DAY — **16** SEAT NUMBER | | | | | | |

2025	III	04	1500	**J-403**	(E)

PHYSICAL EDUCATION (SPORTS)-FITNESS TRAINER (G7)

Time : 3 Hrs. **(4 Pages)** **Max. Marks : 80**

Note : *(1) All questions are compulsory.*

(2) Draw neat and well labelled diagrams wherever necessary.

(3) Figures given on the right side are full marks.

(4) Write answers to all questions on new pages.

Q. 1. **(A)** Select the correct alternative and rewrite the sentences: (5) **[20]**

(1) _____ is an electronic document which is used to store information.

(a) Worksheet (b) Workbook

(c) Namebox (d) Spreadsheet

(2) In the daily diet, at least _____ percent of energy should come from protein.

(a) 40 (b) 20

(c) 25 (d) 45

(3) The human body has _____ number of muscles.

(a) 550 (b) 690

(c) 650 (d) 607

(4) _____ exercise is done before playing.

(a) Warmup (b) Yoga

(c) Stretching (d) Cool down

(5) There are _____ types of wounds.

(a) 4 (b) 3

(c) 6 (d) 2

(B) Match the words from the following 'A' and 'B' groups: (5)

Group 'A'	Group 'B'
(a) Milk and Fish	(1) Warm up
(b) Infectious diseases	(2) Proteins
(c) Stages of Surya Namaskar	(3) HIV
(d) Healthy Skill	(4) Aerobic capacity
(e) Exercise before playing	(5) 12

(C) State whether the following statements are True or False : (5)

(1) Communication is a two way process.

(2) Human body has total 206 bones.

(3) Flexibility is not an important part of health and fitness.

(4) Saving the life of the accident victim is not the main goal of first aid.

(5) Carbohydrates are of three types.

(D) Answer the following questions each in 'One' sentence only : (5)

(1) How should a person breathe when the nostrils are closed/blocked?

(2) Postural conditions are classified into how many types?

(3) What is plyometric training used for?

(4) How do you know you are well hydrated?

(5) How many hours of sleep is required to stay healthy?

Q. 2. Answer the following questions in short (Any FOUR) : [12]

(1) Write the effects of intense exercise on the musculoskeletal system.

(2) Write down the types of nervous system.

(3) Make a training program with your friends for weight loss by setting a specific goal.

(4) Write down the advantages of proper or appropriate exercise.

(5) State the main purpose of body cooling.

(6) Write down the importance of Green Jobs.

Q. 3. Answer the following questions in short (Any FOUR) : [12]

(1) How to avoid an eye infection?

(2) Write down the things which motivate the producers/ manufacturers.

(3) Write down the steps of data entry.

(4) Write down the steps of positive attitude.

(5) Briefly describe the functions of the heart.

(6) State the importance of proteins in building the body.

Q. 4. Answer the following questions in detail (Any THREE) : [12]

(1) Write down the qualities of a successful entrepreneur.

(2) Write down how to use data filter?

(3) Write down the responsibilities of entrepreneurs in detail.

(4) Write down the ways to help you to maintain a positive attitude.

(5) Write down the parts of speech with their examples.

Q. 5. Answer the following questions in detail (Any THREE) : **[12]**

(1) What is the importance of water in human body?

(2) Write down the benefits of Yoga.

(3) Write down the benefits of straightening/stretching the body.

(4) Write down the steps of active listening.

(5) Write the importance of pre and post workout diet.

Q. 6. (A) Answer the following questions in detail (Any ONE) : (6) **[12]**

(1) Write down the benefits of warmup exercises.

(2) Explain the types of stretching exercises.

(B) Answer the following questions in detail (Any ONE) : (6)

(1) State the types of muscular systems and write their functions.

(2) What are different types of diet? Give the detailed information about the types of diet.

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