

PHYSICAL EDUCATION (MARKING SCHEME) 3

Q. N.	ANSWER	MARKS DISTRIBUTION	TOTAL
1	(c) 18.5 -24.9	1	1
2	(b) N-1	1	1
3	(b) Endurance	1	1
4	(a) OCD	1	1
5	(b) Anxiety	1	1
6	(c) ArdhaMastendrasana	1	1
7	(b) Opposition Defiant Disorder	1	1
8	(a) Hunch Back	1	1
9	(a) Circumduction	1	1
10	(a) Atrophy	1	1
11	(b) Lordosis	1	1
12	(c) Posture	1	1
13	Methods of speed development aer: 1. Acceleration runs 2. Pace runs or races 3. Development of reaction time (any two)	1+1	2
14	Types of Friction: 1. Static Friction 2. Dynamic Friction	2	2
15	Motivation are two types : 1. Intrinsic motivation 2.Extrinsic motivation	1+1	2
16	Micronutrients Macro nutrients	2	2
17	(a) Kyphosis (b) Lordosis (c) Scoliosis	1+1+1	3
18	About Fartlek Training	3	3
19	1. Health 2. Mental Health 3. Social Skills	1+1+1	3
20	Personality classification based on Sheldon Somato types 1. Endomorphic 2. Mesomorp 3. Ectomorphic	1+1+1	3
21	Explain Newton's law of Inertia	3	3
22	The following methods can improve their flexibility : - Stretch & hold method - Ballistic Method - Post -Isometric Method	1+1+1	3

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23	<p><i>Causes of ASD</i></p> <ol style="list-style-type: none"> 1. <i>Genetic Factors</i> 2. <i>Environmental Factors</i> 3. <i>Brain Development</i> 	1+1+1	3
24	<p><i>Need & importance of Biomechanics in sports:</i></p> <ol style="list-style-type: none"> 1. Improves performance 2. Improvement in techniques 3. Development of improved sports equipments 4. Prevent sports injuries (any three) 	1+1+1	3
25	<ol style="list-style-type: none"> 1. <i>physical development</i> 2. <i>Mental development</i> 3. <i>Social Development</i> 4. <i>Emotional Development (any three)</i> 	1+1+1	3
26	<p>Harvard Step Test was developed by Brouha. Purpose of this test is to measure cardiovascular fitness. Equipment required</p> <ol style="list-style-type: none"> 1. Bench which is 20 inches 2. Stopwatch 3. Metronome <p>Procedure</p>	1+1+1	3
27	<p>Role of nutrition in sports performance can be divided in three phases :</p> <ol style="list-style-type: none"> 1. Pre- Competition 2. During Competition 3. Post Competition <p>Essential nutrients required for performance</p> <ul style="list-style-type: none"> - Fat - Carbohydrates - Protein <p>Minerals</p>	1+1+1+2	5
28	<p>Asanas are very effective for health and wellness</p> <ol style="list-style-type: none"> 1. Meditative Asana Example 2. Cultural Asana Example 3. Relaxative Asana Example 	5	5
29	<p>Different types of Fractures:</p> <ol style="list-style-type: none"> 1. Simple Fracture 2. Compound Fracture 3. Complicated Fracture 4. Greenstick Fracture 5. Comminuted Fracture <p>Impacted Fracture</p>	1+1+1+1+1	5

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30	<p>Disability etiquette is a set of guidelines dealing specifically with how to approach people with disabilities. Always use the person's Disability in writing or addressing.</p> <ul style="list-style-type: none"> *Keep you tone low *Communicate with them slowly and clearly. * If necessary use communication add as communication book or communication device. * Give them time to respond .It should be two way communication . *Ask them before offering any help. *Never physically or verbally bully them. *Never play with their equipments. *Make surrounding and disabled friendly and comfortable. *Make rapport with them ,for example,talk about their likes and dislikes.(any five) 	1+1+1+1+1	5