

PHYSICAL EDUCATION (MARKING SCHEME) 4

| Q. N. | ANSWER | MARKS DISTRIBUTION | TOTAL |
|--------------|--|---------------------------|--------------|
| 1 | (b) Protein | 1 | 1 |
| 2 | (c) 5 pound | 1 | 1 |
| 3 | (a) Handling ability | 1 | 1 |
| 4 | (b) Vital Capacity | 1 | 1 |
| 5 | (c) Mass | 1 | 1 |
| 6 | (b) Simple Carbohydrate | 1 | 1 |
| 7 | (d) Distance walk | 1 | 1 |
| 8 | (c) 7 | 1 | 1 |
| 9 | (d) Technique | 1 | 1 |
| 10 | (a) Mask | 1 | 1 |
| 11 | (b) Vajrasana | 1 | 1 |
| 12 | (c) All of above | 1 | 1 |
| 13 | Types of League Tournament 1. Single League Tournament 2. Double League Tournament | 1+1 | 2 |
| 14 | Food Myths 1. Potatoes Make You Fat 2. Fat-free Products Will Help You in Losing Weight 3. Drinking While Eating Makes You Fat (any two) | 2 | 2 |
| 15 | Write about Hypertension | 2 | 2 |
| 16 | Causes of ODD: 1. Biological or Genetic Factors 2. Physical Factors 3. Psychological Factors 4. Social Factors (any two) | 2 | 2 |
| 17 | Write about Run for Unity | 3 | 3 |
| 18 | Pitfalls of Dieting: 1. Extreme Reduction of Calories 2. Restriction on Some Nutrients 3. Skipping Meals 4. Underestimating the Calories 5. Intake of Labelled Foods (any three) | 1+1+1 | 3 |
| 19 | Benefits of Bhujangasana: <ul style="list-style-type: none"> • It alleviates obesity • It provides strength and agility • It gives relief from disorders of the urinary bladder • It cures the diseases of liver • It improves blood circulation • It makes the vertebral column flexible and thin | 3 | 3 |

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| 20 | Types of Disability: <ul style="list-style-type: none"> • Cognitive Disability • Intellectual Disability • Physical Disability | 1+1+1 | 3 |
| 21 | Corrective Measures for Lordosis: <ul style="list-style-type: none"> • Lie down in prone position • Bend knees forward • Sit on a chair with feet wide apart • Sit down with knees extended (any three) | 1+1+1 | 3 |
| 22 | Chair Stand Test: <ul style="list-style-type: none"> • Purpose • Equipment Rrequired • Instruction for Participants • Procedure | 1+1+1 | 3 |
| 23 | Physiological Factors Determining Speed: <ul style="list-style-type: none"> • Mobility of the Nervous System • Muscle Composition • Explosive Strength • Flexibility • Bio-chemical Reserves and Metabolic Power(any three) | 1+1+1 | 3 |
| 24 | Types of Friction: <ol style="list-style-type: none"> 1. Static Friction 2. Dynamic Friction <ul style="list-style-type: none"> (i)Sliding Friction (ii)Rolling Friction | 1+1+1 | 3 |
| 25 | Dimensions of Personality: <ol style="list-style-type: none"> 1. Physical Dimension 2. Mental Dimension 3. Social Dimension 4. Emotional Dimension | 1+1+1 | 3 |
| 26 | Types of Strength: <ol style="list-style-type: none"> 1. Dynamic Strength <ul style="list-style-type: none"> (i)Maximum Strength (ii)Explosive Strength (iii)Strength Endurance 2. Static Strength | 1+1+1 | 3 |

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| 27 | <p>Meaning of Flexibility</p> <p>Methods to Improve Flexibility:</p> <ol style="list-style-type: none"> 1. Ballistic Method 2. Static Stretching Method 3. Dynamic Stretching Method 4. Proprioceptive Neuro-Muscular Facilitation Technique | 1+1+1+1+1 | 5 |
| 28 | <p>Benefits of Asanas for Prevention of Diseases</p> <ol style="list-style-type: none"> 1. Bones and Joints Become Strong 2. Muscles Become Strong 3. Circulation of Blood Become Normal 4. Respiratory Organs Become Efficient 5. Efficiency of Digestive System Increases 6. Nervous System Strengthens (any five) | 1+1+1+1+1 | 5 |
| 29 | <p>Effects of exercises on Muscular System:</p> <ol style="list-style-type: none"> 1. Change in Shape and Size of Muscle 2. Formation of More Capillaries 3. Muscle Remains in tone Position 4. Controls Extra Fat 5. Change in the Connective Tissue 6. Delays Fatigue 7. Increases Food Storage (any Five) | 1+1+1+1+1 | 5 |
| 30 | <p>Meaning of Coordinative Abilities</p> <p>Types of Coordinative Abilities:</p> <ol style="list-style-type: none"> 1. Orientation Ability 2. Coupling Ability 3. Reaction Ability 4. Balance Ability 5. Rhythm Ability 6. Adaptation Ability 7. Differentiation Ability | 1+1+1+1+1 | 5 |
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