

FYBSC CS/SEM I/ATKT/Introduction to Sports, Physical Literacy, Health & Fitness & Yoga

Time: 1 hr.

Marks:30

- Note:**
4. All questions are compulsory.
 5. Draw neat diagrams wherever necessary.
 6. Figures to the right indicate full marks.

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

[06]

- (a) Which aspect is not typically included in the definition of sports?
- | | |
|------------------------|---------------------------|
| (i) Physical exertion | (ii) Skill development |
| (iii) Fair Competition | (iv) Financial investment |
- (b) Yoga means _____
- | | |
|------------------------------|--------------------------------------|
| (i) Just an exercise | (ii) a way to distract oneself |
| (iii) an escape from reality | (iv) a process for elevating oneself |
- (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 Indian sports personality is associated with the sport of badminton and has won the All England Open?
- | | |
|------------------------|-----------------------|
| (i) Saina Nehwal | (ii) P. V. Sindhu |
| (iii) Prakash Padukone | (iv) Kidambi Srikanth |
- (e) What does the term "Asana" refer to in yoga?
- | | |
|----------------------------------|----------------------------|
| (i) Breathing exercises | (ii) Meditation techniques |
| (iii) Physical postures or poses | (iv) Dietary practices |
- (f) The 'Khelo India' program was launched in which year?
- | | |
|------------|-----------|
| (i) 2014 | (ii) 2016 |
| (iii) 2018 | (iv) 2020 |

Q.2 Answer the following. (Any TWO)

[06]

- (a) Explain the history of Yoga as a concept.
- (b) What is Physical Literacy? What are the key Components of Physical Literacy?
- (c) Explain the modern trends of sports as a concept with examples.

Q.3 Answer the following. (Any TWO)

[06]

- (a) Explain the history of Physical Education as a concept.
- (b) What is the meaning of Sports? Explain its importance.
- (c) Describe various government schemes aimed at promoting sports in India.

Q.4 Answer the following. (Any TWO)

[06]

- (a) Discuss the fundamental principles of fitness training.
- (b) Explain in detail the components of health-related and skill-related physical fitness.
- (c) Explain the benefits of Meditation.

Q.5 Answer the following. (Any TWO)

[06]

- (a) Summarize the objectives of 'Khelo India'.
- (b) Discuss Meditation with special reference to its types.
- (c) Explain any five yoga asanas and their overall impact on health.

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