UNIT I: Planning in Sports
Q.1 What is the task of the Decoration and Ceremony committees.
Q.2 What types of statistics are used while drawing fixtures for knockouts?
Q.3 How many byes will be allotted in a knockout in which 15 teams are participating.
Q.4 How many rounds will be there in a knockout of (a) 10 teams (b) 13 teams
Q.5 Draw a knockout fixture of 24 teams.

UNIT II: Sports and Nutrition
Q.6 How is nutrition different from food?
Q.7 Explain the role of fibre in diet?
Q.8 Write about three microminerals and their importance.
Q.9 What is the significance of water in the body although it is a non-nutritive component?
Q.10 Write about causes and management of food intolerance.
Q.11 How would you differentiate between flavour and colour compounds.

UNIT III: Yoga and Lifestyle
Q.12 How do the following affect obese or over weight?
   (a) Vajrasana (b) hastasana (c) trikonasana (d) ardha matsyendrasana
Q.13 How do the following affect people with diabeties
   (a) bhujangasana (b) paschimottanasana (c) pavamuktasana (d) ardha matsyendraasana
Q.14 How do the following affect people with asthma?
   (a) sukhasana (b) chakrasana (c) gomukhasana (d) parvatasana
Q.15 How do the following affect people with hypertension?
   (a) tadasana (b) vajrasana (c) shavasana
Q.16 How do the following affect people with back pain?
   (a) vakrasana (b) shalabhasana (c) ardha matsyendraasana

UNIT IV: Physical Education and Sports for CWSN(Children With Special Needs- Divyang)
Q.17 How do you define cognitive disability?
Q.18 What is intellectual disability?
Q.19 How is physical disability caused?
Q.20 What are the major causes of disorder?
Q.21 What are some causes of-
   (a) ODD (b) SPD (c) ASD (d) ADHD (e) OCD

UNIT V: Children and Women in Sports
Q.22 What effects do nutrition and physical activities have on motor development?
Q.23 Write short note on motor development of-
   (a) infants(0 to 2 years)
   (b) early childhood(2 to 6 years)
   (c) late childhood(11 to 12 years)
Q.24 How do biological factors affect motor development?
Q.25 How is motor development in children affected by environmental factors?

Q.26 Suggest at least two exercise methods for treating-

(a) lordosis  (b) scoliosis  (c) kyphosis  (d) bow legs  (e) flat foot

Q.27 Briefly discuss how Indian sports women are affected by lack of gender equality and the culture of masculinity in the country.

Q.28 Suggest any four ways through which women participation in sports can be increased.

**UNIT VI: Test and Measurement in Sports**

Q.29 How are following test conducted?

(a) standing broad jump  
(b) zigzag run  
(c) medicine ball put

Q.30 Explain the components of Rikli and Jones Test?

Q.31 Explain the procedure for conducting Kraus- Weber Test for measuring minimum muscular strength.

Q.32 Explain Rockport test.

**UNIT VII: Physiology and Injuries in Sports**

Q.33 Explain any three components of physical fitness?

Q.34 Describe any three physiological determinants of endurance.

Q.35 How does ageing affect the respiratory and cardiovascular systems?

Q.36 Describe any three physiological determinants of Flexibility.

Q.37 Describe any three types of fractures.

Q.38 What do you understand by First Aid?

Q.39 Define the types of Dislocations.

**UNIT VIII: Biomechanics and Sports**

Q.40 What are the differences and similarities between:

(a) flexion and extension  
(b) abduction and adduction

Q.41 ‘Friction is a necessary evil’. Justify your answer with suitable examples of sports.

Q.42 What is the importance of Biomechanics.

**UNIT IX: Psychology and Sports**

Q.43 Personality and postures are two sides of the same coin. Comment.

Q.44 Explain goal setting as a technique of motivation.

Q.45 Exercise adherence is a healthy habit. Comment.

Q.46 Write about behavioural benefits of exercise.

**UNIT X: Training in Sports**

Q.47 Briefly describe the three types of isotonic strength.

Q.48 What do you mean by Interval Training.

Q.49 What is Fartlek Training.

Q.50 List factors that determine Speed.

Q.51 Explain the meaning of Flexibility.

Q.52 What is Coordinative Ability?

Q.53 What would be your chosen exercises for circuit training?