

**KVS REGIONAL OFFICE GUWAHATI**

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**IMPORTANT QUESTIONS WITH ANSWER FOR C.B.S.E. EXAMINATION****(PHYSICAL EDUCATION)****VERY SHORT ANSWER TYPE QUESTIONS (1 MARK EACH)**

**Q1. Define Environment.**

Ans. Environment is surrounding around us. Healthy environment is the foundation of good health.

**Q2. What do you mean by sports environment?**

Ans. All the factors or conditions that encourage and promote sports called are sports environment.

**Q.3. Explain biotic components of environment.**

Ans. Biotic components consist of living species like plants, animals, worms, insects and human beings.

**Q4. What is physical environment?**

Ans. Physical environment of sports includes natural and artificial or man-made objects like houses, stadium, etc.

**Q5. What do you mean by social environment?**

Ans. Traditional and cultural environment are the elements of social environment.

**Q6. Define 'positive sports environment.**

Ans. The positive sports environment is the condition and circumstances which are favorable and beneficial for the sports person.

**Q7. What do you mean by women's participation?**

Ans. Women's participation means women's participation in the field of sports.

**Q8 Define Adventure Sports.**

Ans. Adventure sports can be defined as outdoor sports or activities in which the participant competes in a natural environment more against him/her than against others.

**Q9. Write two objectives of Adventure Sports.**

Ans. **(i) Use of Natural Resources:** Adventure activities create the sense of proper use of forest resource and to avoid deforestation.

**(ii) Understanding Nature:** These activities help to understand the natural phenomenon and guide us to conserve natural resources.

**Q10. What is free climbing? (CBSE 2012)**

Ans It is the most commonly used method of rock-climbing where the climber's own Physical strength and skill are relied on to accomplish the climb. In this type of climbing the climber use only hands, feet and other parts of the body to ascend. It requires strength, ingenuity, skill and experience to be successful on the most difficult route.

**Q11 Write non-renewable resources.**

Ans. (i) Fuels such as coal, oil, natural gas.

(ii) Metal ores and minerals.

(iii) Inorganic fertilizers.

(iv) Materials obtained from rocks —

(a) Sand, (b) Gravel, (c) Limestone, (d) Silica.

**Q12. What is easy trekking?**

Ans. The individuals specially the beginners are offered easy treks. There no difficult climbing. It means there is no-climbing on high altitudes. Such treks usually provide colourful horizons of whole series of mountain ranges.

**Q13. Define leadership.**

Ans. According to Montgomery, "The capacity and will to rally men and women to a common purpose is called leadership".

According to La-Pierre and Farnoworth, "Leadership is the behavior that affects the behaviour of the people more than their behaviour affects that of the leader". In simple words, 'leadership' may be defined as the quality of a person to lead others in the various facets of life.

**Q14. Mention some precautions required for mountaineering.**

Ans. (i) Dehydration is common occurrence at higher mountains. So drink water frequently.

(ii) Before going for mountaineering ensure that you are in good physical condition.

Indeed you should have good physical fitness.

(iii) Be aware of your surroundings and be mindful of fellow mountaineers.

**Q15. Define Noise pollution.**

Ans. Noise pollution is a special problem of the modern times. The use of radios, televisions, loudspeakers and music systems at high pitch is a common phenomenon now. Thus it appears that noise has become a part of our life. The noise from increased road traffic, engines and aeroplanes etc. has made our environment more noisy and has become a health hazard.

**Q.16. Define balanced diet.**

Ans. A balanced diet means eating the right amount of foods from all food groups.

**Q.17. What do you mean by 'Nutrition' ?**

Ans. 'Nutrition' is defined as the science of food and its relationship to health.

**Q.18. What do you mean by macro nutrients ?**

Ans. They includes carbohydrates, fats and proteins.

**Q.19. What do you mean by micro nutrients ?**

Ans. They includes vitamins and minerals.

**Q.20. Define nutritive components.**

Ans. The food elements which are rich in nutrition value are called nutritive components.

**Q.21. Define non-nutritive components.**

Ans. Non-nutritive are those component which don't give energy and calories.

**Q.22. Discuss eating disorders.**

Ans. Eating disorders are the conditions defined by abnormal eating habits.

**Q. 23. How many types of eating disorders**

Ans. Eating disorders are of two types:

(i) Anorexia Nervosa, (ii) Bulimia Nervosr

**Q. 24. What do you mean by health weight ?**

Ans. A healthy weight is that weight at which an individual leads a healthy life without any risk of diseases.

**Q. 25. What do you mean by food myths ?**

Ans. It is a traditional or legendary story about the food with or without a determinable basis of fact or natural explanation.

**Q.26. What is a Sports Day?**

Ans. Sports Day is a day (or days) assigned for conducting sports activities in a school or at place where several schools meet for the playing activities.

**Q. 27. What is seeding ?**

Ans. Seeding is placing the good teams at privilege places in fixture so that they should not compete at initial rounds.

**Q. 28. Explain the meaning of planning.**

Ans. Planning is a specific result that a person or system aims to achieve within a time frame and within available resources.

**Q. 29. What are extramural sports?**

Ans. Extramural sports refer to sporting activities carried out outside the school. These are the activities in which the students take part in their leisure hours.

**Q. 30. What is health run?**

Ans. Health run is such a great physical activity that offers a significant health benefits.

**Q. 31. Explain the cyclic method of league tournament.**

Ans. Cyclic method : If the number of teams is in even number, the team number 1 is fixed on the top of the right hand and then other team number in ascending order consecutively.

**Q.32. What is Knockout Tournament ?**

Ans. Knockout Tournament : In this type of tournament a team which is once defeated, automatically gets eliminated from the tournament

**Q. 33. Describe Run for Fun ?**

Ans. 'Run for fun' is a friendly race that involves either road running or cross country running taking part for their enjoyment.

**Q. 34. What is Kyphosis ?**

Ans. Kyphosis is caused by malnutrition, illness, crowd, deficiency of pure air, insufficient exercises, rickets, carrying heavy loads on shoulders, unsuitable furniture, weak muscles, shyness among girls and habit of doing work by leaning forward, etc.

**Q. 35. Define posture.**

Ans. The word 'Posture' derived from a Latin word 'Tonere', means place or put. The arrangement or placement of body and its limbs is known as posture.

**Q. 36. What are round shoulders ?**

Ans. In this deformity the shoulders bent forward and droop and the upper back is rounded.

**Q. 37. Explain causes of Bowlegs.**

- Ans. (i) Muscles weakness,  
 (ii) Blount's  
 (iii) Abnormal development of bones.

**Q.38. Write types of postural deformities.**

- Ans. Lordosis is excessive inward curvature of the lumbar spine (just above the buttocks) and cervical vertebral column. In Lordosis the back appears to be concave when viewed from the side.

**Q. 39. What is Lordosis ?**

- Ans. (i) Spinal curvature, (ii) Flat Foot, (iii) Knock-knees, (iv) Bowlegs, (v) Round Shoulders.

**Q. 40. Describe 'Arm behind Back Reach'.**

- Ans. Stand up, put your left hand behind your back over your left shoulder and your right hand behind your back against your lower back. Stretch by moving your hands towards each other, holding on to one another if you can and hold the stretch for few seconds.

**Q.41. Explain the correct standing posture.**

- Ans. Standing is one of the most common activities which has improved the human race from quadruped (four legs) to biped (two legs). provides static and dynamic actions to human. The correct standing posture is held without any sense of effort. Standing is a position in which the body is held in upright position and supported

**Q.42. What do you mean by motor development?**

- Ans. Motor development means the development of movement and various motor abilities from birth till death.

**Q. 43. What are food supplements?**

- Ans. Food supplement means a nutrient that is added to your diet to nourish your body that you are not getting in your regular diet.

**Q. 44. What is weight training?**

- Ans. Weight training is designed as those exercises that are designed to strength specific muscles by causing them to overcome a fixed resistance usually in the form of bar-bells and dumb-bells.

**Q. 45. What are disadvantages of weight training?**

- Ans. (i) Weight training exercise can lead to injuries of muscles or joints if the exercises are not done properly.  
 (ii) It can decrease flexibility, if flexibility exercises are not done along with such training.

**Q. 46. What are the disadvantages of food supplement?**

- Ans. (i) Side effects: These dictary supplements pose adverse side effects over health of individual.  
 (ii) Unknown risk: Prolonged usage and excessive taking of these food supplements often harmful for body and develop unknown and unexpected risk over health of individual.

**Q. 47. Mention the type of motor development.**

Ans. (i) Gross Motor Development.

(ii) Fine Motor Development.

**Q. 48. Highlight the importance of anaerobic activities.**

Ans. It develops anaerobic endurance which help to do work more a faster rate. Thus fast working capacity improves.

**Q. 49. What is evaluation ?**

Ans. The evaluation tells the worth or progress of the individual or group. Test and measurement are the pre-requisites for evaluation.

**Q. 50. What do you mean by test ?**

Ans. In scientific terms, test is an instrument or tool used to obtain data on specific Traits/ characteristics of an individual or a group. Test has to be administrated. It may be inform of scales' measuring tape, thermometer etc.

**Q. 51. What is cardiovascular fitness ?(CBSE 2013)**

Ans. Before proceeding to various tests of cardiovascular fitness it will be essential for us to know the clear-cut meaning of cardiovascular fitness. In fact, cardiovascular fitness is the ability of the heart and lungs to supply oxygen-rich blood to the working muscle tissues and the ability of the muscles to use oxygen to produce energy for movements. This type of fitness is required to sustain physical activity or it can be said that cardiovascular fitness is essential for us to perform aerobic activities.

**Q. 52. What do you mean by AAPHER? (CBSE 2010)**

Ans. AAPHER is "American Alliance for Health, Physical Education and Recreation". This test was developed in 1947 to check, compare and evaluate the physical fitness standards of American youth and school children. The test has six test items (test battery) which has to be performed in two days. Students should warm-up before they participate in the test. They should be medically fit.

**Q. 53. What is Kraus Weber Test ?**

Ans. This test of muscular fitness was developed by Dr. Kraus and Dr. S. Weber. It was developed when the treatment (exercises) of low back pain was being evaluated. This test is intended to measure the flexibility and strength of several large muscle groups. This test consists of a battery of six tests.

**Q. 54. Define formula for Rockport one mile test.**

Ans. Formula :  $VO_2 \text{ max} = 132.853 - (0.0769 \times \text{Weight}) - (0.3877 \times \text{Age}) + (6.315 \times \text{Gender}) - (3.2649 \times \text{Time}) \times (0.1565 \times \text{Heart Rate})$ . The fitness of a subject can be tested by comparing the  $VO_2 \text{ max}$  found with the standards of the subjects gender and age group. Those who. are fit have higher  $VO_2 \text{ max}$  values than those who are not so fit or conditioned.

**Q. 55. What do you mean by '8 Feet Up and Go Test' ?**

Ans. This test is designed to measure speed, agility (coordinative ability) and balance while moving. The equipments required are stopwatch, straight back chair, (approximately 45 cm high), cone marker; measuring tape, safe and clear area.

**Q. 56. Explain Sit and Reach Test.**

Ans. This test is used for measuring flexibility. It is very simple test to administer. After proper warming-up students sit with their legs extended in front of them. The distance of the feet should be according to the width of shoulders. From this position they reach forward with their palms facing downward flexing at their waist. The purpose is to reach as forward as possible. Note down the distance they cover beyond their toes in centimeters.

**Q. 57. What do you mean by ageing ?**

Ans. Ageing is a gradual and continuous irreversible process that results in structural and functional alterations.

**Q. 58. Define respiratory system. (CBSE 2010)**

Ans. The respiratory system enables us to breathe. The act of breathing includes inhaling and exhaling of air in the body. In the process of respiration, oxygen is absorbed and carbon dioxide is discharged.

**Q. 59. Define physiology.**

Ans. Physiological systems of the body, anatomical, muscular, circulatory, respiratory, nervous and glandular etc., should function efficiently to perform different strenuous activities.

**Q. 60. What do you mean by stroke volume ?**

Ans. Stroke volume is defined as the amount of blood pumped out by the heart into the main artery, *i.e.*, Aorta, in one contraction or stroke of the left ventricle.

**Q. 61. What is blood pressure?**

Ans. Blood pressure is the pressure by the blood on the blood-vessel walls.

**Q.62. Define physical fitness.**

Ans. Physical fitness to perform various activities in life depends mainly on three under mentioned components:

(i) Anatomic fitness      (ii) *Physiological* fitness      (iii) *Psychological* fitness.

**Q. 63. Write two benefits in old age.**

Ans. (i) Various organs and systems of the body remain healthy.  
(ii) Blood cholesterol level remains normal.

**Q. 64. What is gravity ?**

Ans. Gravity acts on a body or object to give it mass. The greater the weight of an object the greater the influence of gravity upon it.

**Q. 65. What is a friction ?**

Ans. It is defined as the resistance to motion which is created by contact between two surfaces. This resistance to motion is called the force of friction.

**Q. 66. What is a projectile ?**

Ans. An object thrown into the space either horizontally or an acute angle under the action of gravity is called a projectile.

**Q. 67. What do you mean by biomechanics?**

Ans. Biomechanics is a sub-discipline of physical education.

**Q. 68. Define work .**

Ans. Work is defined as an activity which involves mental or physical effort for achieving some objective.

**Q. 69. Define power.**

Ans. Power is the rate of doing work at the rate of using energy.

**Q. 70. Define energy.**

Ans. Energy is the capacity to do work.

**Q. 71. Define personality.**

Ans. Personality is defined as the enduring personal characteristics.

**Q. 72. Define stress.**

Ans. Stress is defined as a state of mental, emotional or other strain.

**Q. 73. What is self-esteem?**

Ans. Self-esteem is the mental image we create of what we think, we look like!

**Q. 74. What do you understand by body image?**

Ans. Body image of a person is the scene of his own physical appearance and personality.

**Q. 75. What do you mean by anxiety?**

Ans. Anxiety has been defined as a disturbed state of body.

**Q.76. What do you mean by coping strategies?**

Ans. Coping is an expanding conscious effort to solve personal or interpersonal problems by seeking to minimise or tolerate stress conflict

**Q. 77. What is negative body image ?**

Ans. Negative body image means being unhappy with the way you look.

**Q. 78. What is positive body image ?**

Ans. Positive body image means the way you look and feel good about your body.

**Q. 79. Define Speed.**

Ans. Speed plays a very vital role approximately in every game and sport.

**Q. 80. Define Flexibility.**

Ans. Flexibility is the range of movements of joints.

**Q.81. Define Strength.**

Ans. Strength is the ability of the muscles to overcome resistance.

**Q. 82. Define Isotonic Exercise.**

Ans. Isotonic exercise muscle carries a static weight limit over a specific range of motion.

**Q. 83. What is Pace running?**

Ans. Pace running means, running the whole distance at a constant or steady rate.

**Q. 84. What is Endurance?**

Ans. Endurance is the ability of an individual to carry on a required activity. with a great degree of efficiency, for a considerable period of time.

**Q. 85. What is Fartlek training method?**

Ans. This training method is based on cross country running with varying speed according to the distance of the terrain and requirement of an athlete.

**Q. 86. What is Speed ?(CBSE 2014)**

Ans. Speed means the capacity of moving a body part or the whole body with the greatest possible velocity.

**Q. 87. Write the name of types of strength.**

Ans. (a) Dynamic strenght

(b) Static strenght.

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