

- (xvii) According to the principle of Overload, which of the following statement is correct?
- (a) There should be greater load on the body than the normal load
 - (b) There should not be greater load on the body than the normal load
 - (c) Training load should remain static
 - (d) Training load should be extreme
- (xviii) The _____ is the range of motion of muscle and connective tissues at a joint or group of joints.
- (a) Flexibility
 - (b) Power
 - (c) Accuracy
 - (d) Balance
- (xix) Periodization means:
- (a) The regular training of sports and games
 - (b) The irregular workout during sports and games
 - (c) The specific process of training and work load every day.
 - (d) The systematic planning of athletic or physical training
- (xx) Match the following:
- | | |
|------------------------------|-------------------------|
| (I) Cardiovascular endurance | 1) Sit and reach test. |
| (II) Muscular endurance. | 2) The ball toss test. |
| (III) Flexibility. | 3) Push up test. |
| (IV) Co-ordination. | 4) The cooper run test. |
- (a) I-1, II-3, III-4, IV-2.
 - (b) I-3, II-4, III-2, IV-1.
 - (c) I-4, II-3, III-1, IV-2.
 - (d) I-2, II-3, III-4, IV-1.

- (ii) (a) What is meant by obstructing the field? [9]
- (b) Write the following:
1. Length of the bat.
 2. Length of the Cricket pitch.
 3. Height of the stumps when pitched.
- (c) What is the importance of *30 yard circle*?
- (iii) (a) List *any four* compulsory equipment used by the batsman in cricket. [8]
- (b) Explain the term *run up* in cricket.
- (c) What do you mean by the term *substitute*?
- (d) Explain the term *Bodyline Bowling* in cricket.

FOOTBALL

Question 7

- (i) Write short note on: [8]
- (a) Halfway line
 - (b) Penalty mark
 - (c) Full time
 - (d) Final Pass
- (ii) (a) Differentiate between short pass and long pass in football. [9]
- (b) Write *any three* occasions when the ball is said to be out of play in the game of football.
- (c) When is a corner kick awarded and from where is it taken?
- (iii) (a) What is the shape and circumference of the ball? [8]
- (b) Explain the term a *through pass*.
- (c) What is *penalty arc*?
- (d) Explain the term *set piece*.