Q1. FILL IN THE BLANKS BY CHOOSING THE CORRECT ALTERNATIVES:

1. Ability to change the direction is called ________________.
   a) Stride  b) Reaction time  c) Agility  d) Motor Fitness

2. Physical fitness is the ability of the body to adapt or respond to the ________.
   a) Demand  b) Supply  c) reply  d) Motor

3. ________ is the application of repeated Muscular force.
   a) Muscular strength  b) cardiovascular endurance  c) Muscular endurance  d) Power

4. ________ refers to the excess accumulation of fat in the body.
   a) Obesity  b) calorie  c) bulging  d) salinity

5. The Kabaddi team consist of ________ players.
   a) 7  b) 10  c) 12  d) 9

6. The measurement of Volleyball court is ________.
   a)16m×8m  b) 17m×8.5m  c) 18m×9m  d) 14m×7m

7. Free Squats improves ________ Muscles.
   a) Arm  b) Thigh  c) Calf  d) Leg

8. Total Points in Badminton match is ________.
   a) 25  b) 21  c) 15  d) 11

9. The term Yoga means union of ________ and almighty.
   a) Mind  b) Soul  c) Body  d) Asanas

10. The Practice of Shirshasana may increase the flow of blood to the ________.
    a) Stomach  b) Head  c) Leg  d) Hand

11. ________ is perhaps the most Important part of Yogic relaxation.

12. ________ helps to Stretch the back Of the Leg muscles.
a) Salabhasana  b) Ujjayi  c) Shavasana  d) Tadasan

   a) Exercise  b) Disease  c) Mind  d) Routine

15. The measurement of the Football court is _________.
   a] 90x45  b] 100x50  c] 110x65  d] 105x55

16. ______ means proper body shape and good behaviour.
   a) Decision  b) Emotion  c) Confidence  d) Personality

17. ______ is the greatest amount of force that a muscle or muscle group can exert in a single effort.
   a] muscular strength  b] muscular endurance  c] muscular speed  d] muscular power

18. _______ refers to the ability of your joints to move through a full range of motion.
   a] Flexibility  b] mobility  c] agility  d] liability

19. Karana malleshwari is related to ________ game.
   a) Boxing  b) Wrestling  c) Shooting  d) Weight lifting

20. ______ refers to the ability of an athlete to perform successfully at their sports.
   a) Health  b) fitness  c) power  d) strength

21. Brisk walk is good for _________.
   a) Endurance  b) flexibility  c) memory  d) agility

22. By using the _________ one can be estimated whether overweight or underweight.
   a) THR  b) BMI  c) WHR  d) PFC

23. Yogic asanas mainly consist of ______ exercise.
   a) Strengthening  b) co-ordination  c) stretching  d) relaxing.

24. Physical health is maintained by _________.
   a) Exercise  b) tea  c) biscuits  d) vegetables.

25. First aid is used to _________.
   a) Cure diabetes  b) minimise injury  c) cure fever  d) maintain health.

26. _________pranayam is much effective for weight reducing.
   a) Bhastrika  b) suryabhedi  c) kapal bhati  d) ujjayi.

27. _________improves the blood circulation specially to the brain, heart.
28. _______________ consists of twelve steps of exercise.
   a) hatt yoga  b) pranayam  c) suryanamaskar  d) asthang yoga.

29. _______________ reduces the wrinkles and tightens the face skin.
   a) trikonasana  b) simhasana  c) agnisar  d) tratak.

30. Vegetables are good source of ____________.
    a) Fibres   b) Protein   c) Glucose  d) Starch

31. _______________ is effective in improving eyesight.
    a) Parallel bar  b) tratak  c) bench press  d) raj yoga.

32. N.P.F.P. stand for _______________
    a) Notified programme for people.  b) Nutrition Programme for pupils
    c) National physical fitness programme  d) National purity foundation programme.

33. _______________ is focused on burning extra calorie.
    a) Kukutasana  b) aerobic exercise  c) power yoga  d) naoli kriya.

34. ‘Check’ term is used in _______ game.
    a) Volley ball  b) kabaddi  c) kho-kho  d) chess

35. Gymnastic is a form of ____________ exercises.
    a) Warming up  b) motor related  c) balancing  d) yogic

36. The government of India celebrates Dhyanchand’s birthday on_______ as National Sports Day.
    a) 29 march  b) 29 august  c) 29 may  d) 29 april.

37. 2016 Olmypics games will be organised in __________
    a) America  b) China  c) Brazil  d) Germany.

38. The optimal fat level for male should be _______.
    a) 10%   b) 15%   c) 30%   d) 23%.

39. There are _______ lanes in the 400 mts. track.
    a) 4  b) 2  c) 8  d) 10

40. _______ is necessary before every workout.
    a) Prayer  b) Cooling down  c) Warming up  d) Relaxation