

General Instructions:

- (1) All questions are compulsory.
 - (2) Answers to questions carrying 1 mark should be in approximately 30 words.
 - (3) Answers to questions carrying 3 marks should be in approximately 90 words.
 - (4) Answers to questions carrying 5 marks should be in approximately 150-200 words.
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1. What is Knockout Tournament? (1)
2. Define leadership. (1)
3. Define nutrition. (1)
4. What is Knock Knee? (1)
5. State food supplement. (1)
6. What do you mean by ideology? (1)
7. Draw a fixture of 7 teams on league basis. (3)
8. Explain the correct posture of sitting. (3)
9. Jwala was a good boxer from her schooldays. She used to come school from a remote village.

Most of the aged persons of the village used to object her taking part in boxing. Even they used to say her father not to allow her for sports, but he wanted her daughter to be an international level boxer. He did not listen to them. He tried to give every facility to her daughter. Now after ten years of hard training she has been selected for World Cup Boxing Championship. She is sure to win laurels for her country.

On the basis of above passage answer the following questions: (3x1=3)

1. Do you agree with the views of most of the villagers? Answer in brief.
2. What values are shown by Jwala's father regarding her sports participation?
3. What lesson do you learn from the above passage?
10. Discuss the objectives of extramural in detail. (5)
11. What do you mean by planning? Elucidate the objectives of planning in sports in detail. (1+4)
12. Discuss the objectives of adventure sports in detail. (5)
13. What are renewable and non-renewable natural resources? Discuss about the proper use of natural Resources in detail. (2+3)
14. Elucidate about the various pitfalls of dieting in detail. (5)
15. Explain any five food myths prevailing in contemporary society. (5)
16. Mention any five advantages of correct posture. (5)
17. Discuss the factors affecting motor development in detail. (5)
18. Elucidate any five physical and physiological benefits of exercise on children. (5)
19. Briefly discuss about sociological aspects of sports participation. (5)
20. Elucidate the reasons of low participation of women in sports and games. (5)