

**PHYSICAL EDUCATION**

Paper – III

**SECTION – I**

*Note :* i) Answer both the questions.

ii) Each question carries twenty marks.

iii) Each answer should be given in 500 words. 2 × 20 = 40

1. Does the existing coaching system conform the system of that of advanced countries in respect to performance achievement in competitive sports at International level ?

OR

"The need for development of awareness on healthful living has been ignored for a long time after independence." Comment on the statement.

2. "A 'National Education Policy' should contain a National Policy in Physical Education and Health for the millions of pupils." — Discuss.

OR

"Only hard work is not adequate, but a well planned comprehensive programme for training can help India clinching Olympic Gold medals. " — Discuss.

**SECTION - II**

*Note :* i) Answer all questions.

ii) Each question carries fifteen marks.

iii) Each answer should be given in 300 words.

3 × 15 = 45

3. "India is capable of organising a Gala sports event like 'Commonwealth Games' at any cost." Justify the statement with special mention on strong and weak points.
4. What is the role played by WADA ? What do you suggest for curbing the menace of frequent drug-abuse by the athletes at International level ?
5. What do you understand by improvement of the 'performance potential' of the athletes through training ?

**SECTION – III**

*Note :* i) Answer all questions.

ii) Each question carries ten marks.

iii) Each answer should be given in 50 words.

9 × 10 = 90

6. Narrate the role of Physical Education in fulfilling the goals of education.
7. "The recovery process is an indication of cardio-vascular status of an athlete." Explain.
8. How does elasticity of any implement influence the performance in sports ?
9. Describe the inevitable role of anxiety in sports and its influence on sports performance of the athletes.
10. Explain in brief the implications of 'Physiological age' while framing the programme for Physical Education in school.
11. Describe the significance of dietary contents for growing school children.
12. Mention the principal components of Preparatory Part - I along with its objectives.
13. How is a hypothesis derived in framing the design and goal of a Research work ?
14. Explain different sampling techniques used in Research in Physical Education.

**SECTION – IV**

- Note :
- i) Answer all questions.
  - ii) Each question carries five marks.
  - iii) Each answer should be given in 30 words.

5 × 5 = 25

**Read the following passage and then answer the questions :**

Monounsaturated fats, like those in olive oil, might improve how serotonin — a neurotransmitter that helps bridge the gap ( synapse ) between nerve cells — binds to receptors in brain.

Serotonin regulates mood, anger and aggression, appetite and even some cognitive functions. When serotonin is converted to the hormone melatonin, it helps you sleep. Most common antidepressants, such as Prozac and Zoloft, are selective serotonin reuptake inhibitors ( SSRIs ), which block the reabsorption of serotonin, leaving more at work in the synapses.

"The membranes of our neurons are composed of fat, so the quality of fat that you are eating definitely has an influence on the quality of the neuron membranes," said Sanchez-Villegas, "and the body's synthesis of neuro-transmitters is dependent on the vitamins you're eating. We think that those with lowest adherence to the Mediterranean dietary plan have a deficiency of essential nutrients."

Vitamin B<sub>6</sub> and folate, found in the vegetables, fruits and nuts, and legumes prevalent in the 'Mediterranean diet', are especially crucial to healthy serotonin levels. The body needs these nutrients to convert tryptophan — found in dietary sources such as poultry, milk, bananas, oats and nuts — into serotonin. Studies have shown, for example, that psychiatric patients with depression are much more likely to be folate deficient, which causes serotonin levels in the brain to drop.

But serotonin is only part of the story. Sanchez-Villegas and colleagues suggested that B vitamin and folic acid may also counter depression through effects on the metabolism of two amino acids, methionine and homocysteine.

The 'Mediterranean diet' might even improve mood in some of the same ways it's been shown to boost heart health. "Components of the diet may improve blood vessel function, fight inflammation, reduce risk for heart disease and repair oxygen-related cell damage, all of which may decrease the chances of developing depression," the researchers noted.

"However, the role of the overall dietary pattern may be more important than the effect of single components," they added, citing the "synergistic combination" of omega-3 fatty acids, other unsaturated fats, antioxidants, flavonoids and other phytochemicals, and natural folates and other B vitamins.

Answer the following questions :

15. What is the role played by serotonin ?
16. How is sleeping process facilitated by serotonin ?
17. What is the influence of vitamins for neurotransmitter ?
18. What is the role of vitamins as counter-depressors ?
19. What is 'synergistic combination' in dietary pattern ?