PHYSICAL EDUCATION & SPORTS

National Skills Qualification Framework (NSQF)

Level – 1

[ हिंदी एवं अंग्रेजी माध्यम ]

[ Hindi and English Medium ]

(Only for Fresh/School Candidates)

Time allowed: 2½ hours]   [ Maximum Marks: 60

Please make sure that the printed pages in this question paper are 8 in number and it contains 41 questions.

Before beginning to answer a question, its Serial Number must be written.

Don’t leave blank page/pages in your answer-book.

1427 P. T. O.
Except answer-book, no extra sheet will be given. Write to the point and do not strike the written answer.

Candidates must write their Roll Number on the question paper.

Before answering the question, ensure that you have been supplied the correct and complete question paper, no claim in this regard, will be entertained after examination.

Note: (i) Attempt any two questions from question Numbers 39 to 41. Rest are compulsory.

(ii) Praychek prashn ke andek uske saman diye gaye hain.
Mark are indicated against each questions.

(iii) Aapke uttar ank ke anusaar hone vahale.
Your answer should be according to marks.

PART – A

(Objective Type Questions)

1. What are the aspect of language development ?
(A) Logic (B) Phonology
(C) Handwriting (D) Manipulation
2. Psychologist Jean Piaget divided cognitive development into ………… stages.
   (A) 2   (B) 3
   (C) 4   (D) 5

3. Obesity results from the energy imbalance that occurs when a person consumes more calories than the body burns.  
   (True/False)

4. What environment factors influence Physical activity?
   (A) Altitude  (B) Temperature
   (C) Time  (D) All of the above

5. Adults are recommended to do …………. minutes of moderate intensity Physical activity in a week.
   (A) 150   (B) 300
   (C) 500   (D) 900

6. Body weight exercises includes …………..
   (A) Lungs  (B) Push-ups
   (C) Squats  (D) All of the above
7. Only high protein diet is important to build muscle mass.  
(True/False)

8. We can improve balance and coordination by training proprioceptive senses.  
(True/False)

9. Our body needs ............... hours of sleep to rejuvenate.  
(A) 5  (B) 9  (C) 7  (D) 8

10. Sense of self can be improved by using plyometric exercises.  
(True/False)

11. Swimming is a/an ............... activity.  
(A) Aerobic  (B) Flexibility  (C) Muscle-strengthening  (D) None of these

12. Yoga is a/an ............... activity.  
(A) Aerobic  (B) Flexibility  (C) Muscle-strengthening  (D) None of these
13. Push-ups is a/an ............ activity.
   (A) Aerobic                   (B) Flexibility
   (C) Muscle-strengthening     (D) None of these

14. There are ............... energy systems that are found in our body.
   (A) 2                        (B) 3
   (C) 4                        (D) 9

15. Families that abuse or neglect their children would effect children's positive
development.  (True/False)

16. Vitamins are ............... nutrients.
    (A) Macro                    (B) Micro
    (C) Both (A) & (B)          (D) None of these

17. Proteins are main source of energy.  (True/False)

18. Water is a nutrient.   (True/False)

19. Ability are the things that we enjoy doing. (True/False)
20. जी पी एस का अर्थ है स्टेट-निर्धारण प्रणाली 1
(A) वैश्विक स्थान-निर्धारण प्रणाली (B) वैश्विक भुगतान प्रणाली
(C) वैश्विक कार्यक्रम प्रणाली (D) वैश्विक संकेतन प्रणाली

GPS stands for …………
(A) Global Positioning System (B) Global Payment System
(C) Global Program System (D) Global Pointing System

21. …………… आपके कंप्यूटर में स्थायी रूप से जानकारी संग्रहीत करता है। 1
(A) रैम (B) रोम
(C) Flash memory (D) Monitor

……………. stores information permanently in your computer.
(A) RAM  (B) ROM
(C) Flash memory  (D) Monitor

PART – B

(Very Short Answer Type Questions)

22. बढ़िया (ठीक) मोटर कीशल क्या है ? 1
What are fine motor skills ?

23. जनसांख्यिकीय कारक क्या हैं ? 1
What are demographic factors ?

24. सीखने के प्रतिफल का क्या महत्व है ? 1
What is the importance of learning outcomes ?

25. खेलों का क्या अर्थ है ? 1
What is the meaning of games ?

26. स्वच्छता को परिभाषित करें। 1
Define Hygiene.
27. What are the different methods of communication?

28. What is the aim of entrepreneurship?

PART – C

(Short Answer Type Questions)

29. Differentiate between Education and Physical Education.

30. What do you understand by Psychological Wellbeing of an individual and why is it important?

31. Define biological age and what does it reflect?

32. Differentiate between macro and meso planning.

33. What do you understand by fitness?

34. What factors influence growth and development of a child?

35. What is mental health?

36. What are the advantages and disadvantages of verbal communication?
37. How can we keep our thinking positive? Why is it important?

38. What do you understand by Green economy?

PART – D

(Essay Type Questions)

39. Write a short note on:
   (a) Balanced life style
   (b) Sports activity
   (c) Recreational activity

40. Write a detailed note on sports specific training and its benefits.

41. Explain general nutrition.