

Self Assessment Paper

General Instructions :

- (i) The question paper consists of 30 questions and all are compulsory.
- (ii) Questions 1-12 carry 1 mark each and are Multiple Choice Questions.
- (iii) Questions 13-16 carry 2 marks each and shall not exceed 40-60 words.
- (iv) Questions 17-26 carry 3 marks each and shall not exceed 80 -100 words.
- (v) Questions 27-30 carry 5 marks each and shall not exceed 150-200 words.

1. While doing asana, one must _____ while raising any part of the body.

- (a) Inhale
- (b) Exhale
- (c) Stand
- (d) Lie down

OR

_____ is the practice of sun salutation.

- (a) Padmasana
- (b) Bhujangasana
- (c) Surya Namaskar
- (d) Sukhasana

2. Which amongst these is a sitting asana?

- (a) Ardha Matsyendrasana
- (b) Padahasthasana
- (c) Ardha Chakrasana
- (d) Trikonasana

3. ADHD may be caused due to _____ injury.

- (a) Brain
- (b) Heart
- (c) Nerves
- (d) Limbs

OR

In _____ people tend to check things repeatedly.

- (a) ADHD
- (b) SPD
- (c) ASD
- (d) OCD

4. Which one of these is a long term effect of exercise on cardiovascular system?

- (a) ↑ Heart rate
- (b) ↑ Body temperature
- (c) ↑ Cardiac output
- (d) ↑ BP

5. _____ time enables a sportsperson to react quickly and effectively to different types of stimuli.

- (a) Endurance
- (b) Locomotion
- (c) Acceleration
- (d) Reaction

6. The development of flexibility should be done _____ puberty.
- (a) Before (b) During
(c) After (d) Anytime unaffected by
7. Which of these is not a spinal curvature deformity?
- (a) Kyphosis (b) Scoliosis
(c) Lordosis (d) Flatfoot

OR

Due to _____, a person normally faces difficulty during walking.

- (a) Knock knees (b) Round shoulders
(c) Flat foot (d) Scoliosis
8. 11 to 12 years is the age of
- (a) Early childhood (b) Middle childhood
(c) Late childhood (d) Adulthood
9. _____ is round upper back.
- (a) Kyphosis (b) Lordosis
(c) Scoliosis (d) None of these
- AI** 10. The ball and socket joint of the _____ has the maximum range of function.
- (a) Hip (b) Shoulder
(c) Knee (d) Wrist
11. Given below are the two statements labelled Assertion (A) and Reason (R).
- A. Assertion (A) :** Tournaments are helpful in selection of players.
- B. Reason (R) :** Combination tournaments are combination of different types of sports activities.
- In the context of 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
12. Match List – I with List – II and select the correct answer from the code given below :

LIST - I		LIST - II	
Head		Type	
i	Disability	1	ODD
ii	Disorder	2	Cognitive
iii	Deformity	3	Cognitive
iv	Injury	4	Lordosis

Code				
	i	ii	iii	iv
a	4	2	1	3
b	2	1	3	4
c	4	3	2	1
b	2	4	1	3

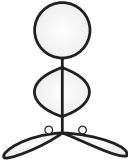
Sample Question Papers

13. Identify the below given Asanas and write the names

(a)



(b)



(c)

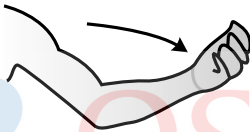


(d)

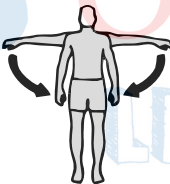


14. Identify the human movement and give their names

(a)



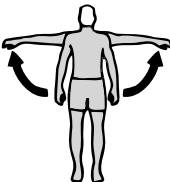
(b)



(c)



(d)



15. What do you mean by frontal axis and transverse axis?

16. How are sports injuries classified?

OR

Suggest various external methods of motivating a person for better performance in sports.

Sample Question Papers

19. Explain the various types of flexibility.

OR

Explain the procedure of Harvard step test in detail.

20. Draw the organisational hierarchy of a sports committee conducting a tournament.

21. What principles should be followed for goal setting?

OR

22. Explain the concept of aggression in sports.

23. Briefly write down the advantages of Fartlek training.

24. Explain developmental characteristics during childhood.

25. What are the components of Rikli and Jones Test? Explain the purpose and procedure of any one test.

26. Describe various types of Fats. What are the different sources of fats?

27. What do you mean by BMI? Write down the method to calculate BMI.

OR

Explain any three dieting myths.

28. Enlist the committees for organising sports events and explain any five of them in detail.

29. Explain the different types of disabilities.

OR

30. Describe five types of disorders with their symptoms and causes.

31. What are the types of 'strength'? Explain isotonic method to improve strength.

OR

State the concept of Sports Training and explain different principles.

32. What are the steps of doing Tadasana?

Finished Solving the Paper ?
Time to evaluate yourself !
<https://qrgo.page.link/bo62X>

OR

SCAN THE CODE

For elaborate Solutions

OSWAAL COGNITIVE
LEARNING TOOLS

