

- a) Extramural b) Intermural c) Intramural d) Olympics
- 10 Seeding method helps in elimination of _____ teams.**
- a) Weak b) Strong c) Favourite d) Local
- 11 Under _____ procedure, good teams do not meet each other at the very start of the tournament.**
- a) Seeding b) Fixture c) Combination d) Elimination
- 12 Race starters are part of the _____ committee.**
- a) Medical b) Reception c) Announcement d) Official
- 13 League tournament is also known as _____**
- a) Knockout b) Combination c) Challenge d) Round Robin
- 14 In single league tournament, each team plays the other team _____**
- a) Once b) Twice c) Thrice d) None of these
- 15 What is the formula to determine number of matches in League fixture for even number of teams?**
- a) $N+1/2$ b) $N-1/2$ c) $N(N-1)/2$ d) $N(N+1)/2$
- 16 Community bonding occurs in _____ tournaments.**
- a) Extramural b) Intramural c) Intermural d) Olympics
- 17 League-Cum-Knockout is part of which tournament.**
- a) Knock out b) Round robin c) Combination d) Consolation
- 18 What is the formula to determine number of matches in knockout fixture?**
- a) Next power of 2 – Number of teams b) $N-2$ c) $N(N-1)$ d) $N-1$
- 19 Which of the following is NOT an objective of planning in sports?**
- a. Training of empires and coach b. Timely achievements of the targets
c. Distribution of work d. Finding out the causes of failure
- 20 _____ committee handles the budget of a tournament.**
- a) Reception b) Announcement c) Publicity d) Finance

Answer: 1.(c) 2.(a) 3.(b) 4.(a) 5.(b) 6.(c) 7.(b) 8.(a) 9.(c) 10.(b) 11.(a) 12.(d) 13.(d) 14.(a)

15.(c) 16.(a) 17.(c) 18.(d) 19.(a) 20.(d)

Answer in short:

21 What is planning in sports and games?

Ans. Planning is a preparation for any action. It is the first requirement of good administration and efficient working of programmes and activities of games and sports.

22 What do you mean by extramural?

Ans. Extramural means between institutions' or we can say that these competitions are conducted between the players of two or more institutions.

23 What do you mean by Intramurals?

Ans. The term Intramurals is derived from a Latin word 'Intra' means 'Inside' & Mural means "Walls". Intramural sports or intramurals are recreational sports organized within a particular institution, usually an educational institution.

24 What do you mean by term planning?

Ans. A plan is a pre-determined course of action to achieve a specified goal. It is an intellectual process characterized by thinking and linking before doing. It is an attempt on the part of manager to anticipate the future in order to achieve better performance. Planning is the primary function of the management.

25 In which conditions knockout tournaments are better than round robin?

Ans. When we have less time, less manpower and modified facilities, we prefer to have knockout tournaments than round robin. These are less expensive also.

26 Mention the objectives of intramurals.

Ans.

- It provides mass participation.
- It provides fun, enjoyment and recreation to students.
- It helps to identify the talent among one's classmates
- It develops social values such as honesty, discipline, cooperation, and sympathetic attitude.
- Variety of opportunities provides good leadership skills.

27 Write the name of various committees.

Ans. Administration committee, Executive committee, Decoration committee, Lodging and Boarding committee, Transport committee, Ground and Equipment committee, Financial Committee, Refreshment Committee, First Aid Committee, Ceremony Committee, Official Committee, Prize Committee, etc

28 What is a 'bye' in physical education?

Ans. A bye is a special privilege given to a team in the initial round because of which it gets exempted from playing in the first round and directly enters the second round.

29 What is health run?

Ans. A health run is a friendly race that involves either road running or cross country running with participants taking part for their own enjoyment rather than competition.

30 What is run for unity?

Ans. 'Run for Unity' is a symbol of unison, that the nation being united, is moving in one direction and collectively aims for one goal.

31 What is seeding in fixture for tournaments?

Ans. Seeding is a procedure by which good teams are placed in fixtures in such a way that stronger teams do not meet each other at the very start of a tournament. In seeding, the strong teams are selected to keep them at appropriate places in the fixture that they should not meet in the earlier rounds.

32 What do you mean by league cum league tournament?

Ans. In this type of tournaments, the total teams are divided into four zones. All the teams play their matches within their zone on a league basis. Further, the winner of each team again plays with each other on league basis.

33 Write the formula for giving 'bye'.

Ans. Bye = Next power of 2 – Number of teams

34 Give two objectives of Extramural activities.

Ans. Two important objectives of extramural activities are to improve sports standards by

exposing to more competition and fraternity development by meeting new people.

35 How many total numbers of matches will be played in a knockout tournament of 20 teams?

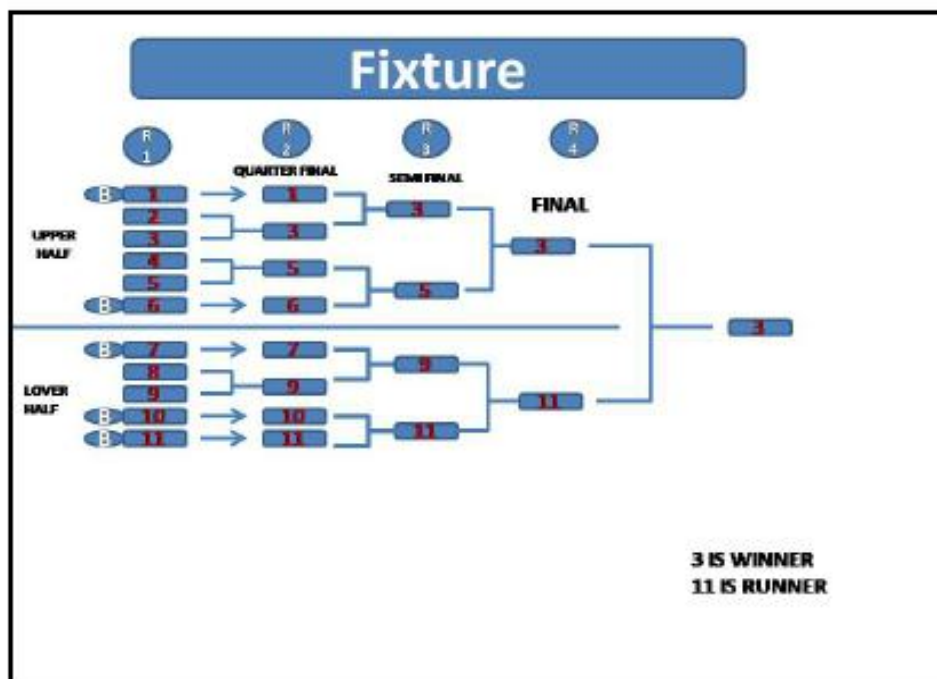
Ans. Since the number of matches to played in a knockout tournament is one less than the number of teams, a total of 19 matches will be played.

Answer in brief:

36 Draw a fixture of 11 teams on knockout basis.

Ans. Fixture of 11 teams

- Total number of teams (n) = 11
- total number of matches = $n-1 = 11-1 = 10$
- Total no of teams in upper half = $\frac{n+1}{2} = \frac{11+1}{2} = 6$
- Total no of teams in lower half = $\frac{n-1}{2} = \frac{11-1}{2} = 5$
- Total no. of Byes = Next power of two - of teams = $16 - 11 = 5$
- Total no. of Byes in upper Half = $\frac{nb-1}{2} = \frac{5-1}{2} = 2$
- Total no. of Byes in Lower Half = $\frac{nb+1}{2} = \frac{5+1}{2} = 3$



37 What are specific sports programmes? Explain with suitable example.

Ans. Specific sports programmes are non-competitive sports events which serve as social function. These act as a useful tool to enhance awareness, bring about community feeling, and encourage mass participation of people of all ages and backgrounds. These events may be as simple as 5-km community walk or a fund-raising event where the organisers

hope to raise funds and support charities like old-age homes, cancer survivors, etc.

38 Your school is organising 'Run for Unity'. Explain the responsibilities of accreditation, technical and finance committees.

Ans. **a) Accreditation Committee:** Also called the organising committee, it is headed by a Chairman who has the overall responsibility of organising, running and the wrapping up the event. All sub-committees report to the organising committee. All aspects of the event are routed through this committee.

b) Technical Committee: This committee is tasked with the responsibility to ensure that correct equipment, playing area, court and ground meet the required specifications.

c) Finance Committee: All events need a budget for their smooth conduct. The finance committee takes care of the budget, plans spending and prevents wasteful expenditure. Many finance committees are also tasked with arranging funds and sponsorship.

39 Draw a fixture of 6 teams on league basis according to the cyclic method.

Ans. **Fixture of 6 Teams**

Number of teams (N) = 6, Rounds
= (n-1) = (6-1) = 5

Matches = $n(n-1)/2 = 6(6-1)/2 = 6 \times 5/2 = 15$

Cyclic method fixture

Round I	Round II	Round III	Round IV	Round V
$\begin{array}{c} \textcircled{6} \leftrightarrow 1 \\ \uparrow \quad \downarrow \\ 5 \leftrightarrow 2 \\ \leftarrow \quad \rightarrow \\ 4 \leftrightarrow 3 \end{array}$	$\begin{array}{c} \textcircled{6} \leftrightarrow 5 \\ \leftarrow \quad \rightarrow \\ 4 \leftrightarrow 1 \\ \leftarrow \quad \rightarrow \\ 3 \leftrightarrow 2 \end{array}$	$\begin{array}{c} \textcircled{6} \leftrightarrow 4 \\ \leftarrow \quad \rightarrow \\ 3 \leftrightarrow 5 \\ \leftarrow \quad \rightarrow \\ 2 \leftrightarrow 1 \end{array}$	$\begin{array}{c} \textcircled{6} \leftrightarrow 3 \\ \leftarrow \quad \rightarrow \\ 2 \leftrightarrow 4 \\ \leftarrow \quad \rightarrow \\ 1 \leftrightarrow 5 \end{array}$	$\begin{array}{c} \textcircled{6} \leftrightarrow 2 \\ \leftarrow \quad \rightarrow \\ 1 \leftrightarrow 3 \\ \leftarrow \quad \rightarrow \\ 5 \leftrightarrow 4 \end{array}$

Point System: If a team win two points are given. In case of draw one point to each team and in case of losing a match zero points are awarded. Add the score of all the matches. Team with maximum points will win.

40 Write three different between intramurals and extramurals.

Ans. a) Intramurals are the activities which are performed within the walls or within the campus of a school or college while extramural activities are held away from the local campus.

b) Intramural activities are organised only for the students of a school or an institution while

- a) Vitamin C b) Vitamin D c) Vitamin A d) Vitamin K
- 11 Red blood cell contain 70% of _____**
- a) Copper b) Iron c) Magnesium d) Calcium
- 12 The word yoga was first mention in _____**
- a) Bhagvad Gita b) Rig Ved c) Yajura veda d) Upanishad
- 13 Obesity can be checked by the regular practice of certain asanas. Among the most beneficial is _____**
- a) Vajrasana b) Shavasana c) Bhujangasana d) Pawanmuktasana
- 14 Trikonasana must not be practiced by those suffering from _____**
- a) Diabetes b) Lower backache c) Asthma d) Obesity
- 15 Occupational Asthma is caused by _____**
- a) Cold air b) Dry air c) Pollen d) Dust and Smoke
- 16 Sukhasana should be avoided in _____**
- a) Pregnancy b) Asthma c) Diabetes d) Knee/Spine Problems
- 17 Bhujangasana is also known as the _____**
- a) Snake pose b) Cobra pose c) Reptile pose d) Cat pose
- 18 A healthy BMI is _____**
- a) Less than 18.5 b) 25 – 29.9 c) 30 – 34.9 d) 18.5 - 24.9
- 19 Pawanmuktasana, also known as _____, is a reclining posture.**
- a) Wind relieving pose b) Calming posture c) Cobra pose d) Pleasant pose
- 20 _____ is a condition in which the airways become narrow and swell and produce extra mucus.**
- a) Allergy b) Low B.P. c) High B.P. d) Asthma

Answer: 1.(d) 2.(a) 3.(c) 4.(a) 5.(c) 6.(b) 7.(b) 8.(c) 9.(a) 10.(a) 11.(b) 12.(b) 13.(a) 14.(b) 15.(d) 16.(d) 17.(b) 18.(d) 19.(a) 20.(a)

Answer in short:

21 What do you mean by healthy weight?

A healthy weight is considered to be one that is between 19-25 BMI. If the BMI is

Ans. between 25-29 an adult is considered overweight and if it is above 30, the person is considered to be obese.

22 What are carbohydrates?

Ans. Carbohydrates are compounds of carbon, hydrogen and oxygen. Sources fruits, milk, vegetables, pulses, bajra, rice, cakes etc. Functions The main function of carbohydrates is to provide energy for the body, brain and nervous system.

23 Critically explain the use of dietary supplements in heavy dose for longer duration. Justify your answer with two suitable examples.

Ans. a. Excess calcium in diet for longer time can cause heart diseases/ formation of stones in kidney.
b. Excess iron causes vomiting and headache, Food poisoning.
c. Vitamin E can cause prostates cancer.

24 Define food supplements.

Ans. Food supplements are concentrated sources of nutrients taken as a dietary top-up. They are given in addition to your regular diet. They can add missing nutrients to diets. Food supplements are Proteins, Vitamins, Minerals, Etc.

25 What do you mean by Asana?

Ans. To sit in a comfortable position for everlasting period of time is called asana.

26 Discuss any two benefits of Paschimottasana.

Ans. Two benefits of Paschimottasana are as follows:
1. Calms the brain and helps relieve stress and mild depression.
2. Stretches the spine, shoulders and hamstrings.

27 Define balance diet.

Ans. A balance diet is one which provides all the nutrients in required amounts and proper proportions. It can easily be achieved through a blend of the four basic food groups. The quantities of foods needed to meet the nutrient requirements vary with age, gender, physiological status and physical activity.

28 Write any two contraindications of Trikonasana.

Ans.

- Headache.
- Low blood pressure

29 Write any two benefits of Chakrasana.

Ans.

- Good for infertility, asthma and osteoporosis
- Strengthen liver, pancreas and kidneys.

30 Yoga has how many different branches or elements?

Ans. Yoga has eight different branches / elements.

31 What is a healthy BMI for Indians?

Ans. A healthy BMI for Indians is between 18 to 23

32 Write about “Micronutrients”.

Ans. Micronutrients are nutrients that we need in very small quantities but on a daily basis. They serve very important functions. All the chemical reaction inside our body are aided by micronutrients which are mostly vitamins and minerals.

33 What are the symptoms of food intolerance?

Ans. The symptoms of food intolerance include intestinal gas, abdominal pain or diarrhoea.

34 Enlist two sources of iron and calcium.

Ans. Iron-rich foods are green leafy vegetables and meat while calcium-rich foods are milk and cabbage.

35 Name any two asanas used to cure obesity.

Ans. Vajrasana and Padahastasana are two asanas recommended to help with obesity.

Answer in brief:

36 Write a short note on vitamin.

Ans. Vitamins are complex compounds of carbon and essential for normal functioning of body. It is important for metabolism of fats and carbohydrates and helps to repair and maintenance of various tissues. Vitamins are natural substances found in plants and animals and known as Essential nutrients for human beings. Human body uses these substances to stay healthy and support its many functions. There are two types of vitamins: water-soluble and fat-soluble. Deficiencies of vitamins and minerals may be caused by disease states such as mal absorption.

37 In sports such as Boxing & Wrestling, the players tend to lose weight sharply. Explain pitfall of dieting?

Ans. Pitfalls of Dieting are as follows:

- Intake of calories through drinking: when you want to lose weight you try to eat less and drink less too things like sweetened juices, sodas, coffee and ice creams etc. all these contribute to weight gain.
- Underestimating the calories: it is a fact that most of the persons who go on dieting usually underestimate the number of calories they consume. So, it is essential to be more aware about the number of calories you take in your diet.
- Crash dieting takes the biggest toll on water reserves of our body. Loss of water

impairs (check/reduces) circulation and therefore overworks the heart and kidneys.

- Intake of labelled foods.
- Not performing exercises.

38 Explain the procedures of Paschimottasana.

- Ans.
- Sit up with the legs stretched out straight in front of you on the floor.
 - Keep the spine erect and toes flexed towards you.
 - Bring your respiration to normal.
 - Breathing in, slowly raise your both the arms straight above your head and stretch up.
 - Slowly breathe out and bend forward from the hip joint, chin moving toward the toes keeping the spine erect.
 - Place your hands on your legs, wherever they reach, without putting much effort.
 - If possible hold of your toes and pull on them to help you go forward.
 - Stay in this position as long as possible.
 - After the exertion limit reached inhale and raise up stretching up your arms straight above your head.
 - Breathe out and bring your arms down placing the palms on the ground.
 - Relax for a while and try to feel the changes occurred in the body.

39 Discuss the procedure of Pawanmuktasana.

- Ans. Procedure of Pawanmuktasana:
- Lie down on you back on a plain surface.
 - Keep your feet together and place your arms beside your body.
 - Take a deep breath.
 - When you exhale bring your knees towards your chest.
 - At the same time press your thighs on your abdomen.
 - Clasp your hands around your legs.
 - Hold the asana when you breathe normally.
 - Every time you inhale, ensure that you loosen the grip.
 - Exhale and release the pose after you rock and roll from side to side three times.

40 Discuss the procedure of Gomukhasana.

- Ans.
- Sit with your legs stretched out
 - Bend the left leg and bring the foot under the right hip
 - Bend the right leg over left leg and draw it towards the left hip
 - Keep the right knee on the left one
 - Without raising, bend the left hand behind and bring the palm up
 - Raise the right hand, bend down to reach the left palm and clasp
 - Hold it in that position and close your eyes
 - Breathe slowly. Sit in this position to the extent possible