

ANSWERS TO PRACTICE PAPER QUESTIONS

Practice Paper 1

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|-------------|----------|-----------|----------|---------|
| 1. (a) | 2. (c) | 3. (d) | 4. (a) | 5. (c) |
| 6. (a) | 7. (c) | 8. (d) | 9. (a) | 10. (b) |
| 11. (a) | 12. (c) | 13. (c) | 14. (b) | 15. (c) |
| 16. (b) | 17. (b) | 18. (c) | | |
| 31. (i) (b) | (ii) (b) | (iii) (c) | (iv) (a) | |
| 32. (i) (a) | (ii) (a) | (iii) (d) | (iv) (a) | |
| 33. (i) (c) | (ii) (b) | (iii) (c) | (iv) (d) | |

- 34.** Strength is defined as the capacity of an object or substance to withstand great force or pressure. The various methods of enhancing strength are isometric exercises, isotonic exercises and isokinetic exercises.

Isometric exercises are those in which the length of the muscle remains constant, while strength increases. During these exercises, the limbs remain still but the muscle mass appears to move. Used to rehabilitate sportspersons, these are primarily performed by bodybuilders, wrestlers, weightlifters and gymnasts.

- 35.** Divisioning is a concept that permits athletes with special needs to compete with athletes having similar abilities. This makes the playing field more uniform. In individual sports, divisioning is done either by gender, age or ability. This pattern is also observed in group sports. While in individual sports, divisioning by age starts at eight years, in group sports it begins at 15 years.
- 36.** Endurance is the capacity to sustain an activity at a desired rate and speed. This is reflected in the staying power of any athlete. Among the various physiological determinants of endurance, the most important are aerobic capacity, which refers to the maximum amount of oxygen the body can consume during intense exercise. This depends on oxygen intake, oxygen circulation, oxygen uptake and energy reserve. Other determinants include lactic acid tolerance, economy of movement and muscle composition.
- 37.** Friction is the force that resists the sliding or rolling of one solid object over another. Friction can be static or dynamic. Static friction keeps an object at rest, while dynamic friction is initiated by the movement of one object on another.

In sports, for example in skating or skiing, the athlete slipping down on the ice slopes is opposed by ice, but it is low enough to allow a free slide downwards. Similarly, in car racing, the friction between the tyres and the road, or roller skates and the road, helps the athlete control speed and movement.

Answers for Visually Impaired

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| (i) (c) | (ii) (d) | (iii) (c) | (iv) (c) |
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