

9. The name of Himachal Pradesh State Award for coaches for exemplary service in sport is_____.
- (a) Him Gaurav Award (b) Guru Vashisth Award
(c) Bhim Award (d) None of these.
10. Which of the among is consider as manmade disaster
- (a) Volcano (b) Cyclones (c) Fire (d) Earth Quake
11. Causes of sports Injuries are_____.
- (a) Without proper warming up (b) Fatigue (c) Uneven ground (d) All of these
12. "RICE" is a _____ process used in sports.
- (a) First Aid (b) cooling down (c) warming up (d) Conditioning.
13. Describe in brief the physical benefits of participation in games and sports. 1X12=12
(2)
14. Mention the process of "cooling down" in short. (2)
15. Write down the Educational function of a family (2)
16. What do you understand by fracture (2)
17. Give a very short note on Flood or Landslide (2)
18. Write the three benefit of Warming-up in sports. (3)
19. Explain in brief the importance of socialization in Physical Education and sports. (3)
20. Describe in brief about Living Environment (3)
21. Write a short note on Sprain. (3)
22. What is Circuit training method? What is the Importance of circuit training in games and sports? 2+2= (4)
23. Explain qny two Sports awards in detail. (4)
24. What are the main problems of adolescents? 2+2= (4)
25. Describe the rules and Skill of your favourite Sport/Game 2+2= (4)
26. Describe the various factors affecting Physical Fitness and Wellness in detail. (5)
27. What are the Sports injuries? Explain any one the Injury in detail 2+3= (5)