

## Chapter 1

1. Define physical education?
2. Explain aim and objectives of physical education?
3. Write about different career options in physical education?
4. Elucidate about five national & five international sports in India?
5. Explain about khelo India programme?

## Chapter 2

1. What is the main role of Indian Olympic association?
2. What is the main role of international Olympic committee?
3. Write about Paralympics and Special Olympics?
4. Explain Olympic symbols, ideals and objectives?
5. Write a paragraph about ancient Olympic?

## Chapter 3

1. Define physical fitness, wellness and lifestyle?
2. Explain components of physical fitness in detail?
3. Discuss in detail about health related components of fitness?
4. What are the risks of sedentary life style?
5. Enumerate the components of wellness? Explain any three?

## Chapter 4

1. Explain the concept of inclusive education?
2. Mention the aims of adaptive physical education and discuss in brief?
3. Write a brief paragraph on special Olympic bharat?
4. Define adaptive physical education?
5. Discuss the role of various professionals for children with special needs.  
Any five?

## Chapter 5

1. Meaning and importance of yoga?
2. Explain elements of yoga in detail?
3. Advantages of yognidra any three?
4. Explain stages of yognidra?
5. Write about procedure, benefits and contraindication of padmasana & naukasana?
6. What is shatkarmas or shudhikriyas?

## Chapter 6

1. Write any five qualities of leader?
2. Explain the role of leader?
3. What are objectives of adventure sports?
4. Enumerate safety measures to prevent sports injuries and explain any five?
5. Write a paragraph about rock climbing, trekking and river rafting?
6. Explain the RICE procedure?

## Chapter 7

1. Define test, measurements and evaluation?
2. What is the importance of test, measurement and evaluation in sports?
3. Explain BMI and WHR in detail?
4. Explain different types of somatotypes?
5. Write about Harvard step test procedure?

## Chapter 8

1. Define anatomy, physiology and kinesiology?
2. Explain importance of anatomy, physiology and kinesiology?
3. Discuss the different types of muscles in human body?
4. What are various types of joints in human body?
5. Explain the primary properties of muscles?

6. Write various principles of stability?

## Chapter 9

1. Define sports psychology?
2. Differentiate between growth and development?
3. What are development characteristics at different stages of growth in human?
4. Why is adolescence a troublesome period in human growth?
5. Discuss briefly how to manage the adolescence problems?

## Chapter 10

1. Limbering down and warm-up are important. Explain why?
2. How to deal with alcohol and substance abuse?
3. Enumerate the prohibited substances and explain effects of any five?
4. Define doping and its type?
5. Define skill, technique and style?
6. Write about principles of sports training?