

# **National Institute of Open Schooling**

## **Physical Education**

### **Secondary Level**

#### **Curriculum**

##### **Introduction:**

The primary objective of physical education is overall personality development. Complimenting to this objective, the paradigms of Physical Education and Yog are integrated under the National Education Policy (NEP) 2020. Physical Education plays an important role in the physical growth and development of an individual. Through Physical Education, individuals acquire the knowledge, skills, right attitudes and values towards the pursuit of a lifelong physically active and healthy lifestyle. It also provides an avenue for individuals to express themselves through movement and physical activity. In addition, Physical Education provides a natural platform and valuable opportunities to develop self-management skills, social and co-operative skills, and build character. It serves to complement other educational areas in promoting the desired outcomes of education. In particular, Physical Education helps to cultivate healthy habits, teamwork, resilience and resolve.

##### **Rationale:**

NEP-2020 says students will be given increased flexibility and choice of subjects to study, particularly in secondary school - including subjects in physical education, sports and yoga – so that they can design their own paths of study and life plans. Physical Education and Yog are an integral part of the learning process in school education system, they have crucial role in all round development of the student. Physical Education explains students their health, safety, wellbeing and physical activity participation in context of scientific fields such as physiology, nutrition and psychology etc. Yog is an ancient art that focus on healthy mind in a healthy body. The great saints promote yoga as universal element that enhances the physical, mental, spiritual aspects of human being. Worldwide recognition resulted that United Nations declared 21 June an annual International Day of Yog . As per NCF, 2005 & National Policy on Education 2016 report, yoga is a part of school curriculum. The aim of education system is to build citizen who can contribute in all aspects of life; holistic development of an individual; which cannot be achieve without Yog and Physical Education program at school level. The aim of physical education is to build a healthy citizen through physical activities that may be evaluate during competitions, inter-community sports contests, intermural competition, special programs at school level etc.

##### **Objectives:**

After completing this course, the learner will be able to:

- explain the basics of Physical Education.
- appraise the courses in sports, physical education.
- provide an in-depth understanding about the tournament and their organisation physical education

- educate about various Programme
- educate about the Olympic and Asian games its concepts and Olympics Values
- promote awareness Olympics – Symbols, Motto, Flag, Oath and Anthem
- educate about the characteristic at stage of development
- broaden the understanding sensitizing learners about etiquette and code of conduct for CWSN
- provide an in-depth understanding about the Ashtanga Yog and Yogic Kriyas (Shat Karma)
- apprise International Day of Yog
- promote sports and yogic sports participation

### **Scope and Job Opportunity:**

Studying physical education, sports and yog have a large number of opportunities for employment as well as sports and yogic sports participation. Some of employment opportunities are one can become a Coach, Corporate Fitness Instructor, Teacher, Physical Therapist, Personal Trainer, Sports Manager, Health Education Trainer, Sports Journalist, Yog Instructor or Teacher, **Yog Aerobic Instructor, Yog Therapist.**

### **Eligibility Condition**

**Age:** 14 Years

### **Qualification:**

**Medium of Instruction:** English

**Duration of the course:** 1 year

### **Weightage**

**Theory:**40 Marks

**Practical:** 60 Marks

**Tutor Mark Assignment (TMA):** 20% Marks of the theory

**Scheme of studies:** Theory (96 hours), Practical (144 hours), TMA (self paced)

**Scheme of evaluation:** Theory paper 40 marks (2 hours), Practical 60 marks, internal assessment (TMA) - 20% of theory marks (self paced)

**Pass criteria:** 33% Marks

### Course Structure:

| Module                              | Lesson Name                            | Marks     | Hour      |
|-------------------------------------|----------------------------------------|-----------|-----------|
| <b>Module 1: Physical Education</b> | Concept of Physical Education          | <b>10</b> | <b>24</b> |
|                                     | Games & Sports as Cultural Heritage    |           |           |
|                                     | Tournaments and Competitions           |           |           |
|                                     | Asian & Olympic Games                  |           |           |
| <b>Module 2: Health Education</b>   | Health Concepts                        | <b>10</b> | <b>24</b> |
|                                     | Dietary Considerations                 |           |           |
|                                     | Diseases                               |           |           |
|                                     | Safety Measures                        |           |           |
| <b>Module 3: Sports Education</b>   | Incentives and Awards                  | <b>10</b> | <b>24</b> |
|                                     | Growth and Development                 |           |           |
|                                     | Physical Education and Sports for CWSN |           |           |
|                                     | Effects of Physical Activity           |           |           |
| <b>Module 4: Yog</b>                | Yog Philosophy                         | <b>10</b> | <b>24</b> |
|                                     | Ashtanga Yog                           |           |           |
|                                     | Yog for Healthy Living                 |           |           |
|                                     | Application of Yog                     |           |           |

## Practical

| Sl. No. | Content                                                                                                                                                                                                                                                                                                                                                                                                                                            | Marks | Hours |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|
| 1       | <b>Skill of Athletics Events</b> <ul style="list-style-type: none"> <li>Sprint, middle distance and long distance</li> <li>Jumping (Long Jump, High Jump, and Triple Jump)</li> <li>Throwing (Discuss, Javelin, and Shot put)</li> </ul>                                                                                                                                                                                                           | 15    | 36    |
| 2       | <b>Skills of any one Team/Individual Sports</b> <ul style="list-style-type: none"> <li>Table Tennis</li> <li>Kabaddi</li> <li>Handball</li> <li>Cricket</li> <li>Khokho</li> </ul>                                                                                                                                                                                                                                                                 | 12    | 29    |
| 3       | <b>Skill of any one Combative and Self Defence Sports</b> <ul style="list-style-type: none"> <li>Boxing</li> <li>Judo</li> <li>Karate</li> <li>Taekwondo</li> </ul>                                                                                                                                                                                                                                                                                | 13    | 31    |
| 4       | <b>Yog Practical-I</b> <ul style="list-style-type: none"> <li>Sukshma Vyayama</li> <li>Surya Namaskar</li> <li><b>Asana (any-4)</b> <ul style="list-style-type: none"> <li>Seated- Siddhasana</li> <li>Standing- Triyak Tadasana</li> <li>Spinal Twisting- Kati Chakrasana, Vakrasana</li> <li>Forwarding bending- Shashankasana, Padhastasana</li> <li>Inverted Asana- Viprit Karani</li> <li>Balancing Asana- Vrikshasana</li> </ul> </li> </ul> | 10    | 24    |
| 5       | <b>Yog Practical-II</b> <ul style="list-style-type: none"> <li>Shatkarma- Jivhamool Dhauti, Trataka</li> <li>Kapal-bhati (<b>any two</b>)</li> <li>Pranayama – Yogic Breathing, Nadishodhan<br/>Pranayama (<b>any one</b>)</li> <li>Mudra- Nasikagra Mudra</li> <li>Bandha- Moolbandh</li> <li>Meditation- Breathing Awareness</li> </ul>                                                                                                          | 10    | 24    |
|         | Record File & Viva                                                                                                                                                                                                                                                                                                                                                                                                                                 |       |       |
|         | Total                                                                                                                                                                                                                                                                                                                                                                                                                                              | 60    | 144   |

**QUESTION PAPER DESIGN**

**Subject: Physical Education**  
**Secondary Course**

**Total Marks: 40****1. Weightage to Objectives**

| Sl.No. | Objective         | Marks     | % age of Total marks |
|--------|-------------------|-----------|----------------------|
| 1.     | Knowledge         | 10        | 25                   |
| 2      | Understanding     | 20        | 50                   |
| 3      | Application/Skill | 10        | 25                   |
|        | <b>Total</b>      | <b>40</b> | <b>100</b>           |

**2. Weightage by types of Questions**

| Type of Questions                                                                                                                                             | Number of Questions | Marks Each Question | Marks Allotted |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|---------------------|----------------|
| Objective Type Questions                                                                                                                                      | 8                   | 1                   | 8              |
| 1 Marks (MCQs)                                                                                                                                                | 6                   | 2                   | 12             |
| 1 × 2 = 2 Marks (with two sub-points)<br>(fill in the blanks, match the column,<br>paragraph or case-based questions,<br>one-word questions, true/false, etc. |                     |                     |                |
| Very Short Answer                                                                                                                                             | 3                   | 2                   | 6              |
| Short Answer                                                                                                                                                  | 2                   | 3                   | 6              |
| Long Answer                                                                                                                                                   | 2                   | 4                   | 8              |
| <b>Total</b>                                                                                                                                                  | <b>21</b>           |                     | <b>40</b>      |

**3. Weightage by content**

| Module No. | Name of the Module | Marks     |
|------------|--------------------|-----------|
| 1.         | Physical education | 10        |
| 2.         | Health Education   | 10        |
| 3.         | Sports Education   | 10        |
| 4.         | Yog                | 10        |
|            | <b>Total</b>       | <b>40</b> |

**4. Difficulty Level of the Question Paper**

| LEVEL     | PERCENTAGE | MARKS |
|-----------|------------|-------|
| DIFFICULT | 25         | 10    |
| AVERAGE   | 45         | 17    |
| EASY      | 30         | 12    |

## SAMPLE QUESTION PAPER

### Physical Education

**Time: 2 hrs.**

**Maximum Marks 40**

**Note:**

- i) This question paper consists of 21 questions in all.
- ii) All questions are compulsory.
- iii) Marks are given against each question.
- iv) **Section A consists of –**
  - a. Q.No. 1 to 8 – Multiple Choice type questions (MCQs) carrying 1 mark each. Select and write the most appropriate option out of the four options given in each of these questions.
  - b. Q.No. 9 to 14 – Objective type questions carrying 02 marks each (with 2 sub-parts of 1 mark each). Attempt these questions as per the instructions given for each of the questions 9-14.
- v) **Section B consists of –**
  - a. Q.No. 15 to 17 - Very Short questions carrying 02 marks each to be answered in the range of 30 to 50 words.
  - b. Q.No. 18 to 19 – Short Answer type questions carrying 03 marks each to be answered in the range of 50 to 80 words.
  - c. Q.No. 20 to 21 – Long Answer type questions carrying 04 marks each to be answered in the range of 80 to 120 words..

| S.No | Questions                                                                                                                                                                                                                                                                          | Module | Unit | Marks |
|------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|------|-------|
|      | <b>Section - A</b>                                                                                                                                                                                                                                                                 |        |      |       |
| 1.   | <b>What is the primary aim of physical education?</b><br>A. To develop only the physical aspects of an individual<br>B. To focus solely on academic achievements<br>C. To ensure the all-round development of an individual's personality<br>D. To promote competitive sports only | I      | L1   | 1     |
| 2.   | <b>According to the World Health Organisation (WHO), what is health?</b><br>A. The absence of disease or infirmity<br>B. A state of complete physical, mental, and social well-being<br>C. The ability to perform daily tasks<br>D. A well-balanced metabolism                     | II     | L5   | 1     |

| S.No | Questions                                                                                                                                                                                                             | Module | Unit | Marks |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|------|-------|
| 3.   | <b>Which of the following is a common method of transmission for communicable diseases?</b><br>A. Eating a balanced diet<br>B. Exercising regularly<br>C. Cough or sneezing droplets<br>D. Drinking plenty of water   | II     | L7   | 1     |
| 4.   | <b>What is the cash prize awarded to the recipient of the Major Dhyan Chand Khel Ratna Award?</b><br>A. Rs. 10 lakhs<br>B. Rs. 15 lakhs<br>C. Rs. 20 lakhs<br>D. Rs. 25 lakhs                                         | III    | L9   | 1     |
| 5.   | <b>Which of the following best describes development?</b><br>A. Increase in height and weight<br>B. Temporary changes in physical size<br>C. Improvement in skills and functions<br>D. Measurable and visible changes | III    | L10  | 1     |
| 6.   | <b>_____ wrote the first Yogic text ‘Yog Sutra’?</b><br>A. Maharishi Patanjali<br>B. Swami Vivekananda<br>C. Gautama Buddha<br>D. Sri Aurobindo                                                                       | IV     | L13  | 1     |
| 7.   | <b>Which of the following is NOT one of the eight limbs of Ashtang Yog?</b><br>A. Asana<br>B. Pranayam<br>C. Pratyahar<br>D. Karma                                                                                    | IV     | L13  | 1     |
| 8.   | <b>What is the primary focus of Bahiranga Yog?</b><br>A. Internal aspects of Yogic practice<br>B. External aspects of Yogic practice<br>C. Meditation and concentration<br>D. Spiritual absorption                    | IV     | L13  | 1     |

| S.No                           | Questions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Module   | Unit     | Marks                   |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |
|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|-------------------------|------------------------------------------------------|-----------------------------|----------------------------------------------------|--------------------------------|------------------------------------------------|-----------------------------|--------------------------------------------------------------|----|----|---|
| 9.                             | <p>Match the objectives of physical education with their descriptions:</p> <table> <tr> <th>Column A</th> <th>Column B</th> </tr> <tr> <td>1. Physical Development</td> <td>A. Coordination between nervous and muscular systems</td> </tr> <tr> <td>2. Social Development</td> <td>B. Development of muscular system</td> </tr> <tr> <td></td> <td>C. Interaction and cooperation with others</td> </tr> <tr> <td></td> <td>D. Emotional stability and acceptance of success and failure</td> </tr> </table>                                                                                                                                                                                  | Column A | Column B | 1. Physical Development | A. Coordination between nervous and muscular systems | 2. Social Development       | B. Development of muscular system                  |                                | C. Interaction and cooperation with others     |                             | D. Emotional stability and acceptance of success and failure | I  | L1 | 2 |
| Column A                       | Column B                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |          |          |                         |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |
| 1. Physical Development        | A. Coordination between nervous and muscular systems                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |          |          |                         |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |
| 2. Social Development          | B. Development of muscular system                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |          |          |                         |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |
|                                | C. Interaction and cooperation with others                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |          |          |                         |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |
|                                | D. Emotional stability and acceptance of success and failure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |          |          |                         |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |
| 10.                            | <p><b>The first Olympic Games held in Athens in 1896 had _____ athletes from _____ countries participating in 43 events.</b></p> <p>Match the types of tournaments with their OR descriptions:</p> <table> <tr> <th>Column A</th> <th>Column B</th> </tr> <tr> <td>1. Knock-Out Tournament</td> <td>A. Each team plays with every other team twice</td> </tr> <tr> <td>2. Single League Tournament</td> <td>B. A team is eliminated after being defeated twice</td> </tr> <tr> <td>3. Double Knock-Out Tournament</td> <td>C. Each team plays with every other team once</td> </tr> <tr> <td>4. Double League Tournament</td> <td>D. A team is eliminated after one defeat</td> </tr> </table> | Column A | Column B | 1. Knock-Out Tournament | A. Each team plays with every other team twice       | 2. Single League Tournament | B. A team is eliminated after being defeated twice | 3. Double Knock-Out Tournament | C. Each team plays with every other team once  | 4. Double League Tournament | D. A team is eliminated after one defeat                     | I  | L4 | 2 |
| Column A                       | Column B                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |          |          |                         |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |
| 1. Knock-Out Tournament        | A. Each team plays with every other team twice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |          |          |                         |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |
| 2. Single League Tournament    | B. A team is eliminated after being defeated twice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |          |                         |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |
| 3. Double Knock-Out Tournament | C. Each team plays with every other team once                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |          |          |                         |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |
| 4. Double League Tournament    | D. A team is eliminated after one defeat                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |          |          |                         |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |
| 11.                            | <p><b>Fill in the Blanks</b>The _____ or _____ Games is a major international multi-sport event held every four years.</p> <p>OR</p> <p>In which year did Asian Games started ?</p> <p>Which was the host city for 1<sup>st</sup> Asian Games?</p>                                                                                                                                                                                                                                                                                                                                                                                                                                             | I        | L4       | 2                       |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |
| 12.                            | <p>Match the components of health with their descriptions:</p> <table> <tr> <th>Column A</th> <th>Column B</th> </tr> <tr> <td>1. Physical Component</td> <td>A. Capacity for thought and brain function</td> </tr> <tr> <td>2. Mental Component</td> <td>B. Positive relationships with family and society</td> </tr> <tr> <td></td> <td>C. Optimal operation of body's organic systems</td> </tr> <tr> <td></td> <td>D. Understanding and demonstrating emotions clearly</td> </tr> </table>                                                                                                                                                                                                 | Column A | Column B | 1. Physical Component   | A. Capacity for thought and brain function           | 2. Mental Component         | B. Positive relationships with family and society  |                                | C. Optimal operation of body's organic systems |                             | D. Understanding and demonstrating emotions clearly          | II | L5 | 2 |
| Column A                       | Column B                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |          |          |                         |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |
| 1. Physical Component          | A. Capacity for thought and brain function                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |          |          |                         |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |
| 2. Mental Component            | B. Positive relationships with family and society                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |          |          |                         |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |
|                                | C. Optimal operation of body's organic systems                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |          |          |                         |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |
|                                | D. Understanding and demonstrating emotions clearly                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |          |          |                         |                                                      |                             |                                                    |                                |                                                |                             |                                                              |    |    |   |

| S.No                 | Questions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Module   | Unit     | Marks              |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|--------------------|-----------------------------------|----------------------|------------------------------------------------|--|------------------------------------------------------------|--|----------------------------------------------------|-----|-----|---|
| 13.                  | <p>Match the sports awards with their descriptions:</p> <table> <tr> <th>Column A</th> <th>Column B</th> </tr> <tr> <td>1. Arjuna Award</td> <td>A. Recognizes outstanding coaches</td> </tr> <tr> <td>2. Dronacharya Award</td> <td>B. Given to universities for sports excellence</td> </tr> <tr> <td></td> <td>C. Recognizes exceptional achievements in adventure sports</td> </tr> <tr> <td></td> <td>D. Named after a legendary archer from Mahabharata</td> </tr> </table> <p>OR</p> <p>State whether the statements are true/false.</p> <p>A. MAKATrophy is awarded to the best university performing in sports.</p> <p>B. Tenzing Norgay national adventure award was previously known as National Adventure Award.</p> | Column A | Column B | 1. Arjuna Award    | A. Recognizes outstanding coaches | 2. Dronacharya Award | B. Given to universities for sports excellence |  | C. Recognizes exceptional achievements in adventure sports |  | D. Named after a legendary archer from Mahabharata | III | L9  | 2 |
| Column A             | Column B                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |          |          |                    |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |
| 1. Arjuna Award      | A. Recognizes outstanding coaches                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |          |          |                    |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |
| 2. Dronacharya Award | B. Given to universities for sports excellence                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |          |          |                    |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |
|                      | C. Recognizes exceptional achievements in adventure sports                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |          |          |                    |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |
|                      | D. Named after a legendary archer from Mahabharata                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |          |          |                    |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |
| 14.                  | <p>Match the Yogic practices with their benefits:</p> <table> <tr> <th>Column A</th> <th>Column B</th> </tr> <tr> <td>1. Sukshma Vyayama</td> <td>A. Stress reduction</td> </tr> <tr> <td>2. Yog sanas</td> <td>B. Cleansing the body</td> </tr> <tr> <td></td> <td>C. Physical fitness</td> </tr> <tr> <td></td> <td>D. Increase flexibility and mobility of joints</td> </tr> </table>                                                                                                                                                                                                                                                                                                                                         | Column A | Column B | 1. Sukshma Vyayama | A. Stress reduction               | 2. Yog sanas         | B. Cleansing the body                          |  | C. Physical fitness                                        |  | D. Increase flexibility and mobility of joints     | IV  | L13 | 2 |
| Column A             | Column B                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |          |          |                    |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |
| 1. Sukshma Vyayama   | A. Stress reduction                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |          |          |                    |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |
| 2. Yog sanas         | B. Cleansing the body                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |          |          |                    |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |
|                      | C. Physical fitness                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |          |          |                    |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |
|                      | D. Increase flexibility and mobility of joints                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |          |          |                    |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |
|                      | Section-B                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |          |          |                    |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |
| 15.                  | According to WHO, what does health encompass?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | II       | L5       | 2                  |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |
| 16.                  | <p>What is the primary difference between growth and development?</p> <p>OR</p> <p>List two characteristics of growth and development ?</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | III      | L10      | 2                  |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |
| 17.                  | What does the term ‘Ashtang’ mean in Ashtang Yog?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | IV       | L14      | 2                  |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |
| 18.                  | Explain the difference between a Knock-Out Tournament and a League Tournament.ORDescribe the significance of the ancient Olympic Games and their connection to Greek culture?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | I        | L3       | 3                  |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |
| 19.                  | <p>Explain the significance of Ashtang Yog in promoting overall health and well-being.</p> <p>OR</p> <p>Explain the importance of incorporating Yog into daily life for maintaining overall health.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | IV       | L16      | 3                  |                                   |                      |                                                |  |                                                            |  |                                                    |     |     |   |

| <b>S.No</b> | <b>Questions</b>                                                                                                                                                                                                                             | <b>Module</b> | <b>Unit</b> | <b>Marks</b> |
|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|-------------|--------------|
| 20.         | <p>Discuss the various methods of preventing communicable diseases and explain why these methods are important for public health</p> <p>OR</p> <p>List the methods of preventing non-communicable diseases? Explain any two in detail.</p>   | II            | L7          | 4            |
| 21.         | <p>Discuss the various benefits of physical activities on different body systems and overall well-being.</p> <p>OR</p> <p>Explain the role of Fit India Movement and Khelo India Campaign for promoting physical activities among youth.</p> | III           | L12         | 4            |

### Marking scheme

| <b>Q. No.</b> | <b>Expected Value Points for Each Steps</b>                                                 | <b>Distribution of Marks</b> | <b>Total Marks</b> |
|---------------|---------------------------------------------------------------------------------------------|------------------------------|--------------------|
| 1.            | <i>Answer: C. To ensure the all-round development of an individual's personality.</i>       | 1                            | 1                  |
| 2.            | <i>Answer: B. A state of complete physical, mental, and social well-being</i>               | 1                            | 1                  |
| 3.            | <i>Answer: C. Cough or sneezing droplets</i>                                                | 1                            | 1                  |
| 4.            | <i>Answer: D. Rs. 25 lakhs</i>                                                              | 1                            | 1                  |
| 5.            | <i>Answer: C. Improvement in skills and functions</i>                                       | 1                            | 1                  |
| 6.            | <i>Answer: A. Maharishi Patanjali</i>                                                       | 1                            | 1                  |
| 7.            | <i>Answer: D. Karma</i>                                                                     | 1                            | 1                  |
| 8.            | <i>Answer: B. External aspects of Yogic practice</i>                                        | 1                            | 1                  |
| 9.            | <i>Correct Matches:</i><br>1 - B<br>2 - C<br>3 - D<br>4 - A                                 | 1+1                          | 2                  |
| 10.           | <i>Answer: 241; 14</i><br>OR<br><i>Correct Matches:</i><br>1 – D<br>2 - C<br>3 - B<br>4 - A | 1+1                          | 2                  |
| 11.           | <i>Answer: Olympic; Asian Games</i><br>OR<br><i>Answer: 1982 New Delhi</i>                  | 1+1                          | 2                  |
| 12.           | <i>Correct Matches:</i><br>1 - D<br>2 - A                                                   | 1+1                          | 2                  |
| 13.           | <i>Correct Matches:</i><br>1 - D<br>2 - A<br>3 - B<br>4 - C                                 | 1+1                          | 2                  |

| <b>Q. No.</b> | <b>Expected Value Points for Each Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Distribution of Marks</b> | <b>Total Marks</b> |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|--------------------|
| 14.           | <p><i>Correct Matches:</i></p> <p>1 - D</p> <p>2 - C</p> <p>3 - B</p> <p>4 - A</p> <p>OR</p> <p>A. True</p> <p>B. True</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 1+1                          | 2                  |
| 15.           | <i>Answer: Complete physical, mental, and social well-being</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 2                            | 2                  |
| 16.           | <p><i>Answer: Growth is quantitative, while development is qualitative.</i></p> <p>OR</p> <p>Growth is quantitative, development is qualitative Growth depends on age, development is life-long</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 2                            | 2                  |
| 17.           | <i>Eight limbs</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 2                            | 2                  |
| 18.           | <p><i>In a Knock-Out Tournament, a team is eliminated from the competition after one defeat, making it the quickest way to determine a winner. In contrast, a League Tournament allows each team to play against every other team, regardless of victory or defeat, providing more opportunities for teams to showcase their skills.</i></p> <p>OR</p> <p><i>The ancient Olympic Games were significant cultural and religious events held in Olympia, Greece, in honor of the Greek god Zeus. They started in 776 BC and lasted for over a thousand years. The Games were not only athletic competitions but also part of a religious festival. They included various sports such as foot races, chariot races, and wrestling, and were a major part of Greek culture, promoting unity and showcasing athletic prowess.</i></p> | 3                            | 3                  |
| 19.           | <p><i>Answer: Ashtang Yog, as defined by Maharishi Patanjali, is an eight-limb system that integrates physical, mental, emotional, and spiritual aspects of human potential. It promotes discipline, self-awareness, and inner strength, helping individuals manage stress and achieve holistic health. By practicing the eight limbs—Yama, Niyama, Asana, Pranayama, Pratyahar, Dharana, Dhyan, and Samadhi—practitioners can attain physical fitness, mental clarity, emotional stability, and spiritual growth</i></p> <p>OR</p>                                                                                                                                                                                                                                                                                              | 3                            | 3                  |

| Q. No. | Expected Value Points for Each Steps                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Distribution of Marks | Total Marks |
|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-------------|
|        | <i>Answer: Incorporating Yog into daily life is crucial for maintaining overall health as it enhances physical fitness, mental alertness, and emotional stability. Yog practices such as asanas, pranayama, and meditation improve flexibility, strength, and respiratory functions, while reducing stress and promoting relaxation. Additionally, Yog supports immune function, aids in disease prevention, and fosters a balanced lifestyle, contributing to holistic well-being.</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                       |             |
| 20.    | <i>Preventing communicable diseases involves several key methods such as proper sanitization, maintaining hygiene practices, personal protection, vaccination, regular health check-ups, developing strong immunity, engaging in regular physical activities, and avoiding close contact with infected individuals. Proper sanitization and hygiene practices help eliminate pathogens from our environment and bodies. Personal protection measures like wearing masks and using sanitizers reduce the risk of transmission. Vaccination provides immunity against specific diseases. Regular health check-ups enable early detection and treatment. Strong immunity and physical activities enhance the body's defense mechanisms. Avoiding close contact with infected individuals minimizes the spread of diseases. These methods are crucial for maintaining public health and preventing outbreaks.</i>                                                                                                                                                                                                                                                        | 4                     | 4           |
| 21.    | <i>Answer: Physical activities encompass a wide range of movements that engage muscles and require energy expenditure, including structured exercises, sports, and daily activities. These activities offer numerous benefits for physical health, mental well-being, and overall quality of life. Regular physical activities improve cardiovascular fitness, build strength and endurance, enhance flexibility and balance, manage weight, and reduce the risk of chronic diseases such as heart disease, type 2 diabetes, and certain cancers. They also boost mood, reduce symptoms of depression and anxiety, and promote better sleep by stimulating the release of endorphins. Additionally, physical activities enhance cognitive function, memory, and attention, and strengthen the immune system, making individuals more resistant to common illnesses. Engaging in physical activities also promotes social interaction, reduces stress, and contributes to longevity and a higher quality of life. The benefits vary depending on the type, intensity, duration, and frequency of the activities, and it is advisable to consult with a healthcare</i> | 4                     | 4           |

| Q.<br>No. | Expected Value Points for Each Steps                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Distribution<br>of Marks | Total<br>Marks |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|----------------|
|           | <p><i>professional before starting any new exercise program, especially for individuals with pre-existing health conditions.</i></p> <p style="text-align: center;"><i>OR</i></p> <p><i>The <b>Fit India Movement</b>, launched in 2019, encourages daily physical activities and sports to foster a healthier lifestyle among the youth. It aims to reduce lifestyle diseases by integrating fitness into daily routines. By promoting regular exercise and healthy habits, the movement seeks to create a culture of fitness that benefits both physical and mental well-being. The <b>Khelo India Campaign</b>, initiated in 2018, focuses on developing sports infrastructure and identifying young talent at the grassroots level. It organizes competitions and provides training to nurture future athletes. This campaign aims to create a robust sports ecosystem, ensuring that young athletes have the resources and opportunities to excel. Together, these initiatives contribute significantly to the holistic development of India's youth.</i></p> |                          |                |