

c). Joint problems

d). All of the above

[10x1 = 10]

Part B

Short Answer Type Questions

Answer any **5** Questions

Each Question carries **2** marks

11. What type of exercise is best for improving endurance? [K] / [CO1]
12. What is anaerobic exercise? [K] / [CO5]
13. What is the definition of health according to the World Health Organization? [K] / [CO2]
14. What is adaptation in the context of physical training? [U] / [CO3]
15. What is the circadian rhythm? [K] / [CO2]
16. Identify two postural deformities in children and suggest ways to prevent them. [K] / [CO2]
17. What is correct posture, and why is it important? [U] / [CO2]

[5x2 = 10]

Part C

Short Essay Type Questions

Answer any **3** Questions

Each Question carries **5** marks

18. How does Physical Education support sustainable health habits in the face of rising obesity and mental health issues? [U] / [CO1]
19. What is nutrition? Explain the classification of nutrients and their role in maintaining health. [U] / [CO2]
20. What are dietary supplements? Discuss their potential benefits and risks? [K] / [CO3]
21. How does scoliosis impact muscle balance? [K] / [CO2]
22. Analyze the effectiveness of the Harvard Step Test in assessing cardiovascular endurance. [U] / [CO3]

[3x5 = 15]