

Time: 1 hr.

Marks:30

- Note:
1. All questions are compulsory.
 2. Draw neat diagrams wherever necessary.
 3. Figures to the right indicate full marks.

Q.1 Rewrite the following by choosing the correct options given below.

[06]

- (a) Which of the following best defines sports?
- | | |
|---|---|
| (i) A physical activity solely focused on entertainment | (ii) An organised competitive and skillful physical activity requiring commitment and fair play |
| (iii) A casual game played without rules and objectives | (iv) Activity that does not involve any competition |
- (b) Which type of yogic practice focuses on controlling the breath?
- | | |
|------------------|----------------|
| (i) Asanas | (ii) Pranayama |
| (iii) Meditation | (iv) Bandhas |
- (c) What do the five rings on the Olympic flag represent?
- | | |
|--|------------------------------|
| (i) The five continents | (ii) The five Olympic sports |
| (iii) The five founding countries of the Olympic Games | (iv) The five Olympic values |
- (d) Which asana is known as the "King of Asanas" in yoga?
- | | |
|--------------------------|------------------------------|
| (i) Sirsasana(Headstand) | (ii) Padmasana (Lotus Pose) |
| (iii) Tadasana | (iv) Shavasana (Corpse Pose) |
- (e) Yoga means _____
- | | |
|------------------------------|--------------------------------------|
| (i) Just an exercise | (ii) a way to distract oneself |
| (iii) an escape from reality | (iv) a process for elevating oneself |
- (f) _____ is the basic text of Yoga Philosophy
- | | |
|----------------------------|-----------------------|
| (i) Hatha Yoga Pradipikar | (ii) Gheranda Samhita |
| (iii) Patanjali Yoga Sutra | (iv) Shiva Samhitha |

Q.2 Answer the following. (Any TWO)

[06]

- (a) What is the meaning of Sports? Explain its importance.
- (b) What is Physical Literacy? What are the key Components of Physical Literacy?
- (c) What are the aims and objectives of Sports?

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Q.3

Answer the following. (Any TWO)

[06]

- (a) Explain the history of Physical Education as a concept.
- (b) Explain the modern trends of sports as a concept with examples.
- (c) Describe various government schemes aimed at promoting sports in India.

Q.4

Answer the following. (Any TWO)

[06]

- (a) Explain in detail the components of health-related and skill-related physical fitness.
- (b) Discuss Meditation with special reference to its types.
- (c) Explain any five yoga asanas and their overall impact on health.

Q.5

Answer the following. (Any TWO)

[06]

- (a) Discuss the concept of 'National Sports Federation of India'.
- (b) Explain the benefits of Meditation.
- (c) Summarize the objectives of 'Khelo India'.

---X---X---