

Latest Sample Paper

(For the Board Examination to be held in and after 2020)

Time allowed : 3 hours

Maximum Marks: 70

General Instructions

- The question paper consists of 34 questions.
- All questions are compulsory.
- Answer to question 1-20 carrying 1 mark are multiple choice questions.
- Answer to question 21-30 carrying 3 marks should be in approximately 80-100 words.
- Answer to question 31-34 carrying 5 marks should be in approximately 150-200 words.
- There will be Internal Choice in Questions of 1 mark (4 choices), 3 marks (3 choices) and 5 marks (2 choices). In all, total 9 internal choices.

SECTION-A

Choose the correct answer. (1 Mark)

1. How many methods can be used for preparing fixtures in a league tournament?
(a) 2 (b) 4 (c) 3 (d) 5

Or

Which one of the following is an example of the Law of Reaction?

- (a) Bouncing on trampoline (b) Springing on the diving board
(c) Thrust against the water in swimming (d) All the above
2. In most of the carbohydrates, the ratio of hydrogen atoms to oxygen atoms is:
(a) 2 : 1 (b) 1 : 2 (c) 1 : 3 (d) None of these
3. Which one of the following asanas is not performed in standing position?
(a) Tadasana (b) Ardha Chakrasana
(c) Sukhasana (d) None of the above
4. Which is the cause of Sensory Processing Disorder?
(a) Genetic (b) Low birth weight (c) Environmental factor (d) All the above
5. In which Olympics P.T. Usha secured 4th place in 400 m hurdle race?
(a) 1980 Olympics (b) 1984 Olympics (c) 1988 Olympics (d) 1992 Olympics
6. Which one of the following items is included in Barrow General Motor Ability Test?
(a) Zig Zag Run (b) Medicine Ball Put (c) Standing Broad Jump (d) All the above
7. White muscle fibres are better adapted to perform:
(a) Slow contraction (b) Fast contraction
(c) Medium contraction (d) No contraction
8. Which one of the following is an example of the Law of Inertia.
(a) Starting in rowing (b) Starting on roman rings
(c) Raising an opponent in wrestling (d) All the above
9. Which one of the categories is included under Jung's classification of personality?
(a) Introverts (b) Extroverts (c) Ambiverts (d) All the above

Or

Which one of the following methods is helpful in improving flexibility?

- (a) Ballistic Method (b) Static Stretching Method
 - (c) Dynamic Stretching Method (d) All the above
10. Tournaments are helpful for the development of:
- (a) Social qualities (b) Selection of players
 - (c) Sports skills (d) All the above
11. Trypsin helps in the digestion of:
- (a) Vitamins (b) Fats (c) Protein (d) Carbohydrates
12. Which asana is a meditative asana?
- (a) *Vajrasana* (b) *Trikonasana* (c) *Bhujangasana* (d) *Chakrasana*
13. In which disorder children find it difficult to pay attention to things and are always restless?
- (a) OCD (b) ADHD (c) ODD (d) SPD

Or

Which one of the following factors leads to osteoporosis among women athletes?

- (a) Insufficient calcium in diet (b) Amenorrhoea
 - (c) Eating disorders (d) All the above
14. Which one of the following tests was developed by Wells and Dillon?
- (a) Standing Broad Jump (b) Medicine Ball Put
 - (c) Chair Stand Test (d) None of these
15. Which one of the following is included in soft tissue injuries?
- (a) Contusion (b) Strain (c) Abrasion (d) All the above
16. Which one of the fibres' percentage depends upon biological or heredity factors?
- (a) Fast twitch fibres (b) Slow twitch fibres
 - (c) Both types of fibres (d) None of them

Or

Which one of the following is not related with spinal curvature deformities?

- (a) Kyphosis (b) Bow legs (c) Lordosis (d) Scoliosis
17. The functional efficiency of a muscle depends upon its:
- (a) Nerve stimulation (b) Girth (c) Fiber quality (d) Tonus
18. Biomechanics helps in one of the following:
- (a) In improving technique (b) In improving designs of sports equipment
 - (c) In improving teaching and learning (d) All the above
19. Which one of the following is not a technique of motivating in the field of sports?
- (a) Presence of spectators (b) Goal setting (c) Ignorance (d) Praise or blame
20. Which type of exercise was developed by Perrine?
- (a) Isotonic exercise (b) Isometric exercise
 - (c) Isokinetic exercise (d) None of the above

SECTION-B

21. Describe the advantages of league tournaments.

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Or

Write a short note on eating disorders.

22. Mention the corrective measures related to scoliosis. 3
 23. Briefly explain about sensory processing disorder. 3
 24. Discuss any four pitfalls of dieting. 3

Or

- Discuss cardiovascular fitness in brief. 3
 25. Explain cognitive disability. 3
 26. How strain can be treated? Explain. 3
 27. What is endurance? Explain its types. 3
 28. Explain the meaning of intrinsic motivation and extrinsic motivation. 3

Or

- Explain any six physiological changes due to ageing. 3
 29. Describe Fartlek training method. 3
 30. Discuss Newton's Laws of Motion in brief.

SECTION-C

31. Draw a fixture of twenty six teams participating in the knock-out tournament. 5
 32. Explain the factors affecting motor development. 5

Or

- Discuss strategies for enhancing adherence to exercise? 5
 33. Explain in detail on 'female athletes triad'. 5
 34. Explain the types of coordinative abilities.

Or

What do you mean by first aid? Discuss its objectives in details.

Answers

SECTION-A

Correct answer. (1 Mark)

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| 1. (c) 3 or (d) All the above | 2. (a) 2:1 | 3. (c) <i>Sukhasana</i> |
| 4. (d) All the above | 5. (b) 1984 Olympics | 6. (d) All the above |
| 7. (b) Fast contraction | 8. (d) All the above | |
| 9. (d) All the above or (d) All the above | 10. (d) All the above | 11. (c) Protein |
| 12. (a) <i>Vajrasana</i> | | |
| 13. (b) ADHD (Attention Deficit Hyperactivity Disorder) or (d) All the above | 15. (d) All the above | |
| 14. (d) None of these | | 17. (c) Fibre quality |
| 16. (c) Both types of fibres or (b) Bow legs | | 19. (c) Ignorance |
| 18. (d) All the above | | |
| 20. (c) Isokinetic exercise | | |

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