

Sample Question Paper
Physical Education and Yog (373)

Time: 3 hrs

Maximum Marks: 70

Note:

- i. This question paper consists of 38 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 15** – 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. An internal choice has been provided in some of these questions. You have to attempt only **one** of the given choices in such questions.
 - b. **Q.No. 16 to 25** –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.
- v. **Section B** consists of
 - a. **Q.No. 26- to 33** – Very Short questions carrying 02 marks each to be answered in the range of 30 to 50 words.
 - b. **Q.No. 34 to 36** – Short Answer type questions carrying 03 marks each to be answered in the range of 50 to 80 words.
 - c. **Q.No. 37 to 38** – Long Answer type questions carrying 05 marks each to be answered in the range of 80 to 120 words.

SECTION-A		
S.N	Question	Marks
1.	(i) “Yog” term is derived from which one of the following word? a. Yoga b. Yum c. Yuj d. Yoj <p style="text-align: center;">OR</p> (ii) In which year was the Indian Olympic Association (I.O.A.) formed? a. 1920 b. 1927 c. 1929 d. 1928	1
2	(i) In which period was Patanjali yoga sutra written? a. Vedic Period b. Sutra Period c. Pre-Vedic Period d. Medieval Period <p style="text-align: center;">OR</p> (ii) Which among the following is not an Indigenous Sport?	1

	<ul style="list-style-type: none"> a. Kho-Kho b. Atye-patye c. Hockey d. Kabaddi 	
3.	<p>(i) Write the full form of the sports organization 'NSNIS'.</p> <ul style="list-style-type: none"> a. Netaji School of National Interests of Sports b. National Sports of North India School c. Netaji Subhas National Institute of Sports d. D. National Sports Netaji Subash Indian School <p style="text-align: center;">OR</p> <p>(ii) Nath Panth is related to.....</p> <ul style="list-style-type: none"> a- Vedic period b- Upanishad period c- Pre-Vedic period d- Medieval period 	1
4	<p>BMR stands for</p> <ul style="list-style-type: none"> a. Beginning Metabolic Rate b. Basic Metabolic Rate c. Basal Metabolic Rate d. Beginner Metabolic Rate 	1
5	<p>"Jogging on the spot" exercise is usually performed to</p> <ul style="list-style-type: none"> a. Strength development b. Flexibility development c. Warmup d. Cooling down 	1
6	<p>Which one of the following is not an effect of warming-up exercises?</p> <ul style="list-style-type: none"> a. Nerve receptors work faster b. Prevents sports injuries c. Improves flexibility and physical performance d. Decline blood pressure 	1
7	<p>(i) Which of the following exercises is not an example of Isometric contraction?</p> <ul style="list-style-type: none"> a. Pushing the wall b. Pullups c. Planks d. Bhujangasana <p style="text-align: center;">OR</p> <p>(ii) Accumulation of Lactate is an effect of exercises on which of the following system?</p> <ul style="list-style-type: none"> a. Muscular System b. Respiratory system c. Circulatory Systems d. Nervous System 	1

8	<p>The volume of physical activities can be measured in.....</p> <p>a. Kilograms b. Playing football c. Seconds d. Kilometer per hour</p>	1
9	<p>Which element is found in high quantity in pulses?</p> <p>a. Carbohydrates b. Protein c. Fat d. Vitamins</p>	1
10	<p>(i) In which type of tournament, does an individual or team does not get a chance after losing a match?</p> <p>a. League b. Combination c. knockout tournaments d. Challenge Tournament</p> <p style="text-align: center;">OR</p> <p>(ii) Which one of the following activity is not an Intramural?</p> <p>a. Inter-house football match b. Inter-hostel volleyball match c. Inter-school handball match d. Inter-class cricket match</p>	1
11	<p>(i) There will be no need of 'bye' in knockout tournaments if the numbers of teams are.....</p> <p>a. 6 b. 8 c. 10 d. 12</p> <p style="text-align: center;">OR</p> <p>(ii) Through which formula can we calculate the minimum number of matches in knockout tournaments?</p> <p>a. $n-1$ b. $n/2$ c. $n-1/2$ d. $n+1/2$</p>	1
12	<p>(i) To which one of the following does 'Awakening of Kundali' belong?</p> <p>a. Raj yoga b. Hath Yoga c. Bhakti Yoga d. Ashtang Yoga</p> <p style="text-align: center;">OR</p> <p>(ii) Recognise the Chakra which is situated at the crown of the head?</p> <p>a. Anahata Chakra</p>	1

	b. Vishuddhi Chakra c. Sahasrara Chakra d. Manipur Chakra	
13	The technique in yog used for extension of vital energy and life forces through breath control is referred to as a. Yama b. Niyam c. Pranayam d. Asana	1
14	Identify the pranayam that resembles the typical humming sound of bees. a. ShitkariPranayam b. Bhramari Pranayam c. Ujjayi Pranayam d. BhastrikaPranayam	1
15	(i)Identify the most important ‘nadi’ among the following. a. Ida nadi b. Pingla nadi c. Shushumna nadi d. None of the above <p style="text-align: center;">OR</p> (ii)Kumbaka as a component of pranayam means which one of the following a. Retention of breath b. Exhalation of breath c. Inhalation of breath d. None of the above	1
16.	Fill in the blanks (i) Meghasthenes visited India during the period of and referred to a very elaborate system of physical training for the..... <p style="text-align: center;">OR</p> (ii) Ramayana and Mahabharata were composed during and both epics reveal that this period was a period of great.....	1x2
17.	Mark the following statements as true or false (I) a. The learning process is divided into four domains. b. In teaching attitude, appreciation and values come under affective domain. <p style="text-align: center;">OR</p> (II) a. The air inhaled and released in one breath is called exhalation. b. During activity our muscles require carbon dioxide and produce oxygen.	1x 2

18.	Fill in the blanks When was the School Health Programme introduced in India.....and it reduces the..... factor.	1x2
19.	Fill in the blanks (i) Yog classifies diet into three types namely..... , and tamasic diets. OR (ii) Carbohydrates,..... and are known macronutrients.	1x2
20.	Match the Following- Section- A I-Fat- soluble vitamins II-Water-soluble vitamins Section-B (a) Vitamin C, B (b) Vitamin A,D (c) Vitamin H	1x2
21.	Fill in the blanks Anaerobic exercises are performed for theduration of time and where the constant supply ofis not present.	1x2
22.	Mark the following statements as true or false a. Extramural competition is tough to manage as compared to intramural. b. Intramural competition is very tough to manage as compared to Extramural.	1x2
23.	Fill in the blanks In RICE, R stands for REST, I stands for ICE, C stands for....., and E stands for.....	1x2
24.	Fill in the blanks (i) Bhramari Pranayama relieves tension,.....and..... OR (ii) The three components of pranayama are poorakand	1x2
25	Match the Following- (i) Section- A 1. Ha 2. Tha 3. Mooladhar Chakra 4. Vishuddhi Chakra Section -B (i) Earth Element (ii) Sun/Pingala (iii) Throat (iv) Chandra/ earth (v) Bhastrika (ii) Section-A 1. Bhramari 2. Akash 3. Agni/fire 4. Suryabhedi OR Section-B (i) middle finger (ii) Heating Pranayam (iii) Tranquilizing pranayama (iv) Thumb (v) Cooling Pranayam	1x2

SECTION-B		
26	Give two examples of how athletes can demonstrate good sportsmanship both in victory and defeat. OR Explain the goal of Yog in a modern context.	2
27	Name the eight steps or limbs of Ashtang Yoga identified by Maharishi Patanjali. OR Name of the five Yamas identified by Maharishi Patanjali.	2
28	State any two main aspects of School Health Programme.	2
29	Explain the concept of yogic diet.	2
30	Describe the concept of physical fitness. OR Explain the aim of Sports training.	2
31	Differentiate between Aerobic and Anaerobic exercises.	2
32	Explain any two types of Coordinative Abilities. OR Explain any two principles of Sports training.	2
33	Explain the types of tournaments.	2
34	What is the role of ethics in sports?	3
35	Highlight the goals of Health Education. OR Design action plan for a 'Healthy Snack Day' as part of your school's health program	3
36	Differentiate between Jal Neti and Sutra Neti. OR Highlight the purpose and benefits of Tratak Kriya.	3
37	Explain the concept of learning and stages of learning. OR How do the physical changes, emotional fluctuations, and social interactions during adolescence impact an individual's overall development and self-identity?.Explain.	5
38	Analyse the importance of Hast Mudra used for balancing five elements of body. OR Explain how to perform the Mula Bandha (Root Lock) and its benefits during a seated posture. How does this practice enhance energy flow and stability?	5

Marking Scheme (373)

S.N	Section-A Answer	Marks
1.	(i) - c OR (ii) - b	1
2.	(i) - b OR (ii) - c	1
3.	(i) -c OR (ii) -d	1
4.	c	1
5.	c	1
6.	d	1
7.	(i) -b OR (ii) -a	1
8.	c	1
9.	b	1
10.	(i) -c OR (ii) -c	1
11.	(i) -b OR (ii) -a	1
12.	(i) -b OR (ii) -c	1
13.	c	1
14.	b	1
15.	(i) -c OR (ii) -a	1
16.	(i) - Chandragupta maurya, / army.	1x2

	OR (ii) –Ancient Period / turmoil and wars.	
17.	(I). (a)- False (b)- True OR (II). (a)- True (b)- False	1x2
18.	1940, Risk health	1x2
19.	(a) – Sattvic / Rajasic OR (b) – Fat / Proteins	1x2
20.	(i)- (b) (ii)- (a)	1x2
21.	Short/oxygen	1x2
22.	(a) - True (b) - False	1x2
23.	Compression/ Elevation	1x2
24.	(i)Anger / anxiety. OR (ii) Rechak /Kumbhak	1x2
25.	(i) – 1.(ii), 2.(iv), 3.(i), 4.(iii) (ii)- 1.(iii), 2.(i), 3.(iv), 4.(ii)	1x2
	Section-B	
26.	In victory, athletes show humility by acknowledging opponents, sharing credit, and avoiding arrogance. In defeat, they display grace, congratulating winners, and learning from challenges with resilience and respect. OR The goal of yog is to attain the physical and mental wellbeing. In order to accomplish it, yog makes use of different movements, breathing exercises, relaxation techniques and meditation. Yog is a way of living with health and peace of mind. Mind/body awareness can influence mood and self-esteem to improve quality of life. Yog is the perfect way to ensure overall health and physical fitness. Some benefits of yog have been listed below:	2
27.	1.Yam; 2.Niyam, 3.Aasana, 4.Pranayam, 5.Pratyahar, 6. Dharana, 7.Dhyan, 8.Samadhi.	2

	OR 1.Ahinsa (non-violence) 2.Satya (truthfulness) 3.Asteya (non-stealing) 4.Brahmacharya (celibacy) 5.Aprigraha (non-possessiveness)	
28.	i.School health services, ii. School health environment; iii. School health education.	2
29.	-The 'Yogic diet' is defined as foods that are conducive to yogic practices and progress in spirituality. -Yog classifies diet into three types namely- Sattvic, Rajasic and Tamasic diets.	2
30.	The ability to perform day to day work without undue fatigue may be termed as physical fitness. It encompasses a wide range of abilities so that one can carry out daily routine with ease and overcome the physical challenges during sports competitions. OR The aim of sports training is to train an individual or team to achieve top form and perform better and in a selected sport competition. Different factors are responsible for achieving top form of maximum efficiency. Sports training focuses on reaching top form or maximum efficiency	2
31.	Aerobic exercise - Involves oxygen in energy production, Increases endurance, improves cardiovascular system Anaerobic exercise -Doesn't involve oxygen in energy production, Increases strength, improves bone density, builds up muscles.	2
32.	i. Orientation ability ii. Coping Ability iii. Balance Ability iv. Differentiation ability v. Rhythmic Ability vi. Reaction Ability (explain in brief) OR 1. Principle of Balance: 2. Principle of Individualization: 3. Principle of Overload: 4. Principle of Recovery: 5. Principle of Reversibility: 6. Principle of Specificity: 7. Principle of Variation: 8. Principle of Transfer: (Any three points to be explain)	2
33.	TYPE OF TOURNAMENTS- 1. Knock- out Tournaments. 2. League Tournaments.	2

	3. Combination Tournament. 4. Challenge Tournament.	
34.	Ethics in sports ensure fair play, respect, and integrity. Upholding values like honesty, sportsmanship, and respect for opponents fosters a positive environment and maintains the spirit of competition.	3
35.	<p>The goal of health education should be to bring about beneficial changes in health knowledge, in mind-set, in practice; and not only that but to teach children a set of rules of hygiene also.</p> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> - Collaborate with teachers, parents, and nutritionists to plan nutritious snacks. - Set a date and inform students and parents about the event. - Choose a variety of healthy snacks like fruits, vegetables, whole-grain options, and low-fat dairy. <ul style="list-style-type: none"> - Avoid sugary and processed foods. - Create posters, flyers, and announcements to educate students about the importance of healthy snacking. - Organize workshops on preparing simple, nutritious snacks at home. - Conduct trivia quizzes to reinforce healthy eating habits. - Set up booths with colorful and appealing snacks. - Ensure proper hygiene and safety measures. - Invite guest speakers to discuss nutrition and balanced eating. - Encourage students to share their favorite healthy snacks. - Gather feedback from students, teachers, and parents to assess the event's impact. - Identify areas for improvement for future initiatives. 	3
36.	<p>Jal Neti- Jal Neti : is a process of cleaning nose and surrounding area by passing water through nostrils with the help of a pot filled with luke warm water saline water</p> <p>Sutra Neti - In Sutra Neti, a waxed cotton thread is traditionally used to clean the nasal cavity. This waxed cotton thread is inserted into the nose and then pulled out from the mouth. Then both ends are held with the hands and nasal cleaning is done by to and fro motion of the thread. Nowadays, a rubber catheter is used instead of the thread and it is easily available in any medical store</p> <p style="text-align: center;">OR</p> <p>TRATAK KRIYA- Looking intently with blinkless gaze at a small point until tears are shed is known as Tratak Kriya.</p> <p>Purpose- Tratak is practised to activate unknown powers of the mind. Tratak is extremely powerful sadhna.</p> <p>Benefit: It helps in developing concentration. It strengthens the eye muscles.</p>	3
37.	Learning is defined a relatively permanent change in behaviour. Stages –	5

	<p>i. Cognitive stage; ii. Motor stage; iii. Autonomous stage (all points to be explained)</p> <p style="text-align: center;">OR</p> <p>Physical changes: In this stage, the child achieves his/her maximum limit in physical growth. Bones and muscles achieve their final shape. Growth and functions of organs are at their peak.</p> <p>Emotional changes: Emotions such as anger, love, fear, and happiness etc. are instable, intense, and an individual is unable to control them, and sometimes are irrational in the beginning of this stage. If things are going in a right way he may become happy.</p> <p>Social changes: Adolescents change their relationship with the family. They separate themselves from their parents. The adolescent gives importance to the group or circle of his/her friends and becomes loyal to them rather than their parents.</p>	
38.	<p>Hast Mudra- The well being of our health can be controlled by the fingers of our hand because the fingers are essentially electrical circuits. It can adjust the flow of energy. Touching the fingers of hand in different positions is known as Hast Mudra. The Hast mudra can be used to balance five vital elements of the body through five fingers of the hand. Each finger represents each element. These are as follows:</p> <ol style="list-style-type: none"> 1) Thumb – Agni/ fire element 2) Index finger – Vayu/air element 3) Middle finger – Akash/ space element 4) Ring finger– prithvi/ earth element 5) Little finger – jal/ water element <p style="text-align: center;">OR</p> <p>Mula Bandha- The Sanskrit word Moola means ‘base, root, and bottom’; Bandha means ‘restrain, hold, lock or closed’. It is also known as ‘root lock’. It is related to the subtle body. Its physical counterpart is the perineum muscle, which is located between the anus and the genitals and moves in an upward direction.</p> <p>Method:</p> <ol style="list-style-type: none"> 1. Sit erect in Siddhasana, pressing the perineum with the left heel. 2. Look straight ahead and take a deep breath. 3. Exhale slowly and as the abdomen contracts, close the anal sphincters tightly & continuously and then draw them upwards. 4. Hold the contraction for five to ten seconds or as long as possible without discomfort. 5. Inhale slowly and relax the anal muscles slowly. 	5

	<p>Benefits-</p> <ol style="list-style-type: none">1. It tones the digestive system, reproductive organs, and perineum and can help women with painful periods.2. Moola bandha essentially prepares for a spiritual awakening by activating root chakra. Duration Perform five turns in the beginning and increase by one turn every week up to a maximum of ten turns for gaining the maximum amount of physical benefit. Relax for about five seconds between the contractions. <p>Precautions-</p> <ol style="list-style-type: none">1. Avoid in high blood pressure, heart disease or any major diseases.2. Should not be done in case of bleeding per rectum.	
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