

**CBSE 2021-22 (TERM-2)****DATE: 02-06-2022**

Questions Paper

SERIES: BAB | CODE : 75 | SET-4
SUBJECT : PHYSICAL EDUCATION

TIME ALLOWED: 2 HOURS**MAXIMUM MARKS : 35**

- Please check that this question paper contains 8 printed pages.
- Q.P. Code given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- Please check that this question paper contains 18 questions.
- **Please write down the Serial Number of the question in the answer-book before attempting it.**
- 15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the candidates will read the question paper only and will not write any answer on the answer-book during this period.

General Instructions:



- (i) There are three **Sections** in the Question paper namely **Section A, Section B and Section C**.
- (ii) **Section A** consists **9 questions** among which **7 questions** have to be attempted. Each question carries **2 marks** and should have **30-50 words**.
- (iii) **Section B** consists **5 questions** among which **3 questions** have to be attempted. Each question carries **3 marks** and should have **80-100 words**.
- (iv) **Section C** consists **4 questions** among which **3 questions** have to be attempted. Each question carries **4 marks** and should have **100-150 words**.

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SECTION - A






1. "Asanas can be used as a preventive measures." Comment. 2
Ans. Asanas can be preventive measures in fending off lifestyle diseases as they provide physiological advantages. The poses are not meant to simply be physical exercises but they are used holistically as a mind-body posture practice to improve physical, mental, and spiritual health.
2. What is active and passive flexibility? 1 + 1
Ans. (a) **Passive flexibility:** The ability to perform movements with greater amplitude with external help is passive flexibility. e.g.. Stretching exercises with the help of partner.
(b) **Active flexibility:** The ability to do movements with greater amplitude without external help is called active flexibility. Active flexibility is of two types: static and dynamic.
3. "Extrinsic motivation sometimes may kill intrinsic motivation." Justify. 2
Ans. Extrinsic motivation sometime may kill intrinsic motivation because in extrinsic motivation an athlete initiates and sustains an activity as a result of external pull, attraction, forces, incentive, etc. Sooner or later the athlete loses interest and quits sport when the rewards etc. are no longer forthcoming.
4. Define disability and list down any two types of disability. 1 + 5 × 2
Ans. It is defined as "any restriction or lack of ability to perform an activity thin the manner or within the range considered normal for a human being". Physical disability includes blindness, deafness, muscular and nervous disorders, paralysis and loss of limbs, etc. (Disability act 1993)
Types of disability.
(a) Cognitive disability
(b) Intellectual disability
5. Describe any 2 objectives of first aid. 1 + 1
Ans. Objectives
The objectives of first aid are as follows :
1. Preserve Life: The primary objective of first aid is to protect the life of the victim. It is not possible that a doctor is present at the accident site, so the victim's life can be saved by means of available measures.
2. Prevent the Condition: The victim should be transferred to a safe place as early as possible and first aid should be given to protect him from harm, such as - an attempt to stop bleeding, support the fractured organ, regularization of breathing, etc.
6. Elucidate any 2 types of coordinative ability with suitable example. 1 + 1
Ans. **Balance Ability:** During the movement or speed of the body, maintaining balance or balancing after being imbalanced is known as balance ability. For example, performing on the balancing beam, water skiing. This ability of maintaining the balance is required in most of the sports and games.
Rhythm Ability: It is the activity according to the rhythm. For example, calisthenics, aerobics, gymnastics, etc. Besides this, some activities are based on the basis of movement and memory, and the player performs the activity in a rhythmic manner.

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7. What are the symptoms of Autism Spectrum Disorder? 1 + 1
Ans. Symptoms of ASD
 Some common symptoms of ASD are listed below:
- Lack of good social skills.
 - Communication problem.
 - Repetitive behaviour like flicking a light switch repeatedly, smelling everything flipping objects, etc. Resists touch and prefers playing alone.
 - Fails to express one's emotions and avoids eye contact.
 - Shows obsession with certain activities or objects.
 - Performance of self-harm activities like biting or banging the hands.

8. Explain any 2 physiological factors, help in determining endurance. 1 + 1
Ans. **Economy Activity Technique:** A player is able to maintain continuity of his activity for a longer period if he uses the energy as per the need of the activity.

Muscle Composition: It has already been discussed that two types of fibres are present in muscles- Fast-Twitch (White) Fibre and Slow-Twitch (Red) Fibre. The excess of red fibres in the muscle system ensure more endurance. This is a genetic factor which decides the endurance of the body.

9. Enlist any 4 causes of Oppositional Defiant Disorder (ODD). 2
Ans. Other reasons ODD may be of ODD inconsistent discipline, divorce, poverty, a chaotic environment in the family and exposure to violence.
 causes :
1. Genetic Factors: Children, whose parents or elders in the family are afflicted with this type of disorder, are more likely to suffer from it.
 2. Environmental Factors: Children, who do not have normal relations with their parents, are more susceptible to this disorder. A child suffering from this disorder also fails in establishing social relationships.
 3. Physical Factors: The control on the brain of a child/individual depends on the availability of various types of chemicals. The excess or lack of these chemicals can also cause this disorder.

SECTION - B






10. Define aggression. Discuss any 2 types of aggression. 1 + 2
Ans. (1) **Instrumental Aggression** is when the main aim in achieving the goal by using aggression. For example, a rugby player using aggression to tackle his opponent to win the ball. The player is not using the aggression to hurt his opponent but rather to win the ball back. Experienced athletes use instrumental Aggression. The player is not having any grudges and shake hands when playing against each other.
- (2) **Hostile Aggression:** Hostile aggression is when the main aim is to cause harm or injury to your opponent. For example, a bowler sending a bouncer to distract the concentration of batsman.

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11. What do you mean by disability etiquettes ? List down any 4 disability etiquettes while communicating with a person with special needs. 1 + 2

Ans. Disability etiquettes means behavioural manners while dealing with child ferent abilities. They have their own characteristics and they also want to to all kinds of activities.

1. Learning Disability Etiquettes :

Discussions should be done politely and according to the abilities of such persons.
Practise listening patiently to the words of disabled people and try to understand them.

2. Blind Disability Etiquettes :

Introduce yourself before the conversation.
Communicate through words and do not use gestures.

3. Hearing Disability Etiquettes :

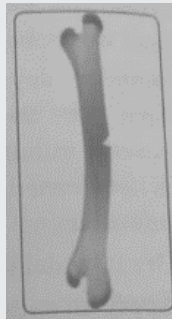
Physical attention is needed to attract their attention.
Tell then the matters slowly and clearly because mach people guess by lip reading and understand facial expressions.

4. Speech Disability Etiquettes :

Let them talk and help them out.
Give them an opportunity to answer.

12. Draw diagram and explain the management of any 2 types of bone injury. 1.5 + 1.5

Ans. Greenstick Fracture : The greenstick fractures are incomplete in long and soft bones. These fractures are usually seen in young children, most commonly less than 10 years of age.



Treatment: The greenstick fractures are treated as follows:

- Immobilise the bone (keeping it from moving) with a splint for 4-6 weeks.
- For pain, the doctor may prescribe pain killers.
- Some patients need surgery for more serious greenstick fractures. Surgery may be done to realign the bone.

Comminuted Fracture :








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Treatment: An X-ray is important for ad diagnosing the condition. An open reduction when the bone fragments are ay jammed-together using surgical nails, wire g plates, etc., is required for comminuted fracture.

- Use a splint to restrict movements above or below the injured part.
- Under the doctor's advice, painkillers and antibiotics can be taken to reduce pain and infections.
- After a few months, the bone regains its natural form.

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Explain any 2 types of bone injury with their management. 1.5 + 1.5

13. Write the benefits and contraindications of Matsyasana. 1.5 + 1.5

Ans. Matsyasema ptoms Benefits:

- A stretched upper body allows extra in the oxygen into the lungs.
- It is useful for sthma patients.
- There is improvement in skin conditions, facial and throat muscles.
- Its improves metabolism, which makes it a great pose for those who wish to reduce weight.

Contraindications: The contraindications related to Matsyasana are stated below:

- Patients with migraines and insomnia should also abstain from practicing this asana.
- Women should avoid this asana during pregnancy.

14. Differentiate between Isometric and Isotonic exercise with suitable example. 3 × 1

Ans. Isometric exercises: These are the exercises in which no movement takes place while force -is exerted against an immovable object. It develops only tension at the joint concerned. It is also called static muscle contraction, e.g. pushing against a wall.


Isotonic: Iso means 'SAME' and tonic means TENSION. In isotonic contraction muscle contracts and shortens under a constant load throughout the entire range of joint. The shortening of a muscle's principle action (length of muscle decreases) is called concentric. The lengthening of the muscle (length increases) after contraction is called eccentric. Such types of contractions are commonly used in games and sports. This is also called dynamic contraction. In the initial phase of movement, concerned muscles are stretched and then they contract explosively. Because of shortening and lengthening of muscles there is always a resultant movement at concerned joint. In majority of the cases the dynamic muscle contraction is a specific combination of concentric and eccentric contractions. This happens in all explosive movements like jumps, throws, etc.

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SECTION – C

15. What are the personality traits according to the Big Five theory? 4 × 1 = 4
Ans. (a) **Openness** : It means a high level of receptivity towards new ideas and challenges. Open individuals have an adventurous and curious spirit, immense imagination and the ability to examine abstract ideas. They are very frank and expressive.
- (b) **Conscientiousness** : Features traits are thoughtfulness, discipline, focus, commitment, strong impulse control and dependability. People who are strong on this dimension are well organised, dedicated to plans and schedules and reliable.
- (c) **Extraversion** : People extraversion a sociable, et friendly f enjoy the attention of chan They make lot of friends speak freely .
- (d) **Agreeableness** : Agreeable people are kind, compassionate, helpful, warm and trust wordby They show a healthy level of empathy and enjoy being good friends.
- (e) **Neuroticism** : Neurotics are emotionally unstable. They are irritable, nervous, anxious, worry over small matters and often fall into Depression.

16. Discuss in detail 2 long term and 2 short term effects of exercise on cardio respiratory system. 2 + 2
Ans. 1. **Increase in Heartbeat** : The number of time the heart beat per minute is called heart rate . A common man's heart rate is 72 beats per minute.
2. **increase in Blood-flow** : When a person indulges in activities, the active modes heed more oxygen supply through blood. Hence, the blood-flow is more in active muscles to fulfil the immediate requirement of oxygen.

Long-Term Effects






1. **Decrease in Resting Heart-rate**: The person who regularly exercises has decreased heart-rate as the heart does not have to beat more than its capacity to supply blood when the body is resting. This happens due to increase in stroke volume.
2. **Control on Cholesterol**: Regular exercising leads to lower levels in cholesterol. As a result, blood-pressure remains normal. Cholesterol deposition in arteries creates barriers in blood-flow due to which the possibility of heart disease persists. Regular exercises diminish the chances of such problems.
3. **Decrease in Respiration Rate**: Respiratory rate is the number of breath taken per minute. The rate of respiration increases when a person begins with exercises but undertaking exercises regularly can lower the respiratory rate. The high level sportsperson experiences the respiratory rate of 6-8 minutes in the state of rest while a normal person experiences the same for 10-15 minutes.
17. Define Endurance and discuss the methods of endurance development. 1 + 3
Ans. Endurance is either measured by the number of repetitions of a task or the time for which an activity is performed.
- Continuous Method** : In this method, an exercise is done for a long duration of time without any rest.
1. **Slow Continuous Method** : A slow continuous and long duration is required in this method. The duration of the activity should not be less than 30 minutes. This method is used for activities like walking, unning cycling, etc.
2. **Fast Continuous Method** : A fast pace andom activity is required in this method. The duration of the activity should be at least 20 minutes.

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Interval Training : In interval training, work should be done with sufficient speed and duration so at the heart rate goes up to 180 beats per minute. After this, there should be short interval and when the heart rate drops down to 120-130 beats per minute be work should be started again. A high tensity activity with break is carried out is this method.

Fartlek Training : Fartlek developed this method in 1930s this method, an exercise is done for a which means 'speed play. It is a training method that blends continuous training with interval training. The variable intensity and continuous nature of the exercise place stress on both the aerobic and anaerobic use of respiratory system.

18. What is Obesity? Draw stick diagrams of any two asanas recommended to control obesity and explain their procedure. 1 + 1.5 × 2

Ans. It is a medical condition in which excess body fat has accumulated to the extent that it has a negative effect on health. People are generally considered as obese when their BMI is over 30 kg/m².

Procedure: Trikonasana can be performed by following the given steps:

- Stand straight and keep a minimum distance of 3 feet between your legs.
- Extend both your arms sideways and keep them on the level with the shoulders.
- While inhaling slowly, raise the left arm and bend the body towards the right with the right arm pointing downwards, with fingers pointed towards your toes.
- Your eyes should face the ceiling and most importantly, be open for keeping optimum body balance.
- Make sure to inhale deeply and relax the body on exhalation during the final position.
- Stay in the position for a minimum of one minute. Repeat the asana for the other side as well.
- Perform three Trikonasana.

Procedure: Vajrasana can be prac following the given steps:

- Stand on your knees and keep the together and stretched out. Make the big toes cross each other.
- Fold the right leg and place the in under the right buttock.
- Place both the heels so that the big toes overlap each other.
- Position the buttocks in the space between the heels
- Keep the hand on the respective krees
- Keep the spine erect, gaze in front or close the eyes. Initially, you can stay for food items 10-15 seconds.
- While returning to the original position, and bakery bend a little towards the right side, take out your left leg and stretch it.

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Briefly explain the procedure of any 1 yoga asanas for managing Obesity along with its benefits and contraindications. 2 + 1 + 1

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