



#### Chapter - 1

#### Very Short Answer Type Questions:

1. Define test.
2. What does term "MEASUREMENT" mean?
3. What do-you mean by the term "TEST"?
4. Define MEASUREMENT.
5. Write full form of BMI.
6. Define Body Mass Index. What does it mean?
7. What means SOMATOTYPE or BODY TYPE? ,
8. What types of Measurements of Body Size, Shape or Structure and Composition are called? ,
9. Write about the utility of anthropometric measurements. Short Answer Type Question

#### Short Answer Type Questions:

1. What is meant by the terms TEST and MEASUREMENT?
2. How will you define TEST and MEASUREMENT?
3. Body Measurement Index is a physical measurement. Explain about its categories .
4. How will you calculate BMI?
5. What do you mean by WAIST-HIP RATIO?
6. Explain Endomorphy.
7. What means MESOMORPHY?
8. What do you mean by ECTOMORPHY?
9. How will you calculate WAIST-HIP RATIO? 10. Discuss ECTOMORPHS TRAITS.

#### Long Answer Type Questions:

1. How will you explain anthropometric measurements of HEIGHT?
2. How will you explain anthropometric measurements of ARM AND UPPER ARM LENGTH?
3. How will you explain anthropometric measurements of LEG LENGTH & UPPER\*\* LENGTH?
4. How will you explain anthropometric measurements of WEIGHT?
5. How will you calculate Waist-hip Ratio?
6. What is the procedure for fixing marks for skinfold measurement?
7. Write detailed procedure of skinfold measurement.
8. How will you calculate Body Mass Index?
9. What means SOMATOTYPES? Explain in detail.
10. Write in detail about SKINFOLD MEASUREMENT. .
11. How will you measure Height and Weight of body?



#### Chapter - 2

##### Very Short Answer Type Questions:

1. What do you mean by Biomechanics?
2. What do you mean by Mechanics?
3. What means sports Biomechanics?
4. What do you mean by Force? Define it.
5. There are two types of Force. One is called Internal Force, what is called the other one?
6. What is the Law of Inertia? k
7. What is Lever? Where it can be located in Human Body?
8. What is equilibrium?
9. Explain Static Equilibrium and Dynamic Equilibrium.
10. What is 'Centre of Gravity'?
11. What is the Law of Reaction?
12. State Law of Acceleration.
13. What do you mean by "Centrifugal Force"?
14. What do you mean by "Centripetal Force"?
15. What is "C G"?

##### Short Answer Type Questions:

1. Explain the meaning of Biomechanics.
2. What are the Functions of Biomechanics? Write atleast five.
3. What are the kinds of Lever?
4. Classify Equilibrium.
5. What are the factors that are related to Force?
6. What are the Principles of stability?
7. Write meanings and kinds of Equilibrium.
8. There are two types of Force. Clarify the meanings of both.
9. What are the Factors related to the Body Activities?
10. What is Newton's Law of Motion? Long Answer Type Questions:

##### Long Answer Type Questions:

1. Write about Newton's Law of Motion and its application on Physical Education and Sports.
2. Explain meanings and importance of Biomechanics in Physical Education and Sports.
3. What do you understand by the term Lever? Write its types and application in Games and Sports.
4. What do you mean by the word Equilibrium? Write its types and application in Games and Sports.
5. Explain Force in details. What are the types related to the Sports.
6. What do you mean by Centre of Gravity? Write its application in Games and Sports.
7. What are the Principles of Stability?
8. What do you mean by Law of Reaction?



#### Chapter - 3

#### Very Short Answer Type Questions:

1. Define Psychology.
2. What is Sports Psychology?
3. Define the term Sports Psychology.
4. Define Growth.
5. Define Development.
6. What do you mean by Growth?
7. What is meant by the term Development?
8. Define Learning.
9. What are the types of Learning?
10. How will you mean Transfer of Learning?
11. Define Transfer of Learning.
12. How many are the types of Learning? v
13. How many types are of Learning?
14. What do you mean by Positive Transfer of Learning?
15. What plays the vital role in Transfer of Learning?
16. 'Adolescence" What does it mean?
17. Define Adolescence.
18. Factors Affecting of Learning—Write about Learning's Will. Short Answer Type Questions:

#### Short Answer Type Questions:

1. Define the term 'Psychology'.
2. What do you mean by the term Sports Psychology?
3. What means the terms 'Growth' and 'Development'.
4. Write in brief about the 'Law of Exercise'.
5. Explain the \*Law of Readiness'.
6. Explain the \*Law of Exercise'.
7. Explain the'Law of Effect'.
8. How many types of Transfer of Learning' are?
9. There are various Secondary Laws of Learning. Write any five.
10. What means Transfer of Learning?
11. When Childhood begins and when it ends?
12. There are various characteristics of Adolescence. What are those? Write on any two. Long Answer Type Questions:

#### Long Answer Type Questions:

1. What do you mean by Transfer of Learning?
2. What are the Factors affecting Transfer of Learning?
3. How many are the "Secondary Laws of Learning? Enlist and write on any one of them.
4. Distinguish between "Growth' and 'Development'.

5. What are the developmental characteristics during Infancy?
6. At what age childhood starts and ends? What developments occur during this period?
7. Explain any two problems of Child adolescence.
8. How will you manage the 'Problems of Adolescence'?
9. Explain in brief about Transfer of Learning'.
10. Define Learning. What are the Laws of Learning and their application in Games Sports?
11. How will you mean the term \*Psychology? Write its importance in Games and Sports.



#### Chapter - 4

#### Very Short Answer Type Questions:

1. What does 'Sports Training' mean?
2. Define the term 'Sports Training'.
3. What are the Principles of Sports Training?
4. What does word 'Training' denote? Define it.
5. Define 'Warming Up'.
6. What does 'Warming Up' mean?
7. Why is 'Warming Up' necessary?
8. How many are the types of 'Warming Up'?
9. Write methods of 'warming Up'.
10. What do you mean by 'General Warming Up'?
11. What do you mean by 'Specific Warming Up'?
12. What do you mean by 'Active Warming Up'?
13. What do you mean by 'Passive Warming Up'?
14. What do you mean by 'Limbering Down'?
15. Are 'Limbering Down' and 'Cooling Down' the same?
16. When are 'Limbering Down' exercises performed?
17. Explain 'Load' and 'Overload'.
18. Explain 'Recovery'.
19. Explain 'Skill'.
20. Explain 'Adaptation'.
21. Explain 'Technique'.
22. Explain 'Style'.

#### Short Answer Type Questions:

1. Write about passive and active warming up.
2. What are the general methods of warming up?
3. What do you mean by 'fogging' and 'sprinting'?
4. Write in brief the meaning of 'Sports Training'.
5. What are the Principles of 'Sports Training'? Explain any one of them.
6. When are 'Warming up' and 'cooling down' exercises performed in Games & Sports?
7. Write about limbering down or cooling down.
8. Explain the concepts of 'sports training'.
9. What are the major exercises to stretch the muscles for limbering down?
10. What do you mean by the terms—'adaptation' & 'load'? Write in brief.
11. What do you mean by the terms—'recovery'? Write in brief.
12. What do you mean by the terms—'style' & 'technique'? Write in brief.
13. What are the advantages of Sports Training in Games and Sports?
14. Write about any three 'Skills' in details. Long Answer Type Questions:

### Long Answer Type Questions:

1. Explain the meanings and concept of Sports Training.
2. Write explaining in details about the types of warming up.
3. Write in details the methods of warming up.
4. What do you mean by the term 'technique? How will you mean it?
5. Write about the 'skills' and write on any four skills.
6. 'A technique is a way of performing a skill', how will you justify?
7. Classify 'skills' in details.
8. Why warming up is important in Physical Education, Games and Sports?
9. What are the benefits of warming up?
10. What are the benefits of limbering/cooling down?
11. What kind of exercises are needed to enable warming up your body in Games & Sports?
12. What are the guiding principles of \*warming up?
13. Write short notes on—warming up with warm water.
14. Write short notes on—warming up by hot drinks.
15. Write short notes on—wind sprints, strides.
16. Write short notes on—'open skills', fine skills'.