UNIT I: Changing Trends and Career in Physical Education

Q.1 Why is Physical Education important for youth? Give reasons.

Q.2 Why is there a demand of personal trainers and health clubs in India?

Q.3 Write short note on Khelo India Program.

Q.4 Write down various competitions held at National and International levels.

UNIT II: Olympic Value Education

Q.5 What are the objectives of Olympic Games?

Q.6 What do you mean by Olympic Values?

Q.7 Write about Equality in Olympic Values.

Q.8 What is the significance of the design on the Olympic Flag?

Q.9 Write about Baron de Coubertin and how he helped bring the Olympics back to life.

Q.10 Discuss the formation of IOC and IOA.

Q.11 Write short note on-

(a) Olympics

(b) Paralympics

© Special Olympics

UNIT III: Physical Fitness, Wellness and Lifestyle

Q.12 Explain sedentary lifestyle and give reasons for why it is harmful for one’s health and well being.

Q.13 Make a list for cultivating physical fitness and wellness.

Q.14 Briefly explain the Coordinative abilities.

Q.15 Write short note on-
(a) Strength
(b) Speed
(c) Endurance
(d) Flexibility

Q.16 Define Cardiovascular Endurance.

UNIT IV: Physical Education and Sports for CWSN (Children With Special Needs - Divyang)

Q.17 How do you define ‘disability’?

Q.18 What are the objectives of Adapted Physical Education?

Q.19 How is physical education beneficial for students with disability?

Q.20 What is the vision of Special Olympics Bharat?

Q.21 What are some achievements of Special Olympics Bharat?

Q.22 What are the obstacles faced in the implementation of Adapted Physical Education in India?

Q.23 How are Paralympics games carried out?

Q.24 Why is the concept of Inclusion necessary in education with respect to students with special needs?

UNIT V: Yoga

Q.25 Why is yoga important in modern life?

Q.26 Write short note on-

(a) Samadhi
(b) Dharna
© Pratyahara
(d) Dhyana

Q.27 Discuss at least three types of asanas for concentration.

Q.28 Differentiate between Relaxative asanas and Cultural asanas?

Q.29 Write short note on three Yogic Kriyas.
Q.30 What are the benefits of Yog-nidra?

UNIT VI: Physical Activity and Leadership Training

Q.31 Explain the Physiological aspect of physical activities.
Q.32 Explain how physical education helps in creating leaders?
Q.33 Explain the objectives of adventure sports.
Q.34 Mention the safety measures to be followed during physical activity.

UNIT VII: Test, Measurement and Evaluation

Q.35 What are Somatotypes?
Q.36 Describe the methods of measuring health related fitness.
Q.37 How is WHR calculated and how can it be used to assess the health of a person?

UNIT VIII: Fundamentals of Anatomy, Physiology and Kinesiology in Sports

Q.38 What are the functions of the Skeletal systems?
Q.39 How do muscles regulate body temperature?
Q.40 What are the functions of respiratory system?
Q.41 How do circulatory and respiratory systems work together?
Q.42 Briefly describe the structure of Heart?
Q.43 Write down functions of Circulatory system?
Q.44 Explain the meaning and types of Equilibrium.

UNIT IX: Psychology and Sports

Q.45 Why is adolescence considered a difficult period?
Q.46 Write in details the meaning and definition of sports psychology.
Q.47 Differentiate between Growth and Development.
Q.48 Write about developmental characteristics during adolescence.

UNIT X: Training and Doping in Sports

Q.49 Briefly describe the concept of Sports Training.
Q.50 Differentiate between passive and active warming up.

Q.51 Give three examples of stretches used for limbering down.

Q.52 What is WADA?

Q.53 Explain why Doping should be banned in sports.

Q.54 What are the various substances prohibited in a competition?

Q.55 What are the side effects of Stimulants?