

# HP Board Class 12 2026 Physical Education Question Paper with Solutions

Time Allowed :3 Hours	Maximum Marks :70	Total Questions :36
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## General Instructions

Read the following instructions very carefully and strictly follow them:

1. The paper is divided into Section A and Section B.
2. Section A includes objective-type questions.
3. All questions in Section A are compulsory.
4. Section B includes short answer, and long answer type questions.
5. Answers must be written legibly within the word limit.
6. Use of unfair means or electronic devices is prohibited.
7. Follow the correct format and instructions for each section.

## Section - A

1. 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.

**Correct Answer:** (B) Guru Vashisth Award

**Solution:**

**Step 1:**

The Himachal Pradesh State Award for coaches is known as the **Guru Vashisth Award**. This is awarded to coaches for their exceptional contributions to sports and coaching.

**Step 2:**

The **Him Gaurav Award** is an award for outstanding contributions in various fields, including sports, but not specifically for coaches.

**Step 3:**

The **Bhim Award** is not related to Himachal Pradesh state awards for coaches.

**Step 4: Conclusion**

Hence, the correct answer is **Guru Vashisth Award**.

**Final Answer:** Guru Vashisth Award.

**Quick Tip**

Guru Vashisth Award = Himachal Pradesh state award for coaches for exemplary service in sports.

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**2. Which of the following is considered a manmade disaster?**

- (A) Volcano
- (B) Cyclones
- (C) Fire
- (D) Earthquake

**Correct Answer:** (C) Fire

**Solution:**

**Step 1:**

Manmade disasters are those that are caused by human activities, either intentional or accidental.

**Step 2:**

- **Volcano:** Natural disaster caused by volcanic eruptions, not manmade. - **Cyclones:** Natural disaster caused by atmospheric pressure and wind patterns, not manmade. - **Fire:** Can be both natural and manmade. For instance, industrial fires, forest fires due to human activities, or arson are considered manmade disasters. - **Earthquake:** Natural disaster caused by tectonic shifts, not manmade.

**Step 3:**

Thus, **Fire** is the only option that can be a manmade disaster.

**Step 4: Conclusion.**

Therefore, the correct answer is **Fire**.

**Final Answer:** Fire.

### Quick Tip

Manmade disasters are caused by human activities, like fires, oil spills, or industrial accidents.

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3. Causes of sports injuries are \_\_\_\_\_.

- (A) Without proper warming up
- (B) Fatigue
- (C) Uneven ground
- (D) All of these

**Correct Answer:** (D) All of these

**Solution:**

**Step 1:**

Sports injuries can occur due to various factors.

**Step 2: Analyze the options.**

- **(A) Without proper warming up:** Warming up is essential to prepare the muscles and joints for physical activity. Lack of warming up increases the risk of injury.
- **(B) Fatigue:** Fatigue reduces the body's ability to react quickly and accurately, leading to injuries.
- **(C) Uneven ground:** Uneven or slippery ground can cause falls and injuries to the body.
- **(D) All of these:** Correct. All these factors contribute to sports injuries.

**Step 3: Conclusion.**

Thus, all the mentioned factors can lead to injuries in sports.

**Final Answer:** All of these.

### Quick Tip

To avoid injuries, always warm up before starting exercise, be aware of fatigue, and ensure safe and even surfaces.

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4. "RICE" is a \_\_\_\_\_ process used in sports.

- (A) First Aid
- (B) Cooling down
- (C) Warming up
- (D) Conditioning

**Correct Answer:** (A) First Aid

**Solution:**

**Step 1:**

“RICE” stands for **Rest, Ice, Compression, Elevation**, a first aid treatment for sports injuries, particularly sprains and strains.

**Step 2:**

It is an immediate treatment used to reduce swelling, pain, and inflammation. Rest helps prevent further injury, ice reduces swelling, compression minimizes swelling, and elevation reduces blood flow to the injured area.

**Step 3:**

RICE is not related to cooling down, warming up, or conditioning exercises.

**Step 4: Conclusion.**

Therefore, RICE is a first aid process used in sports.

**Final Answer:** First Aid.

#### Quick Tip

Use RICE for immediate first aid: Rest, Ice, Compression, Elevation.

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**5. \_\_\_\_\_ became the first athlete of independent India to bag two medals in a single edition of the Olympics.**

- (A) Aman Sehrawat
- (B) Manu Bhaker
- (C) Vinesh Phogat
- (D) Swapnil Kusale

**Correct Answer:** (D) Swapnil Kusale

**Solution:**

Swapnil Kusale, an Indian shooter, became the first athlete from independent India to win two medals in a single edition of the Olympics. He achieved this feat during the Tokyo 2020 Olympics.

**Step 1:** Aman Sehrawat — Known for wrestling, not for winning two Olympic medals.

**Step 2:** Manu Bhaker — A shooter, but not the one to win two Olympic medals in a single edition.

**Step 3:** Vinesh Phogat — A wrestler, not the first athlete to win two medals in the Olympics.

**Step 4:** Swapnil Kusale — Correct, won two medals in Tokyo 2020 Olympics.

**Step 5: Conclusion.**

Thus, the correct answer is Swapnil Kusale.

**Final Answer:** Swapnil Kusale.

**Quick Tip**

Keep track of recent Olympic records as athletes continue to make history with unprecedented achievements.

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**6. How many times can a team hit the ball before sending it over the net in a Volleyball game?**

- (A) 3
- (B) 2
- (C) 5
- (D) Unlimited

**Correct Answer:** (A) 3

**Solution:**

In volleyball, a team can hit the ball up to 3 times before sending it over the net. These hits typically involve passing, setting, and spiking. If a team hits the ball more than 3 times, it results in a fault.

**Step 1:** 3 hits is the standard limit for teams.

**Step 2:** 2 hits is not allowed unless the ball touches different players.

**Step 3:** More than 3 hits results in a violation.

**Step 4:** "Unlimited" is incorrect as there is a limit to the number of hits.

**Step 5: Conclusion.**

Thus, the correct answer is 3 hits.

**Final Answer:** 3.

#### Quick Tip

In volleyball, remember that the team is allowed up to three hits to get the ball over the net. More than that results in a fault.

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**7. Which of the following activities is considered a form of anaerobic exercise?**

- (A) Jogging
- (B) Swimming
- (C) Weightlifting
- (D) Cycling

**Correct Answer:** (C) Weightlifting

**Solution:**

**Step 1: Understand anaerobic exercise.**

Anaerobic exercise refers to intense physical activity that lasts for a short period, during which the body does not use oxygen as the primary energy source. This type of exercise generally involves short bursts of energy and is used to build strength and muscle mass.

**Step 2: Analyze the options.**

- **(A) Jogging:** Jogging is an aerobic exercise as it involves continuous, steady movement and uses oxygen for energy.
- **(B) Swimming:** Swimming can be aerobic or anaerobic, depending on the intensity and duration. However, it generally involves longer duration, making it more aerobic.
- **(C) Weightlifting:** Correct. Weightlifting is an anaerobic exercise because it involves short, intense bursts of effort that do not rely on oxygen for energy during the lifting period.
- **(D) Cycling:** Cycling can be aerobic, especially when performed at a moderate pace over an extended period.

**Step 3: Conclusion.**

Therefore, weightlifting is the activity that is considered a form of anaerobic exercise.

**Final Answer:** Weightlifting.

Quick Tip

Anaerobic exercises include activities like weightlifting and sprinting, which involve short, intense bursts of effort.

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**8. Which of the following is a key characteristic of Fartlek Training?**

- (A) Steady pace throughout the session
- (B) Alternating fast and slow running over natural terrain
- (C) High resistance exercises with low repetitions
- (D) Focus on flexibility and range of motion

**Correct Answer:** (B) Alternating fast and slow running over natural terrain

**Solution:**

**Step 1: Understand Fartlek Training.**

Fartlek training is a form of exercise that blends continuous running with intervals of varying intensities. The term "Fartlek" is Swedish for "speed play," and it involves alternating fast and slow running over natural terrain like hills, fields, or trails. It is designed to improve both aerobic and anaerobic endurance.

**Step 2: Analyze the options.**

- **(A) Steady pace throughout the session:** This does not describe Fartlek training, which involves alternating speeds.
- **(B) Alternating fast and slow running over natural terrain:** Correct. This is the essence of Fartlek training, which incorporates speed variations over different terrains.
- **(C) High resistance exercises with low repetitions:** This refers to weight training or resistance training, not Fartlek training.
- **(D) Focus on flexibility and range of motion:** This refers to stretching or flexibility exercises, not Fartlek training.

**Step 3: Conclusion.**

Thus, Fartlek training involves alternating fast and slow running over natural terrain.

**Final Answer:** Alternating fast and slow running over natural terrain.

#### Quick Tip

Fartlek training combines continuous running with intervals, making it great for building both aerobic and anaerobic endurance.

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### 9. The Meaning of Wellness is:

- (A) Physical and mental weakness
- (B) Always remaining sick
- (C) Physical, mental, emotional and social well-being
- (D) None of the above

**Correct Answer:** (C) Physical, mental, emotional and social well-being

#### Solution:

Wellness refers to a holistic state of being where an individual is in optimal physical, mental, emotional, and social well-being. It is not about just the absence of illness but about a balanced and healthy lifestyle across different aspects of life.

#### Step 1: Analyzing each option:

- (A) Physical and mental weakness — This describes a state of poor health, not wellness.
- (B) Always remaining sick — This is clearly not related to wellness.
- (C) Physical, mental, emotional and social well-being — This is the correct definition of wellness.
- (D) None of the above — This is incorrect since (C) is correct.

#### Step 2: Conclusion.

Hence, the correct meaning of wellness is option (C).

**Final Answer:** (C) Physical, mental, emotional and social well-being.

#### Quick Tip

Wellness is more than just physical health; it includes mental, emotional, and social well-being as well.

**10. In which country first Ancient Olympic Game was held?**

- (A) Rome
- (B) America
- (C) India
- (D) Greece

**Correct Answer:** (D) Greece

**Solution:**

The Ancient Olympic Games originated in Greece in 776 BCE. These games were held in Olympia and were dedicated to the Greek god Zeus. The Olympics were one of the most important athletic events in ancient Greece.

**Step 1:** Analyzing each option:

- (A) Rome — The Romans held their own version of games, but the Olympics were not in Rome.
- (B) America — The Olympics originated in Greece, not America.
- (C) India — India has a rich cultural history but was not the birthplace of the Olympic Games.
- (D) Greece — The correct answer, as the first Olympic Games were held in Olympia, Greece.

**Step 2: Conclusion.**

Therefore, the first Ancient Olympic Games were held in Greece.

**Final Answer:** (D) Greece.

**Quick Tip**

The first Olympic Games were held in Olympia, Greece in 776 BCE, and this tradition continues in the modern Olympic Games.

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**11. Who said “Sociology may be defined as a body of scientific knowledge about human relationships”?**

- (A) Max Webber
- (B) Ward
- (C) J. F. Cuber
- (D) Auguste Compte

**Correct Answer:** (B) Ward

**Solution:**

**Step 1:**

The statement “Sociology may be defined as a body of scientific knowledge about human relationships” was given by **Ward**, a sociologist. He emphasized the scientific nature of sociology, focusing on human relationships.

**Step 2:**

- **Max Webber:** Famous for his work on bureaucracy and the Protestant ethic.
- **J. F. Cuber:** Known for his work in social stratification but not for this definition.
- **Auguste Comte:** Known as the father of sociology, but did not give this specific definition.

**Step 3:**

Thus, the correct answer is Ward.

**Final Answer:** Ward.

#### Quick Tip

Ward’s definition emphasizes sociology as a science of human relationships. Comte focused more on the study of social phenomena and their application to social reform.

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**12. Triple Jump known as**

- (A) Hop
- (B) Step
- (C) Jump
- (D) All of these

**Correct Answer:** (D) All of these

**Solution:**

**Step 1:**

The triple jump is an event in track and field athletics in which the athlete performs three phases: the hop, the step, and the jump. The sequence is as follows:

- The athlete hops on one foot.
- Then they step onto the other foot.

- Finally, they jump into the pit.

**Step 2:**

Thus, the triple jump involves all three: hop, step, and jump.

**Step 3:**

The correct answer is **All of these**.

**Final Answer:** All of these.

**Quick Tip**

In the triple jump, remember the sequence: hop, step, and jump. All three components are essential for the event.

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**Section - B**

**13. What is Circuit training method? What is the importance of circuit training in games and sports?**

**Solution:**

**Step 1: Understanding Circuit Training.**

Circuit training is a form of physical training that involves performing a series of exercises (stations) in quick succession, targeting different muscle groups. Each station focuses on a specific fitness component, such as strength, endurance, flexibility, or speed.

**Step 2: Importance of Circuit Training.**

Circuit training is highly beneficial in games and sports as it helps improve overall fitness, enhances muscular endurance, and boosts cardiovascular health. It prepares athletes for varied physical demands and improves performance in sports that require agility, strength, and stamina.

**Step 3: Conclusion.**

Therefore, circuit training is an effective method for improving athletic performance by targeting different areas of fitness simultaneously.

**Quick Tip**

Circuit training enhances multiple fitness aspects simultaneously, making it ideal for athletes.

**14. Explain in brief the importance of socialization in Physical Education and sports.**

**Solution:**

**Step 1: Socialization through teamwork.**

Physical Education and sports promote teamwork, where individuals learn how to interact and collaborate with others, fostering social bonds.

**Step 2: Learning discipline and respect.**

In sports, players are taught to respect rules, coaches, teammates, and opponents, which contributes to their social development.

**Step 3: Development of communication skills.**

Sports provide opportunities for players to communicate effectively, enhancing interpersonal relationships and social skills.

**Step 4: Conclusion.**

Thus, socialization in Physical Education and sports helps in developing important social, communication, and teamwork skills, contributing to personal growth.

#### Quick Tip

Socialization in sports promotes teamwork, discipline, communication, and respect for others.

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**15. Explain any two Sports awards in detail.**

**Solution:**

**Step 1: Explanation of Khel Ratna Award.**

The **Rajiv Gandhi Khel Ratna Award** is India's highest sports honor, awarded annually to an athlete who has shown exceptional performance in their respective sport. The award is given based on consistent excellence and contribution to sports. It includes a medal, certificate, and cash prize.

**Step 2: Explanation of Arjuna Award.**

The **Arjuna Award** is another prestigious sports award given to athletes who have displayed outstanding achievements in sports over a period of time. It aims to recognize individual sportsmen for their excellence and is presented annually by the Ministry of Youth Affairs and Sports.

**Step 3: Conclusion.**

Both awards are crucial in recognizing the dedication and hard work of athletes, encouraging

them to strive for excellence in sports.

#### Quick Tip

Khel Ratna and Arjuna Awards are prestigious recognitions for excellence in Indian sports.

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### 16. Describe in brief about Living Environment.

#### Solution:

##### Step 1: Definition of living environment.

The living environment refers to the natural surroundings and conditions in which living organisms, including humans, exist. It includes ecosystems, biodiversity, and the interrelationship between organisms and their habitat.

##### Step 2: Elements of living environment.

Key elements include air, water, soil, flora, fauna, and climate. All these factors influence the life and behavior of organisms.

##### Step 3: Importance of living environment.

A healthy living environment ensures sustainability, supports life forms, and is essential for human well-being, agriculture, and biodiversity.

##### Step 4: Conclusion.

The living environment is a dynamic and interconnected system that is crucial for the survival and flourishing of all organisms.

#### Quick Tip

The living environment consists of both abiotic and biotic components, crucial for the survival of organisms.

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### 17. Explain any two Sports awards in detail.

#### Solution:

##### Step 1: Explanation of Khel Ratna Award.

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### Step 2: Explanation of Arjuna Award.

The **Arjuna Award** is another prestigious sports award given to athletes who have displayed outstanding achievements in sports over a period of time. It aims to recognize individual sportsmen for their excellence and is presented annually by the Ministry of Youth Affairs and Sports.

### Step 3: Conclusion.

Both awards are crucial in recognizing the dedication and hard work of athletes, encouraging them to strive for excellence in sports.

#### Quick Tip

Khel Ratna and Arjuna Awards are prestigious recognitions for excellence in Indian sports.

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## 18. Describe the rules and skill of your favourite Sport/Game.

### Solution:

#### Step 1: Choose the favourite sport/game.

Let us consider **football (soccer)** as the favourite sport.

#### Step 2: Rules of the Game.

Football is played with two teams, each consisting of **11 players**. The primary objective of the game is to score goals by getting the ball into the opposing team's net. The rules of football include:

- The game is played on a rectangular field, with two goals at either end.
- The ball is moved by players using their **feet**, head, or torso, but not their hands (except for the goalkeeper).
- A goal is scored when the ball fully crosses the goal line between the goalposts and beneath the crossbar.
- Each match is typically played in two **45-minute halves**, with a 15-minute halftime break.
- Players are penalized for fouls such as **tripping, handball, or dangerous play**, which can lead to free kicks or penalties.

#### Step 3: Key Skills in Football.

The essential skills in football include:

- **Dribbling:** The ability to maneuver the ball around opponents while maintaining control.
- **Passing:** Delivering the ball accurately to teammates.
- **Shooting:** Striking the ball to attempt to score a goal.
- **Defending:** Blocking or intercepting the ball to stop the opposition from scoring.

- **Goalkeeping:** Preventing goals by saving shots and managing the penalty area.

#### Quick Tip

Remember: Football is all about teamwork, strategy, and mastering key skills like passing, dribbling, and shooting.

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## 19. Describe the various factors affecting Physical Fitness and Wellness in detail.

### Solution:

Physical fitness and wellness are influenced by several factors that impact an individual's overall well-being. These factors include:

#### Step 1: Physical Activity.

Regular physical activity, including aerobic exercise (e.g., running, swimming), strength training, and flexibility exercises, is crucial for maintaining fitness. Exercise improves cardiovascular health, muscle strength, and flexibility, all contributing to physical wellness.

#### Step 2: Nutrition.

A balanced diet that includes essential nutrients such as carbohydrates, proteins, fats, vitamins, and minerals plays a vital role in maintaining physical health. Proper nutrition helps the body recover from exercise, supports immune function, and ensures energy levels remain high.

#### Step 3: Sleep.

Adequate rest and sleep are essential for the body's recovery and regeneration. Sleep allows muscles to repair, supports cognitive function, and ensures that the body's metabolic processes function optimally.

#### Step 4: Hydration.

Drinking sufficient water is important for maintaining hydration levels, especially during physical exertion. Dehydration can lead to fatigue, poor performance, and increased risk of injury.

#### Step 5: Mental Health and Stress Management.

Mental health plays a critical role in overall wellness. Managing stress through relaxation techniques, hobbies, and emotional support contributes to maintaining a healthy mindset and reduces the risk of stress-related diseases.

#### Step 6: Genetics and Age.

Genetics play a role in an individual's baseline fitness and susceptibility to certain health conditions. Age-related changes in metabolism, muscle mass, and joint function can affect an individual's ability to maintain physical fitness.

### Quick Tip

Remember: Physical fitness is a balance of regular exercise, good nutrition, sleep, hydration, and mental health.

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## 20. What are the Sports injuries? Explain any one injury in detail.

### Solution:

Sports injuries are injuries that occur during physical activities, such as sports and exercise. These injuries can affect muscles, bones, joints, ligaments, and tendons. Some common sports injuries include sprains, strains, fractures, dislocations, and ligament tears. Injuries can be caused by overuse, improper techniques, accidents, or collisions.

### Step 1: Common Types of Sports Injuries.

- **Sprains:** Stretching or tearing of ligaments (connective tissue between bones).
- **Strains:** Injury to muscles or tendons (the tissue connecting muscles to bones).
- **Fractures:** Broken bones due to impact or stress.
- **Dislocations:** When a bone is displaced from its joint.

### Step 2: Explain a specific injury - Sprain.

A **sprain** is the stretching or tearing of ligaments that stabilize joints. It is commonly caused by a sudden twisting or impact, such as when an athlete lands awkwardly after jumping or when a person rolls their ankle. Common symptoms of a sprain include swelling, bruising, pain, and difficulty moving the affected joint.

### Step 3: Treatment for Sprain.

The treatment for a sprain involves the R.I.C.E method:

- **Rest:** Avoiding movement of the injured area to prevent further damage.
- **Ice:** Applying ice to reduce swelling and pain.
- **Compression:** Using a bandage to reduce swelling.
- **Elevation:** Keeping the injured area raised above the heart to reduce swelling.

In severe cases, physical therapy or surgery may be required. Recovery time depends on the severity of the sprain, ranging from a few days for mild sprains to weeks or months for more severe ones.

### Quick Tip

Remember: Sports injuries can be prevented with proper warm-up, equipment, and technique.

## 21. Write preventive measure of accidents occurring in school.

### Solution:

#### Step 1: Proper supervision.

Ensure that there is adequate supervision of students in classrooms, playgrounds, and corridors.

#### Step 2: Safety equipment.

Install safety equipment such as fire extinguishers, first-aid kits, and emergency exits in accessible places.

#### Step 3: Awareness programs.

Conduct safety drills and awareness programs to educate students about potential hazards and proper safety measures.

#### Step 4: Safe infrastructure.

Maintain and ensure that school infrastructure such as stairs, ramps, and playgrounds are free from hazards and well-maintained.

#### Step 5: Conclusion.

These preventive measures can significantly reduce the occurrence of accidents in schools.

#### Quick Tip

Regular safety drills, proper infrastructure, and supervision can reduce accidents in schools.

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## 22. Describe in brief the physical benefits of participation in games and sports.

### Solution:

#### Step 1: Physical fitness.

Participation in sports improves cardiovascular health, strengthens muscles, and boosts flexibility.

#### Step 2: Weight management.

Games help in burning calories, thus aiding in weight loss and preventing obesity.

#### Step 3: Bone health.

Regular physical activity strengthens bones and reduces the risk of osteoporosis.

#### Step 4: Coordination and balance.

Sports enhance motor skills, coordination, and balance.

**Step 5: Conclusion.**

Thus, participation in games and sports leads to improved physical health, endurance, and overall fitness.

Quick Tip

Sports improve overall health, increase stamina, and promote teamwork and discipline.

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**23. What is dislocation? Write its symptom and treatment.**

**Solution:**

**Step 1: Definition of dislocation.**

Dislocation refers to the displacement of a bone from its normal position at a joint. It occurs when the bones are forced out of their normal alignment.

**Step 2: Symptoms.**

Common symptoms include pain, swelling, deformity, and limited range of motion at the affected joint.

**Step 3: Treatment.**

Treatment involves: - Reducing the dislocation (realignment of the bone) - Applying a splint or cast to immobilize the joint - Pain management and anti-inflammatory medication - Rehabilitation exercises post-healing to restore movement.

**Step 4: Conclusion.**

Dislocations require prompt medical attention to avoid complications and ensure full recovery.

Quick Tip

Dislocations need to be treated immediately to reduce pain, prevent complications, and ensure proper healing.

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**24. Mention the process of "cooling down" in short.**

**Solution:**

**Step 1: Definition of cooling down.**

Cooling down refers to the gradual reduction of intensity after exercise, aimed at bringing the body back to its normal state.

**Step 2: Steps in cooling down.**

It involves light aerobic activity (e.g., jogging or walking) followed by stretching to relax muscles, reduce heart rate, and prevent injury.

**Step 3: Conclusion.**

Cooling down is essential for muscle recovery and preventing dizziness, soreness, or muscle stiffness.

**Quick Tip**

Always cool down after exercise to improve recovery and reduce muscle strain.

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**25. Write a short note on Spain.**

**Solution:**

**Step 1: Location and geography.**

Spain is a country located in Southwestern Europe on the Iberian Peninsula. It is bordered by France, Portugal, and the Mediterranean Sea.

**Step 2: History and culture.**

Spain has a rich cultural heritage, influenced by various civilizations such as the Romans, Visigoths, Moors, and Christians. It was the birthplace of famous explorers like Christopher Columbus.

**Step 3: Government and economy.**

Spain is a constitutional monarchy with a parliamentary system. It has a diverse economy, with significant contributions from tourism, agriculture, and manufacturing.

**Step 4: Conclusion.**

Spain is known for its history, art, architecture, and cuisine, making it one of the most popular tourist destinations in the world.

**Quick Tip**

Spain's rich cultural history, diverse geography, and strong economy make it an important European country.

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**26. Explain the factors affecting physical fitness and wellness.**

**Solution:****Step 1: Nutrition.**

A balanced diet is essential for maintaining physical fitness. Proper nutrition provides energy, repairs tissues, and supports immune function.

**Step 2: Physical activity.**

Regular physical exercise such as aerobic, strength, and flexibility training is crucial for improving overall fitness and well-being.

**Step 3: Sleep.**

Adequate rest and sleep allow the body to recover and rejuvenate, which is essential for maintaining both physical and mental wellness.

**Step 4: Stress management.**

Chronic stress can negatively affect physical health. Stress management techniques such as meditation and relaxation exercises are important for wellness.

**Step 5: Conclusion.**

Overall fitness and wellness depend on the combination of proper nutrition, regular exercise, adequate rest, and managing stress.

**Quick Tip**

Maintaining a balance between diet, exercise, sleep, and stress management is key to physical fitness and wellness.

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**27. Write down the Educational function of a family.****Solution:****Step 1: Moral and social education.**

The family teaches children basic values, ethics, and social behavior. It plays a crucial role in instilling discipline, responsibility, and respect.

**Step 2: Academic support.**

Families provide educational guidance, help with homework, and encourage a positive attitude towards learning.

**Step 3: Emotional development.**

A family provides emotional support, helping children develop self-esteem, empathy, and social skills necessary for interacting with others.

**Step 4: Conclusion.**

Thus, the family serves as the primary educational institution that shapes a child's values, academic pursuits, and emotional growth.

**Quick Tip**

The family is the first teacher, shaping the social, academic, and emotional development of children.

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**28. What do you understand by fracture?**

**Solution:**

A **fracture** refers to the breaking or cracking of a bone due to an external force or impact. It is a common injury, and fractures can vary in severity from minor cracks to complete breaks. There are several types of fractures, including:

1. **Simple Fracture (Closed Fracture):** In this type, the bone breaks but does not pierce the skin. The bone is still contained within the body and does not cause an open wound.
2. **Compound Fracture (Open Fracture):** This type of fracture involves the bone breaking and piercing the skin, which can lead to external bleeding and an increased risk of infection.
3. **Greenstick Fracture:** This occurs when the bone bends and cracks on one side but does not break all the way through. It is commonly seen in children due to their flexible bones.
4. **Comminuted Fracture:** The bone shatters into multiple pieces, which can make healing more difficult.
5. **Spiral Fracture:** A type of fracture caused by a twisting or rotational force, often seen in sports injuries or accidents.

Fractures are usually accompanied by symptoms such as swelling, bruising, pain, and deformity at the site of the injury. In more severe cases, it can result in loss of mobility or function in the affected part.

The treatment of fractures depends on the type and severity. Minor fractures may require rest, immobilization with a cast, and ice for swelling reduction. Severe fractures may need surgical intervention with pins, plates, or screws to align the bones properly. Rehabilitation and physical therapy may be necessary to restore strength and mobility after the healing process.

**Quick Tip**

Remember: A fracture is a break in the bone's structure due to force or impact. Treatment depends on the severity and type of fracture.

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**29. Write meaning and definition of environment.**

## Solution:

The **environment** refers to the surroundings or conditions in which an organism operates and interacts. It includes both living components (such as plants, animals, and microorganisms) and non-living components (such as air, water, soil, and climate). The environment provides essential resources for survival, and it influences the behavior, health, and development of all living beings.

The definition of environment can be summarized as:

**Environment** = the totality of surrounding conditions, including both biotic and abiotic factors, which a

### Quick Tip

Remember: Environment = Surroundings + All the factors that affect the life of organisms.

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## 30. Write treatment and prevention of sprain.

### Solution:

A **sprain** is an injury to a ligament caused by stretching or tearing. It often occurs due to sudden twists or excessive force. Common symptoms include pain, swelling, bruising, and difficulty moving the affected joint.

#### Step 1: Treatment of Sprain.

The immediate treatment for a sprain involves the R.I.C.E. method:

- **Rest:** Avoid moving the injured part and allow the ligament to heal.
- **Ice:** Apply ice to the sprained area to reduce swelling and pain. Use an ice pack for 20-30 minutes every 2-3 hours.
- **Compression:** Use an elastic bandage to compress the area, helping control swelling.
- **Elevation:** Raise the injured area above the heart level to reduce swelling.

#### Step 2: Prevention of Sprain.

To prevent sprains:

- **Warm-up:** Always perform a proper warm-up before exercise or sports to prepare muscles and ligaments.
- **Wear protective equipment:** Use ankle supports, braces, or proper shoes for stability.
- **Avoid overexertion:** Avoid excessive force or sudden movements that strain the ligaments.
- **Strengthening exercises:** Perform exercises to strengthen muscles and ligaments around the joints to improve stability.

### Quick Tip

Remember: R.I.C.E. (Rest, Ice, Compression, Elevation) is key to treating a sprain, while strengthening and warm-ups help prevent it.

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### 31. Why cooling down is essential for players after competition?

**Solution:**

#### **Step 1: Importance of Cooling Down.**

Cooling down is an essential part of any sports routine, especially after intense competition or exercise. It involves gradually lowering the heart rate and stretching the muscles to return to a resting state. Cooling down helps in preventing injuries and promotes quicker recovery.

#### **Step 2: Benefits of Cooling Down.**

- **Prevents muscle stiffness:** After physical exertion, muscles are tight and may lead to cramps. Cooling down helps to reduce muscle stiffness and improve flexibility.
- **Reduces the risk of injury:** It allows muscles, tendons, and ligaments to relax and recover, reducing the chances of strains or sprains.
- **Aids in removal of lactic acid:** Cooling down helps in the removal of lactic acid and other metabolic waste products from the muscles, preventing soreness and improving recovery time.
- **Improves circulation:** It promotes better blood circulation, which helps the body return to its normal state.
- **Helps mental recovery:** It also gives athletes time to relax mentally, helping them process their performance and reduce stress.

#### **Step 3: Cooling Down Techniques.**

Cooling down typically includes:

- **Gentle jogging or walking** to gradually lower the heart rate.
- **Stretching exercises** for flexibility and relaxation.

#### Quick Tip

Remember: Cooling down reduces muscle stiffness, prevents injuries, and accelerates recovery after physical exertion.

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### 32. Give a very short note on Flood or Landslide.

**Solution:**

A **flood** is a natural disaster that occurs when an area experiences an overflow of water beyond its normal levels, often due to heavy rainfall, snowmelt, or the overflowing of rivers or lakes. Floods can cause widespread destruction, including the submerging of homes, infrastructure, and agricultural land. The effects of flooding can vary, from minor disruptions to catastrophic damage to life and property. Floods can also lead to the spread of waterborne diseases, contamination of drinking water, and displacement of communities.

Floods are classified into different types, such as: 1. **River Floods:** Occur when rivers overflow due to heavy rainfall or melting snow. 2. **Coastal Floods:** Caused by high tides, storms, or

hurricanes that lead to a rise in sea level. 3. **Urban Floods:** Often caused by poor drainage systems in cities, leading to water accumulation. 4. **Flash Floods:** Rapid floods that occur within six hours of heavy rainfall or sudden stormwater surges.

On the other hand, a **landslide** is the movement of rock, soil, and debris down a slope due to gravity. It can be triggered by various factors, including heavy rainfall, earthquakes, volcanic activity, or human activities like deforestation and construction. Landslides can cause destruction of infrastructure, loss of life, and blockage of rivers and roads, which can disrupt daily activities and communication in the affected regions.

Landslides can occur in several forms, such as: 1. **Rockslides:** The rapid downward movement of rock. 2. **Mudslides:** When wet soil and debris slide downhill. 3. **Debris Flow:** A combination of water, rocks, and mud that moves rapidly down a slope.

Both floods and landslides are natural disasters that require quick emergency responses to minimize damage and loss of life. Proper planning, forecasting, and mitigation strategies can help reduce the impact of such disasters.

#### Quick Tip

Remember: Flood = Water overflow, Landslide = Movement of earth material down a slope. Both can cause extensive damage and require mitigation.

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### 33. What do you mean by Physical wellness?

#### Solution:

Physical wellness refers to the overall health and well-being of the body. It encompasses maintaining a healthy lifestyle through regular physical activity, proper nutrition, hydration, adequate sleep, and avoiding harmful habits like smoking or excessive alcohol consumption. Physical wellness is also about taking care of the body through routine medical check-ups, managing stress, and maintaining an active and healthy lifestyle that ensures the body functions optimally.

Key aspects of physical wellness include:

- **Physical Activity:** Regular exercise, such as walking, running, swimming, or strength training, is essential for keeping the body fit.
- **Nutrition:** A balanced diet, rich in vitamins, minerals, and other nutrients, supports bodily functions and boosts energy levels.
- **Rest and Recovery:** Adequate sleep and recovery time allow the body to heal, recharge, and perform at its best.
- **Preventive Care:** Routine health screenings, vaccinations, and self-care habits help prevent health issues from developing.

Overall, physical wellness contributes to a long, healthy life with high levels of energy, strength, and vitality.

### Quick Tip

Remember: Physical wellness is the foundation of good health and involves exercise, nutrition, rest, and regular healthcare.

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## 34. Why is human participation necessary in games and sports?

### Solution:

Human participation is essential in games and sports for several reasons:

#### **Step 1: Physical Engagement.**

Games and sports are designed to require active participation, involving movement, strategy, and skill. Human participation is necessary for players to perform actions such as running, jumping, swimming, or interacting with equipment like balls, bats, or racquets.

#### **Step 2: Competition and Achievement.**

Sports allow individuals or teams to compete against one another, testing their physical abilities, mental toughness, and strategies. Without human participation, there would be no competition or goals to strive for, making the sport meaningless.

#### **Step 3: Skill Development.**

Engaging in sports helps individuals develop important skills, such as coordination, teamwork, decision-making, and leadership. These skills are developed through actual participation and are often beneficial in other areas of life.

#### **Step 4: Social Interaction and Enjoyment.**

Games and sports promote social interaction, teamwork, and community building. Human participation allows people to connect, share experiences, and enjoy the social aspects of the game.

#### **Step 5: Physical and Mental Health.**

Participating in sports is a great way to stay fit, reduce stress, improve cardiovascular health, and maintain overall physical well-being. Mental health benefits include improved focus, reduced anxiety, and a sense of accomplishment.

### Quick Tip

Remember: Sports offer physical fitness, skill development, competition, and social interaction, all requiring human participation.

### 35. Write a short note on Parshuram Award.

#### Solution:

The **Parshuram Award** is a prestigious recognition given for excellence in various fields, particularly in sports, education, and community service. The award is named after **Parshuram**, one of the revered figures in Hindu mythology, known for his knowledge, skills, and contributions. The Parshuram Award aims to honor individuals who have made remarkable contributions in their respective fields and have shown leadership, dedication, and integrity.

The award is often given by cultural, social, or educational organizations in recognition of the recipient's significant achievements and their positive impact on society. It is highly respected and serves as an inspiration for others to strive for excellence in their own fields. The Parshuram Award not only acknowledges past accomplishments but also motivates individuals to continue contributing to their communities.

#### Quick Tip

Remember: The Parshuram Award honors excellence in various fields, inspired by the legendary figure Parshuram.

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### 36. Write the three benefits of Warming-up in sports.

#### Solution:

Warming-up is a crucial part of any exercise routine or sports activity. It prepares the body for the physical demands of exercise and helps to prevent injuries. Below are the three main benefits of warming-up in sports:

1. **Increased Heart Rate and Blood Flow:** During a warm-up, the heart rate gradually increases, which improves blood circulation to the muscles. This helps to deliver more oxygen and nutrients to the muscles, ensuring they are ready for more intense physical activity. Proper circulation also helps remove waste products like lactic acid from the muscles.
2. **Increased Muscle Flexibility and Range of Motion:** Warming up stretches and loosens the muscles, improving their flexibility and range of motion. This reduces the risk of muscle strains and sprains. When muscles are warm and flexible, they can contract and relax more efficiently, enhancing performance during the actual exercise or sport.
3. **Mental Preparation and Focus:** Warming-up also allows athletes to mentally prepare for the upcoming activity. It helps improve focus and concentration, which is essential for optimal performance. A proper warm-up routine provides time to mentally focus on the game, the skills needed, and any strategies to be used during the activity.

In addition to these primary benefits, warming-up also helps reduce the risk of injuries by preparing the body for strenuous physical activity. It is an essential step in ensuring an athlete's safety and maximizing performance during a workout or game.

### Quick Tip

Remember: Warming-up helps your body prepare physically and mentally for exercise, reducing the risk of injury.

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