

Sub: PHYSICAL EDUCATION
Assignment 5

1: Which one of the following is not an objective of Planning in sports?

1. Management of a tournament
2. Finding out the causes of failure
3. Distributing work according to the ability
4. Achieving the target on time

2: The Reception Committee for a tournament is responsible for.....

1. Welcome the participants
2. Arranging accommodation and meals for the participants
3. Proper upkeep of the venues
4. Welcome the Chief Guest and spectators at the opening and closing ceremonies

3: The Boarding and Lodging Committee for a tournament arranges.....

1. The making of the budget for boarding and lodging
2. Meals, refreshment and stay of the Chief Guest
3. Accommodation and meals for the participants
4. Refreshments for the participants and officials

4: In a double league tournament such as the IPL, a total of how many matches are played during the league phase if 7 teams participate?

1. 42
2. 45
3. 54
4. 58

5: Which one of the following is not an objective of Intramurals?

1. To provide incentive, motivation and opportunity to learn various skills.
2. To broaden the base of sports.
3. To develop sportsman spirit among students.
4. To improve social interaction among the students

6: Nutrients are the chemical in food which.....

1. Are needed for replacement of tissues
2. Are essential for growth
3. Our body needs
4. All of the above

7: One function of proteins in our body is to.....

1. Increase bulk of muscles
2. Improve our endurance
3. Form tissue and repair broken tissues
4. Provide energy for normal activities

8: Which one of the following is not a macro nutrient?

1. Fats
2. Carbohydrates
3. Roughage
4. Proteins

9: Which of the following is not a form of carbohydrate?

1. Multiple
2. Simple
3. Complex
4. All of these

10: Which of the following vitamins is not fat soluble?

1. B Complex
2. E
3. K
4. A

11: Which of the following is a medical condition which causes lifestyle diseases?

1. Diabetes
2. Hypertension
3. Obesity
4. Asthma

12: Asanas help in

1. Balancing our nervous system
2. Blood Clotting
3. Contracting the muscles
4. All of the above

13: Asthma can be reduced by performing and

1. Sukhasana, Trikonasana
2. Arda Matsyendrasana, Matsyasana
3. Chakrasana, Tadasana
4. None of the above

14: Which of the following asanas is beneficial in reducing obesity?

1. Matsyasana
2. Gomukhasana
3. Paschimottasana
4. None of these

15: is done in a sitting posture.

1. Bhujangasana
2. Pavanuktasana
3. Trikonasana
4. Gomukhasana

16: Which one of the following is not a case of cognitive disability in a child?

1. Genetic abnormalities
2. Problems during birth
3. Chromosomal defects
4. Arthritis

17: Disorders are

1. Permanent in nature
2. Temporary in nature
3. Either 1 or 2
4. Neither 1 nor 2

18: Which of the following disabilities is not considered as a physical disability?

1. Poor manual dexterity
2. Epilepsy
3. Dyslexia
4. Visual Improvement

19: Which of the following is not a case of intellectual disability?

1. Diabetes
2. An infection in the brain
3. Meningitis
4. Extreme malnutrition

20: A mentally challenged child with a low IQ has disability.

1. Cognitive
2. Intellectual
3. Mental
4. None of these