

9. Any disruption that prevents an individual from performing daily human activities is known as: [1]
 a. Disease b. Disorder c. Illness **d. Disability**
10. The ancient Olympic Games were held in honour of which Greek God? [1]
 a. Hermes **b. Zeus** c. Apollo d. Poseidon
11. Who among the following has won two Olympic medals for India? [1]
 a. Neeraj Chopra b. Saina Nehwal c. Bajrang Punia **d. P. V. Sindhu**
12. Which of the following is NOT a physical disability? [1]
 a. Hearing Impairment b. Cerebral Palsy c. **Dyslexia** d. Amputee
13. Match the following [1]

| List-1 | | List-2 | |
|--------|----------|--------|-----------|
| i. | Saucha | 1. | Desire |
| ii. | Santosha | 2. | Education |
| iii. | Tapa | 3. | Purity |
| iv. | Swadhyay | 4. | Practice |

- a. a–ii, b–iii, c–i, d–iv
 b. a–iii, b–ii, c–i, d–iv
c. a–iii, b–i, c–iv, d–ii
 d. a–ii, b–i, c–iv, d–iii
14. Flexion and extension movements mainly occur at which type of joint? [1]
 a. Pivot joint b. Gliding joint **c. Hinge joint** d. Ball and socket joint
15. Which of the following traditional games is played with the help of an animal? [1]
 a. Mallakhamb b. Chaupar **c. Polo** d. Pittho
16. Which structure serves as a common passage for both the digestive and respiratory systems? [1]
 a. Trachea **b. Pharynx** c. Larynx d. Nasal cavity
17. The childhood stage generally belongs to which age group? [1]
 a. 13–19 years **b. 0–2 years** c. 20–30 years d. 3–6 years
18. Which of the following is NOT considered a biological cause of disability? [1]
 a. Disturbance in gland functioning b. Disorder of genes
c. Bipolar disorder d. Polio

Section-B

Attempt any 5 questions

19. Explain the role and importance of a physiotherapist in the development of children with special needs. [2]
ANS - A physiotherapist helps children with special needs improve their **movement, strength, balance, and coordination**. They design **exercise and therapy programs** to reduce physical limitations, prevent deformities, and help children perform daily activities independently, thereby improving their **quality of life and confidence**.
20. Describe the aim and objectives of Physical Education in detail. [2]
ANS - The main aim of Physical Education is the **overall development of an individual** through physical activities.
Objectives:
- To develop **physical fitness and health**
 - To promote **mental, social, and emotional development**

- To build **discipline, teamwork, leadership, and sportsmanship**

21. Write a short note on the Olympic Flag. Explain its significance. [2]

ANS - The **Olympic Flag** has a **white background with five interlocking rings**—blue, yellow, black, green, and red.

Significance:

The rings represent the **five continents** and symbolize **unity, peace, and friendship** among nations through sports.

22. How does Physical Education contribute to nation building? Discuss its role in the overall development of a country. [2]

ANS - Physical Education helps in **nation building** by creating **healthy, disciplined, and productive citizens**. It promotes **national integration, character building, leadership qualities**, and prepares youth for **defence and social responsibilities**, contributing to the country's overall development.

23. Explain the different types of disabilities in detail with suitable examples. [2]

ANS - ☐ **Physical disability:** Affects body movement (e.g., amputee, cerebral palsy)

☐ **Sensory disability:** Affects senses like hearing or vision (e.g., hearing impairment)

☐ **Intellectual disability:** Affects learning and thinking ability (e.g., Down syndrome)

☐ **Learning disability:** Affects academic skills (e.g., dyslexia)

24. Define strength and enlist its various types. [2]

ANS - **Strength** is the **ability of muscles to overcome resistance or exert force**.

Types of strength:

- **Maximum strength**
- **Explosive strength**
- **Strength endurance**

Section-C

Attempt any 5 questions

25. Explain how an occupational therapist helps children with special needs in their daily activities. [3]

ANS - An occupational therapist helps children with special needs perform **daily living activities** independently. They assist in developing **fine motor skills** required for eating, dressing, writing, and grooming. They also use **adaptive equipment and activities** to improve coordination, concentration, and self-confidence, enabling children to function better at home and school.

26. What is Yoga? Explain any two benefits of yoga in daily life. [3]

ANS - **Yoga** is an ancient Indian practice that combines **physical postures (asanas), breathing exercises (pranayama), and meditation** to achieve harmony of body and mind.

Benefits of Yoga:

1. Improves **physical health** by increasing flexibility, strength, and balance.
2. Enhances **mental well-being** by reducing stress, anxiety, and improving concentration.

27. Explain the concept of adolescence. Also discuss how problems faced during adolescence can be managed. [3]

ANS - **Adolescence** is a transitional stage between **childhood and adulthood**, usually between **13–19 years**, marked by physical, emotional, and psychological changes.

Management of adolescent problems:

- Providing **proper guidance and counselling**
- Encouraging **healthy lifestyle and physical activity**
- Maintaining **open communication** with parents, teachers, and peers

28. Describe any three career opportunities available in the field of Physical Education. [3]

ANS - Physical Education Teacher – teaches sports and fitness in schools and colleges.

Coach or Trainer – trains athletes and sportspersons in various games.

Sports Physiotherapist/Fitness Trainer – helps in injury prevention, rehabilitation, and fitness improvement.

29. Explain any three ways in which traditional and regional games contribute to the development of society and culture. [3]

ANS – Preservation of culture and heritage:

These games reflect the customs, values, and traditions of a region and help in preserving cultural heritage by passing it from one generation to another.

Promotion of social unity:

Traditional games encourage community participation, cooperation, and teamwork, which strengthen social bonds and promote harmony among people.

Development of healthy lifestyle and values:

They improve physical fitness and mental well-being while teaching values such as discipline, fair play, respect, and mutual understanding.

30. Describe the fundamental concept of biomechanics and how it relates to enhancing athletic performance. [3]

ANS - Biomechanics is the scientific study of **human movement** based on the principles of **physics and mechanics**, such as force, motion, balance, and leverage.

Relation to athletic performance:

Biomechanics helps athletes improve their **technique and efficiency of movement**, apply force effectively, and maintain proper posture and balance. It also helps in **preventing injuries** and enhancing **speed, strength, and overall performance** in sports.

Section-D

31. Radhika works as a wellness coach. She focuses on the continuous and active process through which individuals become aware of and make choices toward a healthier and more fulfilling life. Based on this information, answer the following questions: [4]

a. Which dimension of wellness helps an individual meet daily work demands and take responsibility for personal health?

a. Environmental Wellness

b. Physical Wellness

c. Occupational Wellness

d. Social Wellness

b. Which dimension of wellness motivates self-care and the development of one's inner self?

a. Physical Wellness

b. Emotional Wellness

c. Spiritual Wellness

d. Social Wellness

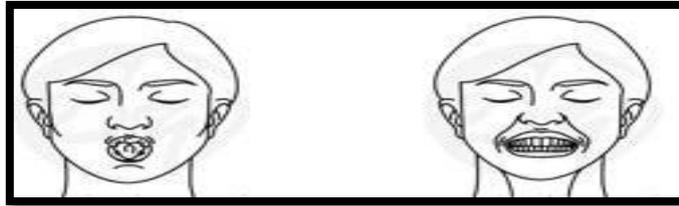
c. Which dimension of wellness helps an individual find meaning, purpose, and direction in life?

- a. Mental Wellness
- b. Occupational Wellness
- c. Social Wellness
- d. Spiritual Wellness**

32. Pranayama is an essential part of yogic practices. It is the scientific method of controlling and regulating prana (vital energy) through proper breathing techniques. Different pranayamas involve different methods of inhalation and exhalation.

Observe the given pictures and answer the questions that follow:

[4]



a. The breathing-out technique shown in the first picture (from the left) represents which pranayama?
ANS -Kapalbhati Pranayama.

b. Name the pranayama in which inhalation is done through one nostril and exhalation through the other nostril alternately.

ANS - Anulom Vilom (Nadi Shodhana) Pranayama.

c. Which pranayama is most effective for immediate relaxation and calming of the mind?

ANS- Bhramari Pranayama.

d. Identify the pranayama in which air is exhaled through the teeth, as shown in the second picture.

ANS - Sheetkari Pranayama.

33. The Olympic Games are the world's premier multi-sport event, with participation from over 200 countries. They bring the world together to compete, be inspired, and celebrate sportsmanship.

Based on the above information, answer the following questions:

[4]

1. In which year were the first Ancient Olympic Games held?

- a. 393 AD
- b. 1896 AD
- c. 776 BC**
- d. 1894 AD

2. Which organization serves as the highest authority of the Olympic Games?

- a. International Olympic Games Committee
- b. International Olympic Federation
- c. International Olympic Committee**
- d. International Olympic Games Federation

3. The first modern Olympic Games took place in which city?

- a. Tokyo
- b. Athens**
- c. Paris
- d. Rome

4. Which of the following is the official body governing the Olympic movement in India?

- a. India Olympic Committee
- b. India Olympic Association**
- c. India Olympic Games Association
- d. India Olympic Academy

Section- E

Attempt any 3 questions

34. Explain disability etiquette and describe how following it contributes to an inclusive society. [5]

ANS - Disability etiquette and its contribution to an inclusive society

Disability etiquette refers to respectful and appropriate behavior while interacting with persons with

disabilities. It involves understanding their needs, respecting their dignity, and avoiding discrimination or insensitive actions.

Key aspects of disability etiquette:

- Treat persons with disabilities with **respect and equality**
- Use **person-first language** (e.g., “person with disability”)
- **Ask before offering help** and respect their independence
- Avoid staring, mocking, or making assumptions
- Communicate directly and politely

Contribution to an inclusive society:

Following disability etiquette promotes **acceptance, equality, and mutual respect**. It reduces stigma and discrimination, encourages participation of persons with disabilities in education, sports, and employment, and helps build a **supportive and inclusive society** where everyone feels valued.

35. Discuss the key characteristics of human development at different life stages. [5]

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36. What are the functions of the human circulatory system? Explain briefly. [5]

ANS - The **circulatory system** consists of the heart, blood, and blood vessels, and it performs the following functions:

1. **Transportation of oxygen and nutrients** to body cells
2. **Removal of waste products** like carbon dioxide and urea
3. **Regulation of body temperature**
4. **Transportation of hormones** to target organs
5. **Protection against diseases** through white blood cells and antibodies

Thus, the circulatory system is essential for maintaining **life and internal balance** in the body.

37. Define Yoga Nidra and explain any four benefits of practicing it in detail. [5]

ANS - **Yoga Nidra** is a state of **conscious deep relaxation**, where the body is completely relaxed while the mind remains alert. It is practiced in a lying position (Shavasana) with guided awareness.

Benefits of Yoga Nidra:

1. **Reduces stress and anxiety:**
Calms the nervous system and relaxes the mind.
2. **Improves sleep quality:**
Helpful in treating insomnia and sleep disorders.
3. **Enhances concentration and memory:**
Relaxes the brain and improves mental clarity.
4. **Promotes emotional balance:**

Reduces negative emotions and increases inner peace.
Yoga Nidra helps achieve **physical, mental, and emotional well-being.**
