VidyaGyan School, Bulandshahr
Answers of CBSE Term 2 question paper 2021-22

Q. No.	Section-A	Marks
1	"Asanas Can be used as a preventive measure". Comment Ans. **Asanas as preventive measure** : Asanas can be preventive measures as they provide following physiological benefits which ultimately helps in avoiding various lifestyle disease. The following are the benefits of asanas for prevention of diseases: (a) Bones and joints become strong. (b) Circulation of blood becomes normal. (c) Immune system is strengthened. (d) Respiratory organs become efficient. Etc.	2
2	What is active and passive flexibility? Ans. **Active flexibility** is the range of motion a joint can move into without an external force helping it go there. **Passive flexibility** is the range of motion a joint can move into when there's an external force helping it go there	2
3	"Extrinsic motivation sometimes may kill intrinsic motivation". Justify. Ans. Extrinsic motivation sometime may kill intrinsic motivation because in extrinsic motivation an athlete initiates and sustains an activity because of external pull, attraction, forces, incentive, etc. Sooner or later the athlete loses interest and quits sport when the rewards etc	2
4	Define disability and list down any two types of disability. Ans. The term disability means any kind of impairment or permanent reduction in physical or mental capacity. The reduction can be related to any kind of physical loss, mental illness, intellectual impairment or reduction in the use of sense organs. This may be present from birth or occur during a person's lifetime. Types: 1. Cognitive Disability 2. Physical Disability	2
5	Describe any two objectives of first aid? Ans. 1. Preserving life by carrying out emergency first aid procedure. It also includes first aider's life. Preventing the casualty's condition from deteriorating any further. 2. Promoting recovery by arranging prompt emergency medical help.	2
6	Elucidate any two types of coordinative ability with suitable example. Ans. (a) Differentiation ability: It is the ability to achieve a high level cf fine tuning or harmony of individual movement phases and body part movements. It is a high degree of accuracy and high level of mastery over sports movements	2

	for effective application in competition. For example: In gymnastics differential ability enables highly precise and accurate movements according to given model of movement. In football harmony of feet and head counts. (b) Orientation ability: It is the ability to change the position and movements of the body in time and space in relation to a definite field of action. In gymnastics the position and the movement of head and eyes is important for orientation. In wrestling, kinesthetic sense organs assume importance, in Football vision, especially peripheral vision, is decisive.	
7	What are the symptoms of Autism Spectrum Disorder? Ans. The absence of eye contact. A limited range of interests in subjects or an overwhelming interest. Doing something repeatedly, like repeating phrases or sentences, rocking back and forth, or flipping a lever. Strong sensitivity to noises, touches, smells, or visions that seem natural to other individuals.	**2**
8	Explain any two physiological factors, help in determining endurance. Ans. Oxygen Uptake: - It is highest rate at which oxygen can be taken up and consumed by the heart per minute. Cardiac Output: - The cardiac output is simply the amount of blood pumped by the hear per minute.	**2**
9	Enlist any four causes of Oppositional Defiant Disorder. Ans. The various causes of Oppositional Defiant Disorder are as follows: a) **Biological or Genetic factors:** Children are more susceptible of developing ODD if they have a parent with a history of ADHD or ODD. b) **Physical factors:** the presence of ODD traits has been linked to the existence of abnormal amounts of some brain chemicals. These brain chemicals, known as neurotransmitters, keep the brain chemicals themselves balance properly. c) **Psychological factors:** Children may develop ODD if they don't have good relationship with parents or have neglectful parents or have inability to develop social relationship. d) **Social factors:** Oppositional Defiant Disorder may be due to inconsistent discipline, divorce, poverty, chaotic environment I the family and exposure to violence.	**2**
	Section-B	
10	Define aggression. Discuss any two types of aggression. Ans. Aggression or aggressiveness means the intention to cause mental or physical harm to a person. This is done by doing physical harm, showing unkind	**3**

	or nasty behaviour, abusing or using cruel words. A person shows aggression due to stress, anger or even due to insecurity. 1. **Instrumental Aggression** In instrumental aggression, the main aim is to achieve a goal by using aggression. It is a positive form of aggression. Here the aim of the player is to excel in the sport that he is playing through high intensity output and competitive spirit. For example, a football player using aggression to tackle his opponent and win the ball. He is not harming any player but only using his aggressiveness to gain the ball. Experienced players show instrumental aggression on the field as they have greater self-control to manage their aggression. 2. **Hostile Aggression** In hostile aggression, the main aim is to cause harm or injury to your opponent. It is usually an unplanned, impulsive reaction towards a player who may have become a threat in achieving the goal. However, it may also be planned to cause injury to intended player on the field. This kind of aggression often arises from insult, hurt, bad feelings, jealousy and threat.	
11	What do you mean by disability etiquettes? List down any four disability etiquettes while communicating with a person with special needs. Ans. **Disability Etiquettes** Disability etiquettes is a set of guidelines to deal with the people facing physical or mental disabilities. It was started as a clinical play on existing rule sheets, written for non-disabled audiences that were seen as demeaning by civil rights activists in 1970s. The term serves to communicate people with disabilities more respectfully in all types of situations. It refers to educate people regarding disabilities. It involves treating people with disabilities with respect and care, and try to bring them into a normal life. Always respect the dignity of a disabled person, individuality and desire for independence. Treat a person with disability in the same manner and with the same respect and courtesy as with others. Speak directly to the person rather than through the friend, attendant or sign-language interpreter who may also be present. Never speak about the person as if they are invisible, can't understand what is being said.	**3**
12	Draw diagram and explain the management of any two types of bone injury. **Ans. Types of bone Injury:** • Closed (simple) fracture – the broken bone has not pierced the skin • Open (compound) fracture – the broken bone juts out through the skin, or a wound leads to the fracture site. Infection and external bleeding are more likely	**3**

	• Greenstick fracture – a small, slender crack in the bone. This can occur in children, because their bones are more flexible that an adult's bones • Hairline fracture – the most common form is a stress fracture, often occurring in the foot or lower leg as a result of repeated stress from activities such as jogging or running • Complicated fracture – structures surrounding the fracture are injured. There may be damage to the veins, arteries or nerves, and there may also be injury to the lining of the bone (the periosteum) • Comminuted fracture – the bone is shattered into small pieces. This type of complicated fracture tends to heal more slowly • Avulsion fracture – muscles are anchored to bone with tendons, a type of connective tissue. Powerful muscle contractions can wrench the tendon free and pull out pieces of bone. This type of fracture is more common in the knee and shoulder joints • Compression fracture – occurs when two bones are forced against each other. The bones of the spine, called vertebrae, can have this type of fracture. Older people, particularly those with osteoporosis, are at higher risk. **(Child will write any two with diagram)** **Management of Bone Injury:** a) Elevate the extremity and rest while bone heals itself. b) Apply ice to the affected part for 24 to 48 hrs. c) If pain persists, give painkillers. d) If there is any need of immobilization to the affected part, use a splint e) After removal of swelling begin to put partial weight on the affected area.	
13	Write the benefits and contraindications of matsyasana. Ans. **Matsyaasana** **Procedure** • This is done in lying position. • Sit and fold both the legs together. • Slowly lie down on the back and hold the elbows. • Place the palms next to ears, towards the shoulder blade. • Raise the trunk and head then press palms and waist and place the crown of the head on the floor. • Place both the hands on the thighs then relax the elbow on the floor and try to hold the toe with the fingers. • Crown of head and lower body on the floor making an arc shape on the back. Maintain this pose at least 50 or 100 counts. • Now carefully release the fingers from the toes, push the palms on the floor then raise the head and the shoulder blades and take rest. Straighten the legs and take a position of Savasana. **Benefits**	**3**

	• It reduces headache caused by stiffness of the neck. • It refreshes back muscles and the spinal cord. • It cures asthma and respiratory disorders. • It will be helpful to take deep sleep or normal sleep and get emancipate from insomnia due to work stress. **Contraindications** • Avoid those who are suffering from high or low blood pressure. • Avoid those who are suffering from migraine., • Avoid those who are suffering from 'serious lower-back or neck injury.	
14	Differentiate between isometric and isotonic exercise with suitable example. Ans: Isometric: Iso-same, metric-length: this is a type of muscle contraction in which muscle remains at same length. Examples are: (i) Pushing against a wall (ii) Flexed arm hang. Isotonic: Iso-same, tonic-tension. A type of muscle contraction in which the muscle changes the length either shortening or lengthening. Its examples are: (i) Push-ups, pull- ups. (ii) Rope climbing, bench press. overhead press, etc.	**3**
	Section-C	
15	What are the personality traits according to the big five theory. **Ans: Big Five Theory:** The 'big five' are the broad categories of five personality traits that are universal. They are as follows • **Extraversion** It is characterised by excitability, sociability, talkativeness, assertiveness and high amounts of emotional expressiveness. People high in extraversion are extroverts and low in extraversion are introverts. • **Agreeableness** This includes attributes like trust, kindness, affection and other social behaviours. People high in agreeableness are more cooperative and people low ih this trait are more competitive and manipulative. • **Conscientiousness** Characteristics include high level of thoughtfulness, good impulse control and goal-directed behaviours. People high on this trait are organised and mindful of details. • **Neuroticism** Characteristics are sadness, moodiness and emotional instability. People high in this trait experience mood swings, anxiety, irritability and sadness. People low in this trait are more stable and emotionally , resilient. • **Openness** Characteristics are imagination and insight. People high in this trait are creative, adventurous and have a broad range of interests. People low in this trait are more traditional and less in abstract thinking.	**4**

16	Discuss in detail 2 long term and 2 short term effects of exercise on cardiorespiratory system. Ans. Long term effects of exercises on cardiovascular system : (a) Heart size increases : (b) Resting heart rate decreases : Short term effects of exercises on cardiovascular system: (a) Increase in Heart rate : (b) Resting heart rate Increases : (Child will explain)	**4**
17	Define endurance and discuss the methods of endurance development. Ans: Endurance: "Endurance is the ability to do sports movements, with desired quality and speed, under conditions of fatigue." According to Martin "It is the ability to resist fatigue." Methods of endurance development: There are three methods of developing endurance: (a) Continuous method (b) Fartlek training method (c) Interval training method Interval training method: It is widely used for the development of speed and endurance. This method is based on tire principle "effort and recovery". This means during training, the recovery of athlete between specified workouts, some recovery period or interval is given. The pulse rate increases, blood pressure also increases. The heartbeat ranges from 170 to 180 beats per minute. In 400 metres race. for example, the athlete runs 300 mts. with maximum speed and 100 metres slow jog with combination of walk and again gets ready for next repetition. Continuous method: This method consists of long distance running without break or recovery or pause. This method is further divided into following parts: Slow continuous method and Fast continuous method and Variable pace method. (a) Slow continuous method: It consists of long distance running slowly without any break or pause with low intensity. For example: cross country runs. The heart rate remains between 140 and 160 beats per minute. Duration is from 30 minutes to 2 hours or even more. Fast continuous method: In this method intensity is higher but it requires less time. The duration is up to 20 minutes continuous without any break. The heart rate reaches 160-180 heats per minute. Fast pace method is effective for improving amount of oxygen consumed by the working muscles, heart and lungs. Example: Aerobics. Variable pace method: It is a combination of above methods. The activity is done continuously but the pace is changed. This can be done from 15 minutes to 60 minutes and the heart rate should remain under 140-180 beats per minute. Example: Fartlek training.	**4**
18	What is Obesity? Draw stick diagrams of any two asanas recommended to control obesity and explain their procedure.	**4**

	Ans. **Obesity** The excess weight or deposition of excess fats on body is called obesity. It leads to various diseases like diabetes, heart diseases, hypertension, lowered pulmonary functions, lowers life expectancy. Obesity is a condition where your Body Mass Index (BMI) is higher than 30. There are various reasons of obesity such as lack of proper exercise, eating habits, psychological factors, endocrine glands problems, familial tendency. Males are at high risk during age 29 to 35 and females are at risk during the age 45 to 49. The risk increases with age. Various asanas can be practised effectively to reduce the weight, control obesity and achieve normal healthy condition of body and mind. The major asanas to control obesity are Vajrasana, Hastasana, Trikonasana and Ardha Matsyendrasana. (Child will draw asanas for Obesity)	

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