

Physical Education (Code No.048)

BLUE PRINT OF QUESTION PAPER AND EVALUATION GUIDELINES

Theory

Max. Marks 70

| Type of Questions | Number of Questions | Component | Max. Marks 10 | Approximate words |
|------------------------|---------------------|---|------------------|-------------------------------|
| Long Answer Questions | 2 | Knowledge | 03 | 50 words & above |
| | | Application | 06 | 250 words & above |
| | | -Reference -Source of Information -Publication -Author -Examples etc. | 01 | Additional information if any |
| Medium Answer Question | 3 | Knowledge | 03 | 50 words & above |
| | | Application | 03 | 50 words & above |
| | | -Reference -Source of Information -Publication -Author -Examples etc. | 04 | 150 words & above |
| Short Answer Question | 1 | Definition/ Concept/ Comparison etc. | 2 x 5 | 25 - 30 words |
| Essay Type Question | 1 | Concept & Relevance to the Question | 06 | 300 words & above |
| | | Reasoning , Structure & Presentation | 04 | |

PAPER SETTING

- * Two questions of either / or nature should be set out of each Unit.
- * 14 questions will be set from the total syllabus.
- * Seven questions compulsory to be attempted by the student, at least one out of each unit.

Note: The question paper in all shall aim to assess knowledge and understanding part. Approximately 50% marks each may be allotted to assess knowledge and for application of knowledge.

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PHYSICAL EDUCATION
(Sample Question Paper)
Code No.048

M.M. 70

Class XII

Time 3 Hrs

All questions are compulsory.
Question paper carries two parts namely Part A & B.

PART A

Q.1. How an individual is benefited with fitness and wellness. Explain the principles of fitness.

2+2+6

Q.2. Circuit training consists of exercises performed with or without apparatus. Draw a diagram of circuit training along with stations. What are the main characteristics of circuit training?

5+5

Q.3. Specify the role of sociology in sports. How physical education programme leads to leadership and value education?

2+4+4

OR

“Games and sports as cultural heritage” Justify.

10

Q.4. Describe the following:

- (i) Sports environment
- (ii) Essential elements of sports environment
- (iii) Role of individual in improving sports environment
- (iv) Prevention of sports related accidents
- (v) Physical education as a medium to improve sports environment

2x5

Q.5. While describing the terms yoga and asanas, explain the role of yoga for improving performance in competitive sports.

3+3+4

Continued.....

PART B

Q.1. What do you understand by first aid of sports injuries? Explain sprain, strain, abrasion and fracture.

2x5

Q.2. Write the following about the game/sport of your choice (any five):

- (i) List of fundamental skills
- (ii) Two specific warming up exercises
- (iii) Two terminologies of the game/sport
- (iv) Name of two sports awards conferred by Govt of India in the game
- (v) Two important tournaments and venues for last two years
- (vi) Name of two personalities with brief out line of their achievements
- (vii) Latest changes in the rules of game/sport

2x5

PHYSICAL EDUCATION
(Sample Question Paper)
Code No.048

M.M. 70

Class XII

Time 3 Hrs

All questions are compulsory.

Question paper carries two parts namely Part A & B.

PART A

Q.1. How socialization takes place through sports and games at national and international level?

2+4+4

OR

“Games and sports as cultural heritage” Justify.

10

Q.2. Describe the following:

- (i) General fitness
- (ii) Specific fitness
- (iii) Recreational fitness
- (iv) Calisthenics and fitness
- (v) Jogging and fitness

2x5

Q.3. How physical education helps in creating positive environment? How it helps in improving performance and prevents sports related injuries?

4+3+3

Q.4. Write short notes on any five:

- (i) Origin of yoga
- (ii) Effect of yoga on individual
- (iii) Role of yoga in sports
- (iv) Meditation
- (v) Pranayam
- (vi) Asanas

2x5

Q.5. What do you mean by the concept of training? Explain briefly conditioning, general training, specific training and strength training.

2x5

Continued.....

Physical Education - Class XII - Continued.....

PART B

Q.1. Describe the first aid measures and rehabilitation process of injuries related to sports and games.

5+5

Q.2. Write the following about the game/sport of your choice (any five):

- (i) List of fundamental skills
- (ii) Two specific warming up exercises
- (iii) Two terminologies of the game/sport
- (iv) Name of two sports awards conferred by Govt of India in the game
- (v) Two important tournaments and venues for last two years
- (vi) Name of two personalities with brief out line of their achievements
- (vii) Latest changes in the rules of game/sport

2x5

PHYSICAL EDUCATION
(Sample Question Paper, Set-I)
Code No.048

M.M. 70
Hrs

Class XII

Time 3

“Solved Question Paper”

All questions are compulsory.

Question paper carries two parts namely Part A & B.

Part A

Q.1. How an individual is benefited with fitness and wellness. Explain the principles of fitness.

2+2+6

Ans.

It is known that fitness and wellness makes an individual physically fit, mentally stable and helps becoming a good citizen. Fitness helps individual achieve satisfactory level of strength, endurance and flexibility. It further improves the confidence and energy level. One feels more energetic and fresh for the whole day. It also leads to sound sleep followed by more relaxed body which leading to mental satisfaction and social stability. Body becomes more resistant to general ailments. Fitness improves efficiency of heart and lungs by improving cardio-respiratory fitness. It helps in maintaining normal blood pressure of the body. In nutshell, we can say - fitness and wellness helps to achieve the aim of physical education i.e. - “All round development of personality of the individual.”

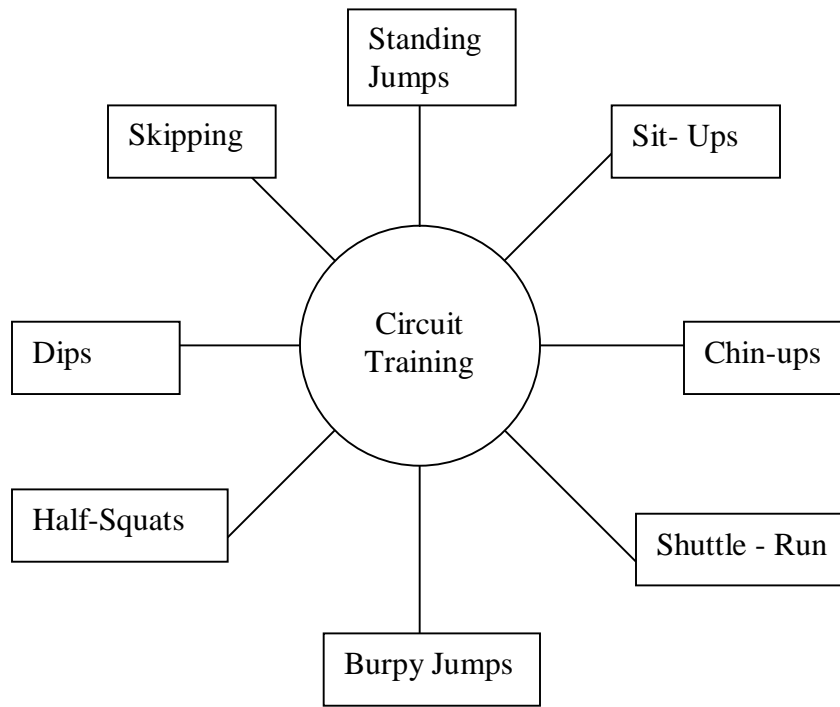
Principles of fitness:-

1. Before taking any fitness programme one go for medical check-up.
2. One can take-up the fitness program at any age.
3. Fitness program must be scientifically chalked out depending on age, sex and ability.
4. Programme must be simple to complex.
5. Avoid eating or drinking during a fitness session.
6. Safety must be given priority during the programme.
7. There should be proper gap between the meal and training session.
8. Avoid uncomfortable clothing during the exercise.
9. Avoid overstress and workout according to your need and capacity.
10. The most important principle of developing physical fitness is the principle of overload.

Q.2. Circuit training consists of exercises performed with or without apparatus. Draw a diagram of circuit training along with stations. What are the main characteristics of circuit training?

5+5

Ans.



“Circuit - Training “

Characteristics of circuit - training:-

1. Do the correct movements. Wrong and incorrect movements may be harmful.
2. Follow the principle - “Simple to complex.” i.e. - First do the simple exercise and move towards the complex one.
3. Do the exercise with your 80-100% efficiency.
4. Number of repetitions may vary according to need and efficiency.
5. The aim should be development of strength endurance and flexibility.
6. Do the exercise in a manner so that all body parts can be exercised.
7. Increase the intensity and volume of exercises gradually.
8. Don't repeat the same circuit, change exercise at the stations as per requirement of your game.
9. To make the sessions interesting do it in small group of players.
10. Avoid injury oriented equipments and exercises.

-----X-----

Q.3. Specify the role of sociology in sports. How physical education programme leads to leadership and value education?

2+4+4

Ans.

Role of Sociology in Sports:-

Sociology is derived out of Latin word "societus" meaning society and Greek word "logus" meaning study of science. It means sociology is the science of society.

Definition of Sociology: - Sociology is the study of relationship of men with his environment.

Definition of Sports-Sociology:- Sports Sociology is the study of origin, development, organization and role of sports in human society.

Role of Sociology in Sports:

As Aristotle said "Man is a social animal." A child born, live in the family and home, go to the school, learn to adjust and develop himself socially. Sports activities are mostly group activities offering many opportunities for socialization and development of social qualities in individuals, the child plays with his peers, get acquainted with the behaviour of other children. He learns language and various modes of movements like running, jumping, chasing, shouting, struggling etc. Exchange of toys and words, feeling of giving and receiving. In this way group play leads to socialization. Through sociology athletes learns and develop qualities of co-operation and healthy competition. Sociology leads to character development also. Through sociology individual learns independence, confidence, solving problems with peers. He also develops the qualities of friendship, popularity, mutual understanding and leadership. In competitions the athletes learns to face odds, to be couraged, to be obedient, to be self confident etc. One realizes through sociology that both competition and co-operation are important for all round development of an individual. It helps physical education teachers to develop traits of social behaviour among players. It helps in development of moral character of athletes.

Leadership and value Education

It is true that Physical Education programmes leads to leadership and value education, while playing every player try to prove his identity, whether it is an individual sport or team event. Every player tries to show excellence to prove - The Best. Best means the Leader. Every player wants to perform so as to become leader of the team and in individual sport the player wants to win - to prove supremacy. Or we can say winner is the leader. There are some other activities like NCC, Scouts and Guides, Camping etc. that helps individual to learn new thing to survive and to spend the life with intelligence.

Through Physical Education and sports the individual become not only physically fit and mentally sound but also he develops essential values for life

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like - strong moral character, co-operation, forgiveness, self-respect, support, care belongingness, respect for seniors and teachers etc. In present scenario it is observed that the students lack in values but with participation in games and sports they are likely to develop these values that help them become a good person and a responsible citizen.

-----X-----

OR

Q3. "Games and sports as cultural heritage" Justify.

10

Ans.

"Games and sports as Cultural Heritage"

Culture consists of the behaviour that individuals develop as a result of living in a particular group. It is a way of life and a product of our social inheritance. Our culture consists of our ways of living, eating habits, thoughts, customs, traditions, morals, art, literature, religion, games and sports and many other aspects of life. Our modern culture is not a product of sudden change or development, but has been evolved over centuries of the past. It is therefore a sort of reflection of our past. Therefore, games and sports of modern times are also indicators of the primitive times. Such activities have been passed on to us by our ancestors and are therefore our cultural heritage.

History of physical activities of man is as old as civilization itself. Most of the activities of primitive men were of physical nature and were aimed to secure means of existence. Activities included running, jumping, fighting, fishing and wrestling etc.

Such activities were essential for fighting enemies and procuring food. However, with the passage of time and formation of groups and institutions, some games and dances were added for the purpose of enjoyment and recreation. Games and sports activities of modern times are modified forms of the past activities of our ancestors and have been passed on to us as part of our cultural heritage. Some of the items of modern sports competitions, such as boxing etc. originated in the past.

Our modern culture is a mixture of many cultures of the ancient world. Many countries of the world have contributed in its evolution through their thoughts and practices. In this respect, contributions of early Egyptians, Greeks, and countries of the west cannot be forgotten. Most of the games and activities of today are the outcome of the contributions of these countries.

Gymnastic activities of modern times are the contribution of Germans. Germany gave us heavy gymnastics apparatus like horizontal bar, vaulting horse and parallel bars etc.. The British are considered to be the originators of ball games. They introduced games of football, hockey and cricket. The British helped in spreading these games around the world.

America introduced games of volleyball, basketball and baseball. There emphasis on physical fitness is worth admiring.

There are references of activities like archery, wrestling and games like "Shatranj" in Indian history from the times of Mahabharata. There are also references of games like "Kabaddi" and "Kho-Kho" having been played in the past. All such activities of the past are part of our physical activities today.

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Thus, we can say that games, sports and other physical activities of modern times are not a creation of modern thought and practice, but are a legacy of our ancient culture. We have simply modified these games and activities to refine them and suit our convenience. In fact the cultural heritage of the past show us the methods of surviving in this changing world.

Q.4. Describe the following:

- (i) Sports environment**
- (ii) Essential elements of sports environment**
- (iii) Role of individual in improving sports environment**
- (iv) Prevention of sports related accidents**
- (v) Physical education as a medium to improve sports environment**

2x5

Ans.

- (i) **Sports Environment:-** Sports environment means availability of proper infrastructure, equipments and conducive ambience for sports. For example if a player is provided with proper ground, equipments, trainer/ Coach and experienced or senior players to practice or complete with he would learn and perform better and will give his best in sports.
- (ii) **Essential elements of sports environment:-** In a school essential element of sports environment can be as follows:-
 - (a) Ground for outdoor sports.
 - (b) Indoor Hall.
 - (c) Swimming Pool.
 - (d) Necessary safe Equipments.
 - (e) Qualified Physical Education teachers and specialized coaches.
 - (f) Inter School Competitions.
- (iii) **Role of individual in improving sports environment:-**
The individual can be a player, the captain of the team or sports captain of the school. They can motivate other students to play and participate in the games and sports by telling them the benefits of sports. Because motivation by peer group can be real source of energy for improving sports environment.
- (iv) **Prevention of Sports related accidents:-**
In this the Physical Education Teachers and Trainers/ Coaches play very important role. They shall see that there is no obstacle in the ground. The ground is neat, clean and leveled. The equipment must be safe. The training should be done in organized manner. Extra attention should be given to injury oriented sports like Cricket, Hockey, Football, Archery, Javelin Throw, Discus Throw, Shot-put etc. The most important is not to leave students unattended. The

Physical Education Teacher should be there to provide help at the time of injury or accident that may happen during the game.

- (v) **Physical Education as a medium to improve sports environment:-**
Physical Education is one of the important ways to improve sports environment. The Physical Education professional can play the main and important role improving sports environment. They should provide theoretical and practical knowledge of Physical Education and Sports so that children learn more and interest for sports and games be created. This will increase participation and will help in improving sports environment in the school.

Q.5. While describing the terms yoga and asanas, explain the role of yoga for improving performance in competitive sports.

3+3+4

Ans.

Yoga- Yoga means "union of soul with the God." The word 'Yog' is derived from Sanskrit word "Yuj", which means to join or union or to bind. In other words "union of soul with God". The correct meaning of yoga is to perform a task with excellence is called Yoga.

Asana- Asana is the third step of Yoga. In Astanga Yoga, after achieving Yama and Viyayama, the Yogi starts asana or Yogic postures. Asanas are very helpful in maintaining good health. We can divide asana (poses) in following parts.

- (a). Developing Postures.
- (b). Meditative Postures.
- (c). Relaxtative Postures.

Role of Yoga for improving performance in competitive sports-

1. Flexibility
2. Strength
3. Endurance
4. Balance and rhythm
5. Meditation
6. Relaxation

Asana- Asana means holding the body in a particular posture to bring stability to the body and poise to mind. The practice of asana bring firmness to the body and vitality to the body and the mind.

Role of yoga for improving performance in competitive sports:-

By doing yoga regularly along with other fitness methods, it is very helpful in developing certain aspects of fitness that can improve performance in competitive sports.

1. **Improvement in flexibility** - Regular practice of yoga helps in improving joint range of motion that improves overall flexibility. Flexibility is a motor component without which a player is not complete for desired standards.

2. **Strength and Endurance**:- Regular practice of yoga helps in improving general strength and endurance. Asanas provide strength to certain muscles and breathing processes like Pranayama helps in improving breathing capacity and lungs become more efficient resulting in improved performance.

3. **Balance and Rhythm** - Regular practice of asanas helps in improving balance and rhythm of the body.

4. **Meditation**:- Meditation helps in improving concentration of the players towards their goal. The player become psychologically strong by meditating for high achievement.

5. **Relaxation**:- After each training session and practice, a player need to relax. Yoga and asanas are the best way to relax.

6. **At the time of injury and in off Season**:- At the time when a player is injured, he can maintain his fitness through certain asana. During off season, a player can maintain his fitness and strengthen his muscles through yoga without getting stressed.

PART B

Q.1. What do you understand by first aid of sports injuries? Explain sprain, strain, abrasion and fracture.

2x5

Ans.

First aid of sports - injuries:-

On the spot help / assistance / treatment provided to the injured player in the ground / arena at the place of injury is called first aid of sport injury.

Normally, except in the case of fracture, the initial treatment for an injury for 24-48 hours is through PRICES (Prevention, Rest, Ice, Compression, Elevation and Support).

Sprain - Injury to ligament is called sprain.

Strain - Injury to muscles and tendons is called strain.

Classification of sprain and strain

1. Ist Degree - Fibour destruction is nil.
2. IInd Degree - Fibour destruction is moderate.
3. IIIrd Degree - Total destruction of fibour.

Symptoms of strain and sprain

1. Pain
2. Swelling
3. Loss of movement

In acute injury - usually pain is more.

In chronic injury - Pain is less, swelling is more.

Treatment

For Ist and IInd Degree

1. PRICE - Prevention, Rest, Ice, Compression, Elevation, Support
2. Physiotherapy.

For IIIrd Degree - Surgery

For muscles - Catgut surgery.

For ligaments - Silk or metallic wire is used for surgery.

Abrasion - Abrasion is a superficial injury of skin due to rubbing or scraping.

Causes - The main reason of abrasion is falling on hard or rough surface.

Abrasion may be because of constant irritation of skin by ill fitted shoes, rough fabric, seams in clothing or other parts of sports equipment such as helmets and pads.

Fractures - Fractures is defined as discontinuity in bone.

Type

1. Simple fracture.
2. Compound fracture.
3. Communicate fracture.

Fractures may be :-

1. Transverse fracture.
2. Oblique fracture.
3. Spiral fracture.
4. Compressor fracture.

Principle of treatment in plaster:-

1. To reduce Odessa.
2. To relieve pain.
3. Maintenance of circulation.
4. To teach the patient to use special appliances

Q.2. Write the following about the game/sport of your choice (any five):

- (i) List of fundamental skills**
- (ii) Two specific warming up exercises**
- (iii) Two terminologies of the game/sport**
- (iv) Name of two sports awards conferred by Govt. of India in the game**
- (v) Two important tournaments and venues for last two years**
- (vi) Name of two personalities with brief out line of their achievements**
- (vii) Latest changes in the rules of game/sport**

2x5

Ans.

(i) List of fundamental skills

- (a) The grip
- (b) Stance
- (c) Drop
- (d) Lob
- (e) Smash
- (f) Drive
- (g) Clear

(ii) Two specific warming up exercises

- (a) Shuttle - run
- (b) Footwork / Shadow - practice

(iii) Two terminologies of the game/sport

- (a) Rally
- (b) Deuce

(iv) Name of two sports awards conferred by Govt. of India in the game

- (a) Arjuna Award
- (b) Padma Shri

(v) Two important tournaments and venues for last two years

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- (a) All England Championship
- (b) Thomas and Uber Cup

(vi) **Name of two personalities with brief out line of their achievements**

- (a) Prakash Padukone (National and all England Champion)
- (b) P Gopichand (National and All England Champion)

(vii) **Latest changes in the rules of game/sport**

- (a) Earlier the game was played with 15 - points game. Now the game is of 21-points.
- (b) Earlier if server did the fault the serve was changed. Now every fault is scored.

PHYSICAL EDUCATION
(Sample Question Paper, Set - II)
Code No.048

M.M. 70

Class XII

Time 3 Hrs

All questions are compulsory.

Question paper carries two parts namely Part A & B.

Part A

Q.1. How socialization takes place through sports and games at national and international level?

2+4+4

Ans.

Socialization through Sports and Games at National and International Level:-

Sports and games play a significance role in socialization. At any national level sports and games competition players from different states and regions assemble at the venue to participate and perform. They have different cultures and languages. They have different eating habits. Some of them have different dressing sense and dress code. Players learn so many thing of practical life from each other. They also share training methods, tactics and strategies of their game with other players. At venue they meet with highly qualified coaches and trainers and also sports celebrities. Players get motivated by sharing their experiences. In free time they visit different places around the venue, learn culture of that place, have food of that region.

Lets talk about Olympic Games. In Olympic Games players from different countries gather at the venue to participate, perform and win. They learn so many things from each other. They make new friends and some of them meet with old friends from different countries. They exchange thoughts, feelings and gifts with each other. The experience they go through lasts forever. They taste food of different countries during the event. They learn different cultures of different countries. They experience modern facilities and latest equipment with latest technology. For example - In 2008 Beijing Olympics, the world has seen the presentation put-up by China. Players from different corners met, played, performed, lost and won. They learned to adjust, co-operate, compete, care and share from each others. Hence we can say that by participating in any national and international level competitions, players learn many things that improve their behaviour which prepares them live socially adjusted life and makes them a good citizen for their country.

OR

“Games and Sports as cultural heritage” Justify.

Ans.

“Games and sports as Cultural Heritage”

Culture consists of the behaviour that individuals develop as a result of living in a particular group. It is a way of life and a product of our social inheritance. Our culture consists of our ways of living, eating habits, thoughts, customs, traditions, morals, art, literature, religion, games and sports and many other aspects of life. Our modern culture is not a product of sudden change or development, but has been evolved over centuries of the past. It is therefore a sort of reflection of our past. Therefore, games and sports of modern times are also indicators of the primitive times. Such activities have been passed on to us by our ancestors and are therefore our cultural heritage.

History of physical activities of man is as old as civilization itself. Most of the activities of primitive men were of physical nature and were aimed to secure means of existence. Activities included running, jumping, fighting, fishing and wrestling etc.

Such activities were essential for fighting enemies and procuring food. However, with the passage of time and formation of groups and institutions, some games and dances were added for the purpose of enjoyment and recreation. Games and sports activities of modern times are modified forms of the past activities of our ancestors and have been passed on to us as part of our cultural heritage. Some of the items of modern sports competitions, such as boxing etc. originated in the past.

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Q.2. Describe the following:

- (i) General fitness**
- (ii) Specific fitness**
- (iii) Recreational fitness**
- (iv) Calisthenics and fitness**
- (v) Jogging and fitness**

2x5

Ans.

(i) **General Fitness** :- General fitness can be defined as workout for basic fitness to develop the components of strength, endurance & flexibility. It can be done with or without equipment. It is suggested that fitness should be done under the supervision of an expert coach/physical education teacher. Also it is advised that proper clothing and good sports shoes be worn during the training.

(ii) **Specific fitness** :- It means fitness for a specific purpose or specific sport. For example a tennis player will do something different from a wrestler. Different types of exercise for different sports should be given. We can take another example of a specific physical fitness test. To qualify the test -the individual has to prepare himself for the specific test & exercise. It is advised to do proper warming up & cooling down before performing a specific session and after the session.

(iii) **Recreation Fitness**:- Recreation fitness means fitness gained or achieved through recreational activities and fun games. As someone said "Play for children", "competition for youth" and "recreation for middle-aged and old". By playing games as recreation an individual can achieve a good and acceptable level of fitness without going to gym and without indulging in any specific fitness schedule. The benefits are more or less same.

(iv) **Calisthenics and fitness**:- Free hand exercises or gymnastics exercises can be termed as calisthenics. The exercise to achieve strength, rhythm and balance can be termed as calisthenics. Like mass Physical Training and a few physical fitness drills. Calisthenics exercises also leads to achieve high standards of fitness.

(v) **Jogging and Fitness**:- Running with low intensity is called jogging. Jogging is better than walking. Continuous jogging increases blood circulation. If a person does jogging daily for 15-20 minutes for 2-3months and he is likely to

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achieve certain level of fitness. It is suggested to do some stretching exercise through yoga and cooling down after a jogging session.

Q.3. How physical education helps in creating positive environment? How it helps in improving performance and prevents sports related injuries?

4+3+3

Ans.

Physical education helps in creating positive environment in many ways. Through physical education and sports activities energy of children and youth can be channelized. By creating awareness towards sports and games their time can be utilized in constructive manner thus helping them achieve sound health. Children keep themselves busy in sports and they don't get time to indulge in antisocial activities. By playing games they get tired, their appetite increases and they take good diet. The blood circulation increases and helps them concentrate better in studies. They feel more energetic and refreshed for whole day. Participation in games leads to sound sleep. They also develop qualities like courage, character building, support, care, competition, co-operation, adjustment and leadership. In this way we can say physical education helps in creating positive environment.

Physical Education also helps in improving sports performance. By learning methods of training and conditioning, principles of load and recovery, fundamental skills of games and sports, tactics and strategies of the game a player can improve his performance very rapidly. Though physical education he also learns principles of diet and nutrition, rest and recovery, prevention and treatment of injuries. These things are essentials for a player to perform better.

Physical education teachers and coaches teach players about the importance of warming - up and cooling down. They also brief them about the safety measures and safety equipment used in sports. By following those guidelines, principles, and precautions the players can reduce chances of sports related injuries and accidents.

Q.4. Write short notes on any five:

- (i) Origin of yoga**
- (ii) Effect of yoga on individual**
- (iii) Role of yoga in sports**
- (iv) Meditation**
- (v) Pranayam**
- (vi) Asanas**

2x5

Ans.

(i) Origin of Yoga:-

No one knows the exact about the origin of yoga. There are certain proofs of yoga in Upanishads and Purans. In Bhagvad Geeta also there are so many things regarding yoga. In Ayurveda also there is literature related to yoga and its therapeutic effect. Now it is worldwide accepted that yoga from India is one of the best system of exercise.

(ii) Effect of yoga on individual:-

There are eight steps of yoga - Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and samadhi. If a person follows the principles of ashtanga yoga, he can lead a disciplined life and achieve optimum level of physical fitness and mental stability. Yoga also helps in increasing resistance of body from general ailments. Yogic asanas, bandha, kriyas and pranayama helps in the treatment of certain diseases also.

(iii) Role of yoga in sports:-

Regular Yoga regularly alongwith other fitness exercises is helpful in developing certain aspects of fitness like - flexibility, strength, endurance, balance and rhythm.

By doing meditation players can improve their concentration. The players become physically fit and psychologically strong by doing regular practice of yoga. Yoga also helps in relaxation after doing strenuous of training.

(iv) Meditation -

It is also called Dhyana. It is the 7th step of ashtanga yoga. It is a very useful tool to improve concentration and mental relaxation. It also helps in the treatment of depression.

(v) Pranayama -

Prana and Niyama - It means "Prana ka Ayam" or "Expansion of life". It is basically a set of breathing processes that improves respiratory fitness. Types of pranayama are:-

- (a) Shitli Pranyama
- (b) Shitkari Pranyama
- (c) Vijayi Pranyama
- (d) Bhastrika Pranyama etc.

(vi) Asanas:-

Asana is the third step of Ashtanga yoga. After achieving yama and niyama the yoga starts asana or yogic postures. Asana means holding the body in a particular posture to bring stability to body and mind. The practice of asana brings firmness to the body and vitality to the body and the mind. Regular practice of asanas helps in improving strength and endurance.

Q.5. What do you mean by the concept of training? Explain briefly conditioning, general training, specific training and strength training.

2x5

Ans.

Concept of Training

Training - Training is a process of preparation for some task.

Sports training - Sports training is the basic form of preparation of sportsman.

OR - Sports training is a scientific process, aiming at preparing the sportsman for higher performance in sports competitions.

Aims of sports - training

1. Development of physique.
2. Conditioning of body for specific sports.
3. To learn technical skills properly.
4. To improve physical fitness of the individual.
5. Psychological development of the individual.

Conditioning - Conditioning is the pre-requisite of training. Through this we condition the body for various factors like temperature, surface load and specific skills of the required sport. The body takes some time to condition for a specific task. So it is advised to do the work outs in continuity to condition the body for a specific task.

General Training:- General training can be defined as work out for basic fitness to develop the components of strength, endurance and flexibility. It can be done with or without equipment. It is suggested that training should be done under supervision of an expert/ coach /physical education teacher. Proper clothing and good sports shoes are essential for this purpose.

Specific training:- It means training for a specific purpose or specific sport for example a tennis player will do something different as a wrestler do i.e. different types of exercises for different sports should be given. We can take another example of a specific physical fitness test. To qualify the test the individual has to prepare himself specifically for that specific test, specific exercises. It is advised to do proper warming-up and cooling down while performing a specific session.

Strength Training:- Method adopted to improve strength is called strength training. Strength is defined as the ability overcome resistance or act against resistance.

Type of strength

1. Maximum strength
2. Explosive strength
3. Strength endurance

Methods of improving strength

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1. Physical exercises
2. Weight training
3. Circuit training
4. Contrast method
5. Decreasing resistance - Constant repetitions.
6. Changing resistance - Changing repetitions.

PART B

Q.1. Describe the first aid measures and rehabilitation process of injuries related to sports and games.

5+5

Ans.

First aid measures and rehabilitation process of injuries related to sports and games can be described through a formula called PRICES (Protection, Rest, Ice, Compression, Elevation and Support). Except fracture or dislocation almost all the sports injuries can be initially treated with this formula. For the initial 24-48 hours of injury PRICES is the best way of treating sports injuries.

After the first aid any injury, medical assistance is required. Treatment and rehabilitation can be done through various physiotherapy treatments and modalities.

These are:-

- Cryotherapy - It is a therapy in which cold is used as modality i.e. ice packs, ice bags, ice massage and cold water.
- Hydrotherapy - It is a therapy in which water is used as heat exchange medium.
- Wax bath - Treatment by hot wax.
- Infra Red Lamp - Treatment by infra red rays.

Ultra - Sound Machine- Treatment of injury by ultra sonic rays.

Short wave diathermy - Treatment through SWD Machine.

- IFT- Interferential Therapy - Treatment through electric current through electrodes.

Explanation of PRICE -

P - Protection - Protect the injured part from further injury. Do not attempt to pressure or massage the injured part.

R - Rest - Give rest to the injured part and restrict the movement.

I - Ice - Apply ice to the injured part for 15-20 minutes and repeat it 3-4 times in a day if required for first 24-48 hours of injury.

C - Compression - Compress the injured part with a crepe bandage to restrict the movement.

E - Elevation - Elevate the injured part with the slings if required.

S - Support - Support the injured part to avoid painful movement until medical assistance is provided.

Q.2. Write the following about the game/sport of your choice (any five):

- (i) List of fundamental skills
- (ii) Two specific warming up exercises
- (iii) Two terminologies of the game/sport
- (iv) Name of two sports awards conferred by Govt. of India in the game
- (v) Two important tournaments and venues for last two years

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(vi) Name of two personalities with brief outline of their achievements

(vii) Latest changes in the rules of game/sport

2x5

Ans.

(i) **List of fundamental skills**

- (h) The grip
- (i) Stance
- (j) Drop
- (k) Lob
- (l) Smash
- (m) Drive
- (n) Clear

(ii) **Two specific warming up exercises**

- (c) Shuttle - run
- (d) Footwork / Shadow - practice

(iii) **Two terminologies of the game/sport**

- (c) Rally
- (d) Deuce

(iv) **Name of two sports awards conferred by Govt. of India in the game**

- (c) Arjuna Award
- (d) Padma Shri

(v) **Two important tournaments and venues for last two years**

- (c) All England Championship
- (d) Thomas and Uber Cup

(vi) **Name of two personalities with brief outline of their achievements**

- (a) Prakash Padukone (National and All England Champion)
- (b) P Gopichand (National and All England Champion)

(vii) **Latest changes in the rules of game/sport**

- (c) Earlier the game was played with 15 - points game. Now the game is of 21-points.
- (d) Earlier if server did the fault the serve was changed. Now every fault is scored.

Physical Education
(Code No.048)

Work load/Teaching Components - Theory & Practical Syllabus

THEORY

| List of Content of Syllabus | Suggested Work load/Teaching Components | Maximum Marks Allotment |
|-----------------------------|--|-------------------------|
| PART 'A' | | |
| Unit I | 10 Periods | 10 |
| Unit II | 10 Periods | 10 |
| Unit III | 10 Periods | 10 |
| Unit IV | 10 Periods | 10 |
| Unit V | 10 Periods | 10 |
| PART 'B' | | |
| Unit I | 10 Periods | 10 |
| Unit II | 10 Periods | 10 |
| PRACTICAL | | |
| (i) | 70 Periods to cover (i) Physical Fitness | 10 |
| (ii) | (ii) Teaching of skills for Games & Sports | 15 |
| (iii) | (ii) Preparation of Record Book/File & Viva | 05 |

Note: Work load may be modified as per the local requirements.