

GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.
FIRST TERMINAL EXAMINATION 2021 - 2022

SUBJECT: PHYSICAL EDUCATION
TIME : 1 HOURS.
DATE: 05/10/2021

CLASS: X.
MARKS: 40.

SECTION A (40 MARKS)

Attempt **all** questions from this section.

Question 1

- a) What do you mean by physical education? [2]
- b) Enlist all the body types. [2]
- c) What is heredity? How does heredity influence growth and development? [3]
- d) State any three differences between growth and development. [3]

Question 2

- a) What is flexibility? [2]
- b) What do you mean by cardiovascular endurance? [2]
- c) State any three objectives of sports training. [3]
- d) Explain adaptation and recovery as a principle of sports training. [3]

Question 3

- a) What do you mean by periodization? [2]
- b) What is sprained ankle? [2]
- c) What is runner's knee injury? State any four causes of runner's knee injury. [3]
- d) What is a low back pain? State any four symptoms of low back pain. [3]

Question 4

- a) Write the full form of ACL and MCL. [2]
- b) State any four preventive measures to avoid injuries in sports. [2]
- c) What is shin splints injury? State any four causes of shin splints injuries. [3]
- d) What form of first aid would be given to a person suffering from concussion? [3]