General instructions:
1. The number of question should be written clearly.
2. Answer to questions carrying 2 marks should not exceed 30 words each.
3. Answer to questions carrying 4 marks should not exceed 40-50 words each.
4. Answer to questions carrying 4 marks should not exceed 60-80 words each.
5. Answer to questions carrying 6 marks should not exceed 100-125 words each.
6. Attempt all parts of a question together.

PART - A

Q.1. Specify any four principles of physical fitness development.  

Q.2. What are the components of physical fitness?  

Q.3. Specify at least four beneficial effects of Calisthenics or Rhythmic Exercises.  


Q.5. Specify at least four effects or changes, brought about in the body of an athlete, as a result of all-round training.  

Q.6. What is sociology? What type of social qualities can we develop in an individual through games and sports?  

Q.7. What do you understand by Isometric and Isokinetic Exercises? Give at least four examples of Isometric Exercises.  

Q.8. Explain the Interval Training method of endurance development. What is the principal of this type of training method?  

Q.9. Define leadership. Explain in details the qualities of good leader.  

Or

Games and Sports are man’s cultural heritage. Explain.
**PART - B**

Q.10. What do you know about Arjuna Awards?

2

Q.11. Write short answers of following questions related to the game or sport of your choice:

a) Write the names of four personalities of National or International Status of the game of your choice.

b) Name at least two national or International competitions of the game/ sport of your choice.

c) Explain at least two terminologies of the game or sport of your choice.

d) Describe any three important skills of the game/sport.

e) Write a short history of game of your choice.

f) Draw a sketch of the field/court/table of the game of your choice and indicate its specifications/measurements.

**PART - C**

Q12. Write short notes on the term environment.

2

Q13. What is Contusion? What is the general treatment of a Contusion?

2

Q14. Give at least four signs and symptoms of a fracture.

2

Q15. What first aid or general treatment should be given in case of a Fracture?

2

Q16. Write a short note of Menstruation.

3

Q17. Define Family. What are the main functions of family?

3

Q18. What are the objectives of conceptional care or care of women during pregnancy?

Or

What should be the role of parents in healthy growth and development of children?