

## **PHYSICAL FITNESS AND WELLNESS**

1. What do you understand by aerobic and anaerobic activities?  
Describe in detail the means of fitness development.
2. Define physical fitness and physical wellness.
3. Name the physical fitness components.
4. Write down component of physical wellness.
5. Explain the factors affecting physical fitness and wellness.
6. Describe the principles of physical fitness development.
7. Define speed, strength and endurance.
8. Write notes on the following:
  - a) recreational Activities
  - b) Yoga
  - c) Participation in Games & sports.

## **Planning of sports**

1. Make a simple draw for thirteen eleven contestants in a knock-out tournament?
2. What are the advantages and disadvantages of a knock-out tournament?
3. How many games have to be played in a league tournament in which seven teams are participating? Describe the calculation method?
4. Write a short note on the following:
  - a. Run for unity
  - b. Health run & benefits of health Run
  - c. Run for fun
  - d. Run for awareness
  - e. Running for a cause
  - f. Extramural sports and their advantages & disadvantages.
5. What is league/knock-out competition? What are its advantages and disadvantages?
6. Make a list of the different types of committees required for organizing a competition in which teams from outside taken part.
7. What do you understand by intramural sports and write the objectives of intramural sports and different types of intramural organization pattern.

## **SPORTS ENVIRONMENT**

1. What do you understand by sports environment?
2. What are the needs for environment in games & sports programme?
3. What are essential elements of positive sports environment?
4. What should be the role of individual in improvement of environment for prevention of sports related accidents?
5. Write a short note on the following:
  - a. Role of spectators in creating positive sports environment.
  - b. Role of Media in creating positive sports environment.

## **POSTURES**

1. Define postures, correct posture-Erect, correct posture-sitting. What are the advantages of posture?
2. What factor causing postural deformities?
3. What are postural deformities and their remedial measures?

## **YOGA**

1. While describing the terms Yoga and Asanas, explain the role of Yoga for improving performance in competitive sports.
2. Write a short note on the following:
  - a. Origin of yoga
  - b. Effect of yoga in individual
  - c. Role of yoga in sports
  - d. Meditation
  - e. Pranayam
  - f. Asanas
3. Briefly explain the following:
  - a. What do you understand by yoga?
  - b. Yoga as an Indian Heritage
  - c. Role of yoga in sports promotion
  - d. Importance of yoga in daily life
  - e. Discuss any four element of yoga
4. Define yoga and its importance in life. Explain three elements of yoga

5. Describe importance of yoga in the field of sports.
6. “Yoga as Indian Cultural Heritage”, Discuss.
7. What is the difference between yoga and yoga sansa?
8. Write briefly the contribution of yoga in curing some diseases.  
Give example.

## **Sports and nutrition**

1. What do you understand by Diet? Name the basic element of an diet.
2. Give a brief introduction of the components of diet.
3. What is a balance diet? What factors should be taken into account for planning a balance diet.
4. How does diet affect the performance of sportsmen?

## **Training methods**

1. Define circuit Training. Draw a diagram of eight stations and explain the method of circuit training along with its advantage.
2. List down various training methods for endurance development.  
Explain in detail Fartlek method by giving suitable examples.
3. Explain the term Isometric and Isokinetic exercises.
4. What do you mean by the concept of training? Explain briefly conditioning, general training, specific training and strength training.
5. Circuit training consists of exercises performed with or without apparatus. Draw a diagram of circuit training along with stations.  
What are the main characteristics of circuit training?
6. Basic principle or law of training.
7. Effect of all round training.
8. Methods of flexibility development.