLUTIONS

$$fa = bc^2$$

$$\sqrt{h-x^2}$$

PREVIOUS YEARS' QUESTIONS & ANSWERS



APRIL-2024

Your Path to Success

# SECTION- A

**Q1. Which apart from physical harmony can be achieved through Yoga?**

- (A) Mental
- (B) Social
- (C) Emotional
- (D) All of the above

**Answer -** (D) All of the above

OR

**In which year was the National Discipline Scheme merged with Auxiliary Cadet Corps?**

- (A) 1965
- (B) 1966
- (C) 1967
- (D) 1968

**Answer -** (A) 1965

**Q2. Who taught Ram and Lakshman the art of Yoga and Pranayama?**

- (A) Sage, Vishwamitra
- (B) Saptarishi
- (C) Agastya
- (D) Brahma

**Answer -** (A) Sage, Vishwamitra



OR

**In which year was education made a State subject?**

(A) 1871

(B) 1870

(C) 1869

(D) 1868

**Answer -** (B) 1870

**Q3. In which year was the Indian Olympic Association formed?**

(A) 1925

(B) 1926

(C) 1927

(D) 1928

**Answer -** (C) 1927

OR

**When is the International Day for Yoga celebrated?**

(A) 18 June

(B) 19 June

(C) 20 June

(D) 21 June

**Answer -** (D) 21 June



**Q4. Warm-up enhances (choose the odd man out):**

- (A) stroke volume
- (B) coordination
- (C) muscle blood flow
- (D) strength

**Answer -** (D) strength

**Q5. Why is specific warm-up done for some of the muscles?**

- (A) To perform specific skill
- (B) For recovery
- (C) For speed
- (D) For teamwork

**Answer -** (A) To perform specific skill

**Q6. Mantra is a \_\_\_\_\_ which affects body, mind and subconscious.**

- (A) Pran
- (B) Spandan
- (C) Kriya
- (D) Dharana

**Answer -** (B) Spandan

**Q7. Which of the following is not an example of isotonic contraction?**

- (A) Pushing the wall
- (B) Pullups



(C) Planks

(D) Bhujangasan

**Answer** - (A) Pushing the wall

OR

**What is increase in size of the muscle due to increase in the size of muscle cell called?**

(A) Hypertrophy

(B) Endurance

(C) Fatigue

(D) Conditioning

**Answer** - (A) Hypertrophy

**Q8. Volume is measured in which unit in weightlifting?**

(A) Repetition /Time of the activity

(B) Intensity of activity

(C) Load of activity

(D) Density of activity

**Answer** - (A) Repetition /Time of the activity

**Q9. Which system is most affected by lack of sleep?**

(A) Nervous system

(B) Respiratory system

(C) Immune system

(D) Muscular system



**Answer -** (A) Nervous system

**Q10. What decides the duration and the number of matches in a tournament?**

- (A) League tournament
- (B) Types of tournament
- (C) Captains
- (D) Coaches

**Answer -** (B) Types of tournament

**OR**

**Which of the following odd man out provided by tournaments?**

- (A) Opportunity to demonstrate skill
- (B) Source of motivation for participants
- (C) Entertainment to people
- (D) Useless expenditure

**Answer -** (D) Useless expenditure

**Q11. Extramural word is taken from which language?**

- (A) Spanish
- (B) Greek
- (C) French
- (D) Latin

**Answer -** (D) Latin

**OR**



**Formula to determine the number of teams in upper half and lower half, in case of even number of teams in a knockout fixture is:**

(A)  $n/2$

(B)  $n/4$

(C)  $n/8$

(D)  $n/6$

**Answer -** (A)  $n/2$

**Q12. In Hatha Yoga, Ha means:**

(A) air

(B) water

(C) sun

(D) earth

**Answer -** (C) sun

OR

**Hatha Yoga Pradipika is written by:**

(A) Swami Swatmarama

(B) Yogi Gorakhnath

(C) Yogi Adityanath

(D) Gheranda

**Answer -** (A) Swami Swatmarama



**Q13. Which is not a benefit of Suryabhedhi Pranayam?**

- (A) Increases vital energy in the body
- (B) Heats the body
- (C) Eliminates Vata related trouble
- (D) Maintains the cool of the body

**Answer -** (D) Maintains the cool of the body

**Q14. What does the Sanskrit word 'Bhastrika' mean?**

- (A) Bellows
- (B) Snort
- (C) Growl
- (D) Meow

**Answer -** (A) Bellows

**Q15. Through which Kundalini awakens and rises when Sushumna flows?**

- (A) Chakras
- (B) Ida Nadi
- (C) Pingla Nadi
- (D) None of the above

**Answer -** (A) Chakras

OR



Mark what is predominant from among the following at night that causes the sleep disturbed and restlessness.

- (A) Pingla
- (B) Chakra
- (C) Nadi
- (D) Ida

**Answer -** (A) Pingla

**Q16. Fill in the blanks:**

(a) Private organizations for physical education like \_\_\_\_\_ and \_\_\_\_\_ contributed to the spread of physical art.

**Answer -** Gymnasia, Vyayamshala

OR

(b) The outstanding development of physical education in pre-independent India goes to the \_\_\_\_\_ and the \_\_\_\_\_.

**Answer -** H.C. Buck, Y.M.C.A.

**Q17. Write the following statements as true or false:**

(a) Lung volume decreases as a result of longterm exercises.

**Answer -** False

OR

(b) During the maximal activity, alveoli size increases. **Answer -**

True



(b) The second stage of learning is motor stage.

**Answer** - True

OR

Psychomotor learning is concerned with the acquisition and refinement of motor skills.

**Answer** - True

**Q18. Fill in the blanks:**

School Health Program has \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ interrelated pillars. **Answer** - Health Services, Health Instruction, and Health Supervision

**Q19. Fill in the blanks:**

Proteins help to \_\_\_\_\_ and repair the muscles and other body tissues.

**Answer** - Repair muscles

OR

Fats are essential for \_\_\_\_\_ and maintaining body \_\_\_\_\_.

**Answer** - Providing energy, Warm

**Q20. Match the following:**

(a) Satvik Diet <-----> (i) Sugary foods, fermented foods

(b) Tamsic Diet <-----> (ii) Onion, garlic, tea

(iii) Fresh fruits and vegetables

**Answer** - (a) Satvik Diet -----> (iii) Fresh fruits and vegetables

(b) Tamsic Diet -----> (i) Sugary foods, fermented foods



**Q21. Fill in the blanks:**

The impact of physical activity is determined by \_\_\_\_\_ and \_\_\_\_\_ of the exercise.

**Answer** - Intensity, Volume

**Q22. Write the following statements as true or false:**

(a) Intramural competitions are organized by the school, college, institute within the campus of the institute, college and school.

**Answer** - True

(b) Extramural is easy to manage as compared to intramural.

**Answer** - False

**Q23. Fill in the blanks:**

Compression helps to \_\_\_\_\_ and \_\_\_\_\_ swelling in the injured area.

**Answer** - Bleeding, Swelling

**Q24. Fill in the blanks:**

Sheetkari Pranayam reduces \_\_\_\_\_ and \_\_\_\_\_.

**Answer** - Body heat, Stress

OR

Sheetkari Pranayam is helpful for \_\_\_\_\_ and removes excessive \_\_\_\_\_.

**Answer** - Cooling the body, Thirst/Hunger

**Q25. Match the following:**

(a) Poorak <-----> (i) Exhalation

(b) Rechak <-----> (ii) Inhalation



(c) Antar Kumbhak <----> (iii) Retention of breathing after Rechak

(d) Bahir Kumbhak <----> (iv) Retention of breathing after Poorak

**Answer -**

(a) Poorak	----->	(ii) Inhalation
(b) Rechak -	----->	(i) Exhalation
(c) Antar Kumbhak	----->	(iv) Retention of breathing after Poorak
(d) Bahir Kumbhak	----->	(iii) Retention of breathing after Rechak

**OR**

(a) Gyan Mudra	<----->	(i) Increase fire element
(b) Vayu Mudra	<----->	(ii) Decrease earth element in the body
(c) Surya Mudra	<----->	(iii) Balance air element in the body
(d) Ling Mudra	<----->	(iv) Meditation

**Answer -**

(a) Gyan Mudra	----->	(iv) Meditation
(b) Vayu Mudra	----->	(iii) Balance air element in the body
(c) Surya Mudra	----->	(ii) Decrease earth element in the body
(d) Ling Mudra	----->	(i) Increase fire element

## SECTION – B

**Q26. How does Yoga help in improving productivity in life?**

**Answer -** Yoga helps in improving productivity in life by bringing harmony between the body and mind. It trains the mind to concentrate on a single goal and increases focus through regular practice



of yogasana and pranayama. A focused and calm mind works more efficiently, reduces stress, improves mental clarity, and ultimately enhances overall productivity in daily life..

OR

**Write the meaning of Sportsmanship in two lines.**

**Answer -** Sportsmanship refers to a positive attitude and ethical behavior in sports, showing respect for rules, officials, and opponents. It also means accepting both victory and defeat gracefully, with self-control and dignity.

**Q27. Write the meaning of Dharana in two lines.**

**Answer -** Dharana means fixing or binding the mind (Chitta) on a single place, object, or idea. It is the initial stage of meditation where conscious effort is made to control and stabilize mental activities.

OR

**Write the meaning of Dhyana in two lines.**

**Answer -** Dhyana is a deep state of meditation in which the mind remains continuously focused on one object without distraction. It is an advanced stage after Dharana where complete mental absorption is achieved.

**Q28. State any two main features of School Health Program.**

**Answer -**

1. **Comprehensive Health Monitoring:** It involves regular medical check-ups, physical measurements, and maintaining health records of students to detect diseases early.
2. **Healthy Environment:** Providing a healthy and safe environment in school through basic amenities like clean drinking water, toilets, and waste disposal.

**Q29. Explain the concept of Satvik diet.**

**Answer -** A Satvik diet consists of pure, fresh, light, and nutritious food such as fruits, vegetables, milk, ghee, and sprouted grains. This diet helps in purifying the body, calming the mind, increasing positive energy (Sattva Guna), and is considered ideal for Yoga practice.



**Q30. Define sports training in your own words.**

**Answer -** Sports training is a planned and scientific process of preparing an athlete or team to achieve high performance in competitions. It includes systematic physical conditioning, skill development, tactical planning, and psychological preparation.

OR

**Describe the concept of strength in sports training.**

**Answer -** Strength is the ability of muscles to overcome resistance or work against it during physical activity. In sports training, it includes **maximum strength, explosive strength, and strength endurance**, which together form the foundation of effective sports performance.

**Q31. Write a note on aerobic exercises.**

**Answer -** Aerobic exercises are physical activities performed for a long duration at moderate intensity with continuous oxygen supply to the body. Activities like running, swimming, and cycling improve heart and lung efficiency and help in utilizing body fat as a source of energy.

**Q32. Differentiate between strength endurance and maximal strength.**

**Answer - Differentiate between strength endurance and maximal strength**

S.No.	Basis	Strength Endurance	Maximal Strength
1	<b>Meaning</b>	It is the ability to overcome resistance for a longer time under conditions of fatigue.	It is the ability to exert the maximum possible force against very heavy resistance.
2	<b>Intensity</b>	Intensity is moderate, usually around 40–60%.	Intensity is very high, usually around 90–100%.
3	<b>Example</b>	Long-distance running, swimming.	Weightlifting, shot put.

OR



**List the five subcomponents of speed.**

**Answer** - List the five subcomponents of speed

1. Reaction Ability
2. Movement Speed
3. Acceleration Ability
4. Locomotor Ability
5. Speed Endurance

**Q33. List the combination type of tournaments.**

**Answer** - Combination tournaments are used when there are a large number of teams. Its main types are:

1. Knockout-cum-Knockout
2. League-cum-League
3. Knockout-cum-League
4. League-cum-Knockout

**Q34. What is the role of fairness in sports?**

**Answer** - Fairness in sports means playing honestly by following rules, avoiding discrimination, and respecting opponents. It ensures equal opportunities for all players and maintains the integrity of the sport. Fairness develops true sportsmanship, helps players understand the real meaning of winning, and promotes ethical values and mutual respect among players.

**Q35. Write three features of health education.**

**Answer** -

1. **Awareness:** It makes people aware of health, causes of diseases, and preventive measures.
2. **Change in Behavior:** Its objective is not just to give knowledge, but to develop a positive attitude and habits towards health.



3. **Scientific Basis:** Health education removes superstitions and provides information based on scientific facts.

OR

**Highlight the main features of the School Health Services.**

**Answer -**

1. **Health Appraisal:** Periodic physical examination, vision, and hearing tests of students.
2. **First Aid:** Availability of immediate first aid in case of injury or illness.
3. **Nutritional Services:** Ensuring nutrition through schemes like Mid-Day Meal.
4. **Disease Control:** Vaccination and maintaining hygiene for the prevention of infectious diseases.

**Q36. Write the method of Vaman Dhauti.**

**Answer -** Vaman Dhauti (Kunjal Kriya) is a stomach cleansing technique.

**Method:**

1. Drink lukewarm saline water (approx. 1.5 to 2 liters) on an empty stomach in the morning until you feel like vomiting.
2. Lean forward slightly and press the back of the tongue with your index and middle fingers.
3. This will cause the water to come out as vomit, flushing out stomach acidity and impurities.
4. It should be done under the guidance of a qualified Guru.

OR

**Highlight the purpose and benefits of Jal Neti.**

**Answer - Purpose:** To clean the nasal passage and facilitate breathing.

**Benefits:**



1. It removes pollution, dust, and bacteria from the nose.
2. It is helpful in curing problems like sinusitis, cold, catarrh, and headache.
3. It is beneficial for eyesight and provides coolness to the brain.

**Q37. Write a detailed note on the role of physical education and sports in the personality development of a child.**

**Answer** - Physical education and sports play an important role in the all-round personality development of a child:

1. **Physical Development:** Sports make the body strong, shapely, and healthy. Good physical posture makes the personality attractive.
2. **Mental Development:** Understanding game strategies and making quick decisions develops mental alertness and intelligence. It reduces stress and provides mental peace.
3. **Social Development:** Team games develop qualities like cooperation, leadership, discipline, loyalty, and brotherhood. The child learns to adjust in a group.
4. **Emotional Development:** Facing victory and defeat in sports brings emotional stability. Players learn to maintain composure and confidence even in difficult situations. Thus, sports build a balanced and impressive personality.

OR

**Explain the stages of learning.**

**Answer** - The learning process mainly takes place in three stages:

1. **Cognitive Stage:** This is the initial stage where the learner tries to understand the skill. They focus on 'what to do' and 'how to do'. Mistakes are frequent in this stage.
2. **Associative/Motor Stage:** In this stage, the learner improves the skill through practice. They start recognizing their mistakes and correcting them. Coordination and accuracy begin to appear in movements.



3. **Autonomous Stage:** This is the final stage where the skill becomes automatic. The player no longer needs to think about the skill; they can perform it naturally and without mental effort.

**Q38. Mention different types of Mukh Mudra and explain them with benefits.**

**Answer -** Mukh Mudras are gestures performed using facial muscles and organs like the tongue and eyes.

**Major Mukh Mudras are:**

1. **Shambhavi Mudra:** In this, both eyes are focused on the eyebrow center (Bhrumadhya).

**Benefit:** Increases concentration, calms the mind, and reduces mental stress.

2. **Khechari Mudra:** In this, the tongue is rolled back to touch the upper soft palate.

**Benefit:** Controls hunger and thirst, removes lethargy, and helps in Kundalini awakening.

3. **Kaki Mudra:** In this, the lips are formed like a beak to inhale air.

**Benefit:** Cools the body, purifies blood, and increases facial glow.

OR

**Mention the different types of Postural Mudra and explain any two with benefits and precautions.**

**Answer -** Postural Mudras (Asana Mudras) are gestures where the body is used to control energy flow.

**Major Postural Mudras:** Viparit Karani, Yoga Mudra, Maha Mudra.

**1. Viparit Karani Mudra:**

**Method:** Lying on the back, legs and hips are raised (like Sarvangasana, but slightly inclined).

**Benefits:** Increases blood flow towards the brain, activates thyroid gland, and removes leg fatigue.

**Precautions:** People with high blood pressure and heart patients should not practice this.



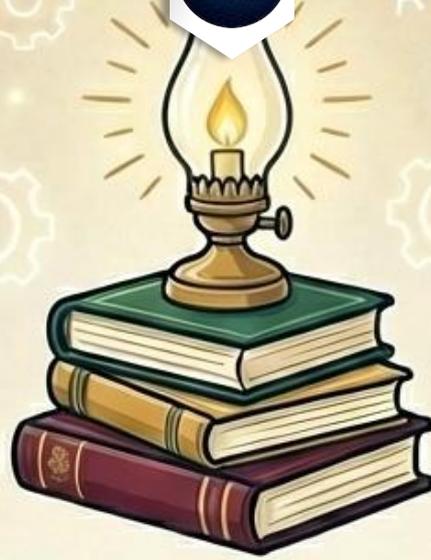
## 2. Yoga Mudra:

- **Method:** Sitting in Padmasana, hands are clasped behind the back, and the forehead touches the ground.
- **Benefits:** Improves digestion, calms anger, and makes the spine flexible.
- **Precautions:** Do not practice if suffering from back pain or severe knee injury.





$$A = \frac{m}{(m^2 + c)^2}$$



# NIOS PYQ's SOLUTIONS

$$fa = bc^2$$

$$\sqrt{h-x^2}$$

PREVIOUS YEARS' QUESTIONS & ANSWERS



OCTOBER-2024

Your Path to Success

# SECTION – A

**Q1. In Rigved the usage of word "YUNJATE" Suggests:**

- (A) Sense control
- (B) Body control
- (C) Mind control
- (D) Nervous control

**Answer -** (C) Mind control

**Q2. Who gave the Yogsutra?**

- (A) Vishnu
- (B) Saptarishi
- (C) Patanjali
- (D) Brahma

**Answer -** (C) Patanjali

**Q3. National Cadet Corps (NCC) was introduced in which year?**

- (A) 1945
- (B) 1946
- (C) 1947
- (D) 1948

**Answer -** (D) 1948



**Q4. Injury is less as a result of:**

- (A) Conditioning
- (B) Coordination
- (C) Warm up
- (D) Strength

**Answer -** (C) Warm up

**Q5. How many bones are there in the Human body?**

- (A) 200
- (B) 202
- (C) 204
- (D) 206

**Answer -** (D) 206

**Q6. Stroke Volume is increased as a result of:**

- (A) Cool down
- (B) Fatigue
- (C) Warm up
- (D) Low energy

**Answer -** (C) Warm up

**Q7. Which one of the following is not an aerobic exercise?**

- (A) Walking
- (B) Running



(C) Swimming

(D) Sprinting

**Answer** - (D) Sprinting

**Q8. What is defined as the intensity of activity?**

(A) Intensity of Activity

(B) Load of Activity

(C) Amount of physical power

(D) Density of Activity

**Answer** - (A) Intensity of Activity

**Q9. Which type of muscle is under control of conscious functioning of nervous system?**

(A) skeletal muscle

(B) smooth muscle

(C) cardiac muscle

(D) none of the above

**Answer** - (A) skeletal muscle

**Q10. Till when does in a knock-out tournament a team continues to play further matches as per schedule?**

(A) Till winning

(B) Till defeated

(C) Till the team decides

(D) Till the organizers decide



**Answer -** (B) Till defeated

**Q11. Intramural provides opportunity for? Find the Odd man out.**

- (A) healthy competition
- (B) provide opportunity
- (C) promotes friendship
- (D) disassociates from sport

**Answer -** (D) disassociates from sport

**Q12. In Hatha Yog, Tha means:**

- (A) air
- (B) moon
- (C) sun
- (D) earth

**Answer -** (B) moon

**Q13. How many components are there in Pranayam?**

- (A) 1
- (B) 2
- (C) 3
- (D) 4

**Answer -** (C) 3



**Q14. Which one is a tranquilizing Pranayama?**

- (A) Bhastrika Pranayam
- (B) Seetkari Pranayam
- (C) Sheetli Pranayam
- (D) Ujjayi Pranayam

**Answer -** (D) Ujjayi Pranayam

**Q15. Mark what is predominant from among the following at night that causes the sleep disturbed and restlessness?**

- (A) Pingla
- (B) Chakra
- (C) Nadi
- (D) Ida

**Answer -** (A) Pingla

**Q16. Fill in the blanks: The N.C.C was introduced in the year \_\_\_\_\_ and Indian Olympic Association in the year \_\_\_\_\_.**

**Answer -** 1948, 1927

**Q17. True/False**

**The second stage of learning is motor stage.**

**Answer -** True

**OR**

**Psychomotor learning is concerned with the acquisition and refinement of motor skills.**

**Answer -** True

**Q18. Fill in the blanks: Aspects of school health program include \_\_\_\_\_ and \_\_\_\_\_.**

**Answer -** Health services, Health instruction



**Q19. Fill in the blanks:**

1 gram of carbohydrate is equal to \_\_\_\_\_ Kcal and 1 gram of Fats is equal to \_\_\_\_\_ Kcal.

**Answer -** 4, 9 (1g Carb = 4 Kcal, 1g Fat = 9 Kcal)

**Q20. Match the following:**

**A**

-

**B**

(1) Satvik Diet

<---->

(a) Sugary Foods, fermented foods

(2) Tamsic Diet

<---->

(b) Onion, Garlic, Tea

<---->

(c) Fresh Fruits & Vegetables

**Answer -** (1) Satvik Diet -----> (c) Fresh Fruits & Vegetables

(2) Tamsic Diet -----> (a) Sugary Foods, fermented foods

**Q21. Fill in the blanks:**

Aerobic activities are those activities which are performed continuously with \_\_\_\_\_ and \_\_\_\_\_ intensity by the large groups of muscles.

**Answer -** Moderate, Large

**Q22. Mark the following statements as true or false:**

(i) Intramural competition is very difficult to manage.

**Answer -** False

(ii) In the extramural competition the students of own school also participate in competition.

**Answer -** False

**Q23. Fill in the blanks:**

Connective tissues that connect one \_\_\_\_\_ to another \_\_\_\_\_ is known as ligaments.

**Answer -** Bone, Bone



**Q24. Fill in the blanks:**

**Bhastrika Stimulates the \_\_\_\_\_ and \_\_\_\_\_.**

**Answer -** Jatharagni (Digestive fire), Prana

**Q25. Match the following:**

A	-	B
(1) Gyan Mudra	<---->	(a) Increase fire element
(2) Vayu Mudra	<---->	(b) Decrease earth Element in the body
(3) Surya Mudra	<---->	(c) Reduce air Element in the body
(4) Ling Mudra	<---->	(d) Empowers Mind

<b>Answer -</b> (1) Gyan Mudra	----->	(d) Empowers Mind
(2) Vayu Mudra	----->	(c) Reduce air Element in the body
(3) Surya Mudra	----->	(b) Decrease earth Element in the body
(4) Ling Mudra	----->	(a) Increase fire element

## SECTION – B

**Q26. Give 2 features which are improved as a result of yog for sports.**

**Answer - Two features**

- Concentration:** Yoga stabilizes the mind, allowing the player to focus completely on the game.
- Flexibility:** Yogasanas increase flexibility in muscles and joints, reducing the risk of injury and improving performance.

**OR**



**Explain the meaning of Sportsmanship.**

**Answer** - Sportsmanship is an ethical attitude that reflects respect for the rules of the game, officials, opponents, and teammates. It includes honesty, fairness, cooperation, and the ability to remain humble in victory and dignified in defeat.

**Q27. Write the Samadhi in 2 lines.**

**Answer** - Samadhi is the final stage of Ashtanga Yoga in which the meditator, the act of meditation, and the object of meditation merge into one. In this state, the mind becomes completely calm, still, and free from all distractions.

OR

**Write the meaning of Dhyana in 2 lines.**

**Answer** - Dhyana, or meditation, is a mental process in which the mind remains continuously focused on a single thought or object without interruption. It is the stage that follows Dharana and leads the practitioner toward deeper concentration and inner awareness.

**Q28. State any 2 main aspects of school health education.****Answer - 2 main aspects of school health education**

1. **Health Instruction:** Providing formal education to students about health, hygiene, nutrition, and disease prevention.
2. **Health Services:** Providing facilities for regular health check-ups, vaccination, and first aid for students.

**Q29. Explain the concept of Rajasic diet.**

**Answer** - The Rajasic diet consists of foods that over-stimulate the body and mind. It includes very spicy, sour, bitter, salty, and excessively hot foods such as onion, garlic, tea, and coffee. While this diet provides energy and increases activity levels, it also tends to cause restlessness, anxiety, and sometimes anger, thereby disturbing mental peace.



**Q30. What is the goal of sports training?**

**Answer** - The main goal of sports training is to prepare a player or a team to achieve the highest level of performance in a specific competition. It aims to develop physical fitness, technical skills, tactical understanding, and mental strength in a planned and scientific manner so that the athlete can perform efficiently and achieve success.

OR

**List the 6 components of physical fitness.**

**Answer** - six components of physical fitness

1. Strength
2. Speed
3. Endurance
4. Flexibility
5. Coordinative Abilities
6. Body Composition (Physical Structure)

**Q31. Write a note on anaerobic exercises.**

**Answer** - Anaerobic exercises are activities performed for a very short duration with high intensity. In these exercises, the body does not require a continuous supply of oxygen for energy production. These exercises help in increasing muscular strength and explosive power. *Examples* include 100-meter sprint, weightlifting, and long jump.



**Q32. Differentiate between Explosive Strength and Maximum Strength.****Answer - Differentiate between Explosive Strength and Maximum Strength**

S.No.	Basis	Explosive Strength	Maximum Strength
1	Meaning	It is the ability of muscles to exert force rapidly against resistance.	It is the ability of muscles to exert maximum force against heavy resistance.
2	Speed	Speed is very important in this type of strength.	Speed may be slow; force is more important.
3	Example	Jumping, sprint start, shot put throw.	Weightlifting, powerlifting.

**OR****List the 6 sub-components of coordinative abilities.****Answer - 6 sub-components of coordinative abilities**

1. Orientation Ability
2. Coupling Ability
3. Balance Ability
4. Differentiation Ability
5. Rhythm Ability
6. Reaction Ability

**Q33. List the Challenge type of tournaments.****Answer -** Challenge tournaments are used for ranking in individual sports (e.g., Boxing, Tennis). Its main types are:

1. Ladder Type
2. Pyramid Type



3. Spider Web Type

**Q34. What is the role of integrity in sports?**

**Answer - Integrity in sports means honesty and adherence to ethical principles.**

1. **Adherence to Rules:** It ensures that players follow rules not out of fear, but out of respect.
2. **Fairness:** It prevents unethical actions like doping, match-fixing, or cheating.
3. **Character Building:** Integrity instills a sense of responsibility and respect in players, making them good human beings off the field as well.

**Q35. Write a note on school health records.**

**Answer -** A school health record is a written document of a student's health history.

**Importance:** It helps in monitoring the growth and development of students.

**Content:** It includes the student's name, age, height, weight, vision, hearing ability, vaccination details, and history of past illnesses.

**Usage:** It helps teachers and doctors understand the student's health needs and provide correct treatment if they fall ill.

**OR**

**Write a note on school health services.**

**Answer -** School health services are facilities provided by the school to maintain and improve student health.

**Main Functions:** Regular health check-ups, prevention of infectious diseases, vaccination, and providing first aid.

**Objective:** Its aim is to keep students healthy so they can take full advantage of education and reduce absenteeism.



**Q36. Write the method and benefit of JaLNeti.****Answer - Method:**

1. Take lukewarm saline water in a Neti pot.
2. Tilt the head slightly and insert the spout of the pot into one nostril.
3. Keep the mouth open and breathe through the mouth. Water will enter through one nostril and come out of the other automatically.
4. Repeat the same process with the other nostril. Finally, do Kapalbhathi to dry the nose.

**Benefits:**

1. It cleans dirt and bacteria from the nasal passage.
2. It is very beneficial in cold, catarrh, sinusitis, and headache.
3. It improves eyesight and provides coolness to the brain.

OR

**Highlight the purpose and benefits of Vaman Dhauti.**

**Answer - Purpose:** The main purpose of Vaman Dhauti (Kunjali Kriya) is to clean the stomach and food pipe.

**Benefits:**

1. **Removes Acidity:** It flushes out excess bile and gas from the stomach.
2. **Phlegm Removal:** It clears phlegm and mucus accumulated in the chest and throat, providing relief in asthma.
3. **Improves Digestion:** It removes indigestion and heaviness in the stomach, activating the digestive system.



**Q37. Elaborate on the determinants of personality.**

**Answer -** Several factors play a role in the formation of personality, mainly categorized into four groups:

1. **Biological Factors:** This includes heredity, physical structure, and appearance. Traits inherited from parents affect a person's nature.
2. **Social Factors:** Family, school, and friend circle. A child learns to behave by interacting with society. The home environment and company of friends mold personality.
3. **Cultural Factors:** Our customs, traditions, and values. The values of the culture in which a person grows up become part of their personality.
4. **Psychological Factors:** Intelligence, interest, attitude, and motivation. A person's mental capacity and way of thinking determine their personality.

OR

**Differentiate between domains of learning and stages of learning.**

**Answer -**

S.No.	Basis	Areas of Learning	Stages of Learning
1	Meaning	It shows the different types or aspects of learning.	It shows the process or levels of learning.
2	Classification	It has three main areas: (1) Cognitive – Mind (2) Affective – Emotions (3) Psychomotor – Physical skills	It has three main stages: (1) Cognitive – Beginning (2) Associative – Practice (3) Autonomous – Perfection
3	Focus	It focuses on change in subject matter and behavior.	It focuses on improvement of skill over time.



**Q38. Write the methods and benefits of Vayu Mudra. Define Mudra and give importance.**

**Answer - Mudra:** It is a physical or hand gesture that controls and directs the flow of energy in the body. It creates a balance between body and mind.

**Importance:** Mudras increase concentration in Pranayama and meditation, balance elements (fire, air, etc.), and cure diseases. **Vayu Mudra Method:**

1. Sit in Sukhasana or Padmasana.
2. Fold the index finger and place it at the base of the thumb.
3. Press the index finger lightly with the thumb. Keep the other three fingers straight.

**Benefits of Vayu Mudra:**

1. It balances the air element in the body.
2. It gives relief in gas, acidity, arthritis, and joint pain.
3. It reduces restlessness and anxiety, calming the mind.

OR

**Explain Vipreet Karni Mudra with benefits and precautions.**

**Answer -** Also called "Inverted Attitude". In this, the body is kept inverted (legs up, head down).

**Method:** Lie on your back and raise both legs and hips. Support the waist with hands. It is like Sarvangasana, but the body remains slightly inclined (45 degrees), not perfectly straight.

**Benefits:**

1. **Blood Flow:** Sends impure blood from legs towards the heart and brain.
2. **Anti-aging:** Called the anti-aging mudra as it increases facial glow.
3. **Glands:** Improves the function of thyroid and pituitary glands.

**Precautions:**

1. High blood pressure and heart patients should not do this.
2. Women should not do this during menstruation.
3. Do not do this if there is pain or injury in the neck.





# Thank you!

★ We hope you found this material helpful. We wish you the very best for your examination. ✎

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