

SENIOR SCHOOL CERTIFICATE EXAMINATION

CODE NO. 75

MARKING SCHEME 2015

GENERAL INSTRUCTIONS FOR EXAMINERS:

1. ALL THE EXAMINERS SHOULD READ THE "MARKING SCHEME" CAREFULLY AND DISCUSS IT WITH THE HEAD EXAMINER.
2. THE MARKING SCHEME IS A GUIDELINE .ANY RELEVANT AND APPROPRIATE INFORMATION PERTAINING TO ANSWER OF A QUESTION, OTHER THAN THAT GIVEN IN THE MARKING SCHEME MAY BE MARKED CORRECT .STUDENTS USING THEIR OWN LANGUAGE FOR EXPLAINING CONCEPTS BE GIVEN DUE WEIGHTAGE.
3. MARKS ARE NOT NORMALLY DEDUCTED FOR SPELLING ERRORS BUT IF THE ANSWERS OBLITERATE THE RIGHT CONCEPTS OR MEANING OF CONCEPTS IS DISTORTED, MARKS MAY BE DEDUCTED ACCORDINGLY.
4. QUESTION OF 3 AND 5 MARKS NEED TO BE EXPLAINED POINT WISE WERE IN 3-5 LINES FOR EACH e.g. IN MARKING SCHEME 1-2 POINTS HAVE BEEN EXPLAINED PER ANSWER AS SAMPLES.
5. MARKS ARE NOT TO BE DEDUCTED IF ANSWERS ARE NOT WRITTEN ACCORDING TO THE SEQUENCE GIVEN IN THE QUESTION PAPER.
6. MARKS ARE NOT TO BE DEDUCTED FOR EXCEEDING THE WORD LIMIT
7. ALL THE HEAD EXAMINERS ARE INSTRUCTED THAT WHILE EVALUATING THE ANSWER SCRIPTS, IF THE ANSWER IS FOUND TO BE TOTALLY INCORRECT , (X) SHOULD BE MARKED ON THE INCORRECT ANSWER AND AWARDED '0' MARKS.
8. NOTE: AS PER THE ORDERS OF THE HON'BLE SUPREME COURT THE CANDIDATE WOULD NOW BE PERMITTED TO OBTAIN THE PHOTOCOPY OF THE ANSWERSHEET ON REQUEST OF THE PAYMENT OF THE PRESCRIBED FEE.ALL EXAMINERS/HEAD EXAMINERS MUST ENSURE THAT EVALUATION IS CARRIED OUT STRICTLY AS PER SUGGESTED VALUE POINTS FOR EACH ANSWERS AS GIVEN IN THE MARKING SCHEME.
9. IF THE QUESTION NUMBER IS FOUND TO BE INCORRECT AND EXAMINER IS ABLE TO IDENTIFY THE QUESTION NUMBER CORRECTLY. NUMBER TO THE ANSWER SHOULD BE AWARDED AND ALSO CORRECTING THE QUESTION NUMBER.
10. IF THE ANSWER TO THE QUESTION IS REPEATED ANSWER OBTAINING HIGHER MARKS SHOULD BE AWARDED.

WISH YOU GOOD LUCK

Maximum Marks:70

CODE NO. 75

Q.1 Playgrounds are essentials for creating sports environment. Justify your answer. 1

Ans: Playgrounds are essential to create the right environment for the development of physical activities. Physical activities and sports promote good health and well being. Playgrounds are considered as labs for nurturing the talents of young individuals.

(Any other relevant answer may also be considered.)

Q.2 What do you understand by “surfing” in adventure sports? 1

Ans: Surfing is a surface water sport in which the wave rider riding on the forward or deep face of a moving wave which is usually carrying the surfer towards the sea shore

OR

Water game.

Q.3 Enlist two non-nutritive components of diet. $\frac{1}{2} + \frac{1}{2} = 1$

Ans: a) Water
b) Roughage
c) Artificial sweeteners
d) Preservatives
e) Plant products

(Any two)

Q.4 What does the school intend by stating that, “only such students shall participate in the Basketball intra-mural who have not represented the school in Basketball in the past and minimum 10 substitutions shall be compulsory” . 1

Ans:

- For promoting mass participation.
- To explore the hidden talent of the student.

Q.5 What is “an abnormal curvature of spine at front” termed as? 1

Ans: Lordosis is an abnormal curvature of spine at front.

Q.6 What type of resistance can be used for developing strength among children? 1

Ans:

1. Own body weight
2. Gravitational force

Static and dynamic resistance own body weight, gravitational force can be used for developing strength among children.

Q.7 Which test would you suggest for your grandmother to test lower body flexibility? 1

Ans: Chair sit and reach test.

Q.8 Why does involvement in regular exercise delay the onset of fatigue? 1

Ans: If we do regular exercise our fitness level will be increased and it develop endurance because of this the fatigue level delays.

Q.9 What is energy? 1

Ans: Energy is defined as an ability or capacity of a body to perform work. Energy is denoted by the letter “E” and the “SI” unit of energy is joule (J).

Q.10 Explain intrinsic motivation. 1

Ans: It is natural or internal motivation. It is an inner urge of individual.

OR

Intrinsic motivation is internal. It occurs when people are compelled to do something out of interest, pleasure, importance and desire.

Q.11 “Pace race means, running the whole distance of a race at a constant speed”. Which are the races included in pace races? $\frac{1}{2} \times \frac{1}{2} = 1$

Ans: 800 mts and above or 800 and 1500 mts.

Q.12 Mention any three objectives of adventure sports. 3

- Ans :**
1. Minimize pollution
 2. Protection of wild life
 3. Use of natural resources
 4. Understanding nature
 5. Healthy activity
 6. Information about area
 7. Leadership and togetherness
 8. Develop physical fitness
 9. Give thrill and recreation
 10. Overcome problems

11. Organization skills
12. Encourage tourism
13. Considering safety tools
14. Knowledge about forest resources

Explain any three. If only points are mentioned give ½ marks for each point i.e. ½ × 3 = 1.5 Maximum Marks

Q.13. Recently Sarita Devi refused to accept the bronze medal during the ceremony. The international body (AIBA). Which regulates boxing has taken a stringent action against Sarita Devi and the coaches. 2 + 1 = 3

(i) Do you agree with the decision of Sarita Devi? Justify your answer.

(ii) what values do you think Sarita Devi has not shown by her behavior during the medal distribution ceremony?

Ans:

I, I do not agree with the decision of Sarita Devi because she did not show sportsmanship/ she did not obey the AIBA rules.

OR

I do agree with the decision of Sarita Devi because she raised the voice against the decision of the umpire/ injustice.

II, Sportsmanship, conventionality.

Q.14. what do you mean by “Round shoulders”? Suggest any four physical activities for correcting round shoulders. 1 + 2 = 3

Ans: Round shoulder is a postural deformity in which the shoulders become round and sometimes they seem to be bent forward.

Physical activities for round shoulder:

1. Sit on a chair, rest the back against it pull the shoulders backward and see upwards.
2. Hold the horizontal bar for some time
3. Perform dhanur asana and chakra asana (arch formation) regularly.
4. Perform Chakra asana (arch formation) regularly.

½ marks should be allotted for each given exercise ½ × 4 = 2

Q.15. Critically explain the use of dietary supplements in heavy dose for longer duration. Justify your answer with two suitable examples. 3

Ans:

1. Excess calcium in diet for longer time can cause heart diseases/ formation of stones in kidney.
2. Excess iron causes siderosis (vomiting and headache)
3. Vitamin E can cause prostates cancer

Any other relevant answer.

Q.16 Explain in brief “The Harvard Step Test”. **3**

Ans: The Harvard step test is a cardio vascular fitness test. It is also called aerobic fitness test. It is used to measure the cardio vascular fitness or aerobic fitness by checking the recovery rate.

Equipment required: a gym bench or box of 20 inches high for man and 16 inches for woman, stopwatch and cadence tape.

Procedure: The athlete stand in the front of the bench or box. On the command “GO” the athlete steps up and down on the bench or box at a rate of 30 steps per minute. Stopwatch is also started at the start of the stepping.

Calculation of the scores: calculate with the help of following formula

“fitness index score = (100 X test duration in seconds)/ (2 X sum of heartbeat in recovery period)”.

Q.17 “Regular physical activity can delay your ageing process” justify your answers in light of the effect of activities on physiological changes . **3**

Ans :

1. Change in muscle size and strength
2. Change in metabolism and body composition
3. Change in bone density
4. Change in respiratory system
5. Change in cardiovascular system
6. Change in nervous system
7. Change in gastrointestinal system
8. Change in urinary system
9. Change in flexibility
10. Change in senses.

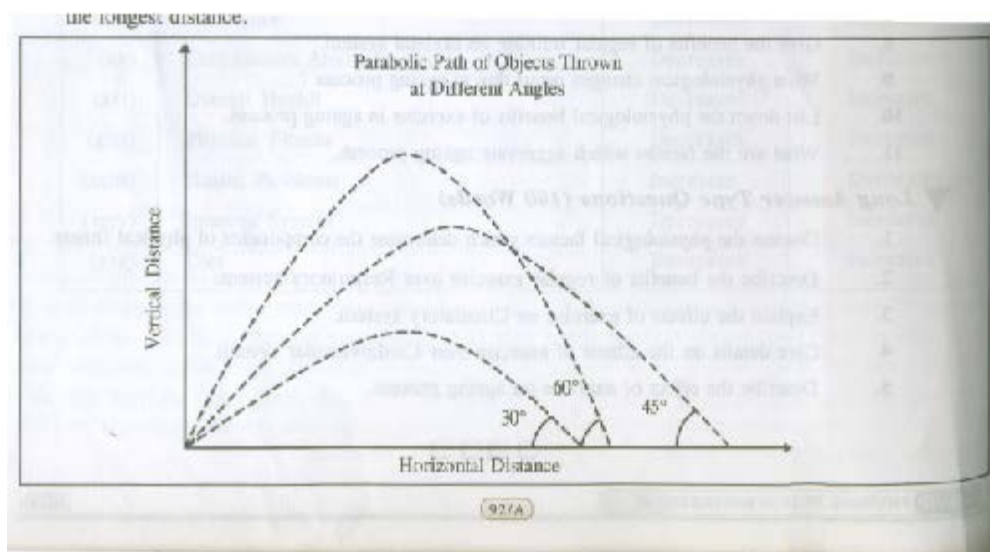
(Explanation of Any Three) *if only points are mentioned ½ marks should be given.*

Q.18 How does angle of projection help as a factor for athletes in games and sports? **3**

Ans :

1. When the height of the release is equal to the height of landing the optimum angle of release is 45 degree.
2. When the height of release if greater than the height of landing as in a hammer throw, the optimum angle of release is less than 45 degree.
3. When the height of release is less than the height of landing as in a bunker shot in golf, the optimum angle of release is more than 45 degree.

OR



Q.19. Dynamic strength is divided into three parts. Write in brief about each. 3

Ans:

1. Maximum strength
2. Explosive strength
3. Strength endurance

(Explanation in brief)

if only points are mentioned 1/2 marks should be answered 1/2 × 3 = 1.5

Q.20. What are the five essential elements of positive sports environment? 5

Ans:

1. Sports complexes or stadiums
2. Play grounds and play surfaces
3. Safe playing equipment
4. Sports attitude
5. Drug free environment
6. Qualified coaches and teachers
7. Development of good, healthy and hygienic habits
8. Education related to sports
9. Normal climatic conditions
10. Culture and tradition of society

(Explanation of Any Five)

if only points are mentioned 1/2 marks should be answered 1/2 × 5 = 2.5

Q.21 Draw a knock out fixture of 21 teams mentioning all the steps involved. 5

No. of teams = 21

$$\text{Total No. of matches} = N-1 = 21-1 = 20 \text{ TEAMS}$$

$$\text{No. of teams in upper half} = \frac{N+1}{2} = \frac{21+1}{2} = 11 \text{ teams}$$

$$\text{No. of teams in lower half} = \frac{N-1}{2} = \frac{21-1}{2} = 10 \text{ teams}$$

Total no. of byes = $\frac{32-21}{2} = 11$ byes

No. of byes in upper half = $\frac{NB-1}{2} = \frac{11-1}{2} = 5$ BYES

No. of byes in lower half = $\frac{NB+1}{2} = \frac{11+1}{2} = 6$ BYES

Total rounds = 5

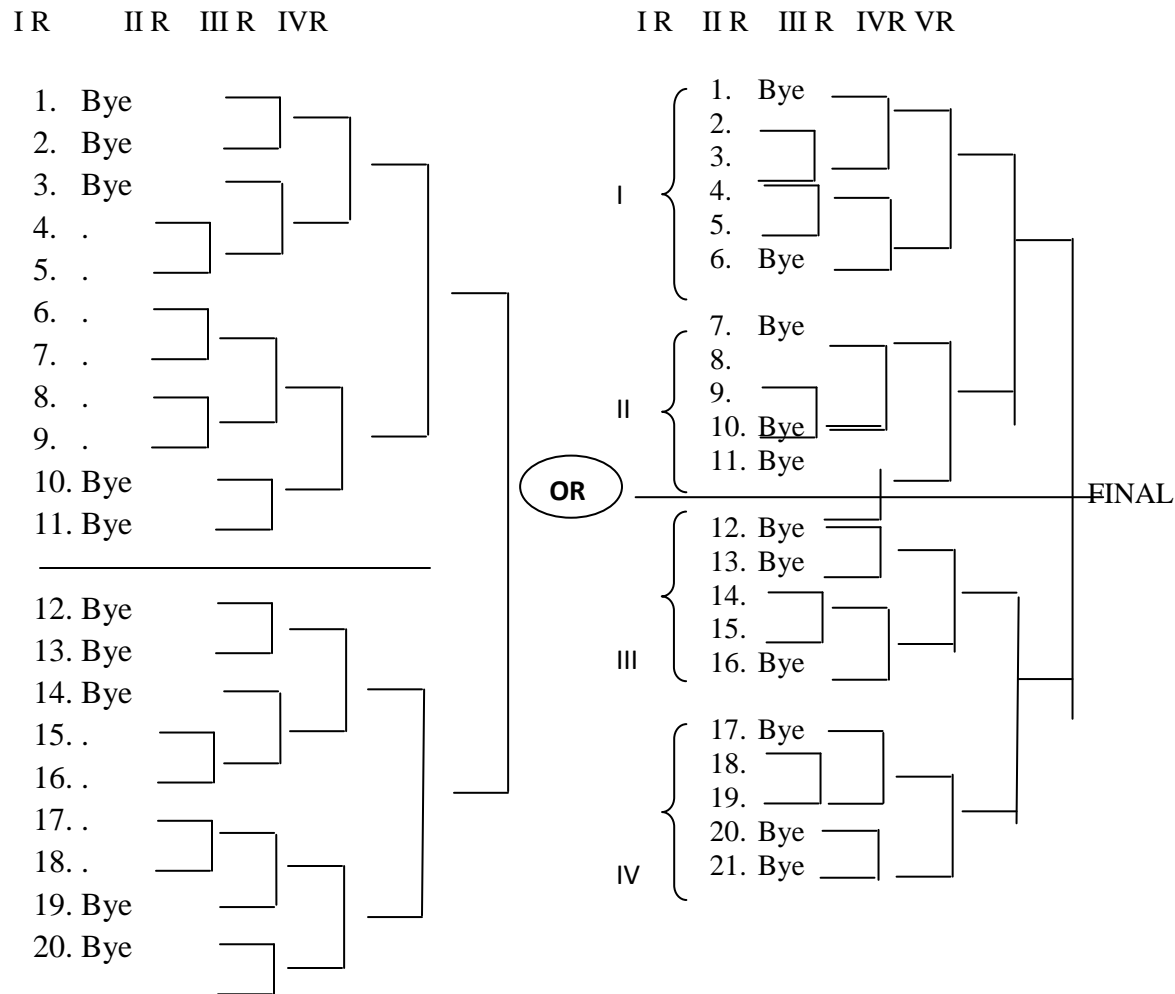
For quarter: In addition to it.

No. of byes in I quarter = $\frac{NB-1}{2} = \frac{5-1}{2} = 2$ Byes

No. of byes in II quarter = $\frac{NB+1}{2} = \frac{5+1}{2} = 3$ Byes

No. of byes in III quarter = $\frac{NB}{2} = \frac{6}{2} = 3$ Byes

No. of byes in IV quarter = $\frac{NB}{2} = \frac{6}{2} = 3$ Byes



2 marks for computation and 3 marks for drawing the fixture.

Q.22. What are the various factors affecting physiological fitness? Explain.

5

Ans:

1. Respiratory endurance
2. Strength
3. Endurance
4. Heredity
5. Regular exercise
6. Health problems
7. Diet
8. Age and gender
9. Stress and tension
10. Intoxication
11. Rest and relaxation
12. Climatic conditions
13. Safe environment
14. Posture
15. Hygienic habits
16. Motivation and feedback

(Explanation of any five) if only points are mentioned give ½ marks should be answered ½ × 5 = 2.5

Q.23 Explain the cognitive aspect of stress. Suggest any three techniques briefly to overcome stress.

2 + 3 = 5

Ans: a.) Inability to concentrate b).poor judgment c) seeing only negative d) anxious or racing thoughts and constant worrying(**Explanation of Any Two**)

Techniques:

1. Manage your time
2. Look at your life style
3. Have a sense of life purpose
4. Adopt healthy habits
5. Change your thinking
6. Participate in physical activity
7. Achieve a high level of physiological fitness
8. Building self-confidence
9. Relaxation techniques
10. staying cool and confident under pressure
11. Avoid the company of stressed people.

(Explain any Three, if only points are mentioned ½ marks for each point)

Q.24 Differentiate between 1 : 1 and 1 : 2 ratio interval training, with suitable examples. 5

Ans : 1: 1 means load and the rest is equal . eg. 1 minute exercise followed by 1 minute of rest.

Similarly 1:2means that the period of rest is double of the load. eg. 1 minute exercise followed by 2 minute of rest.

The slow and extensive interval training methods can be given by using 1: 1 and 1:2

Fast or intensive interval training methods can be given by using 1:1 and 1:2.

Student is required to explain the relationship between load and rest, with suitable examples from their respective games and sports.

Any other relevant answer may also be considered.

Q.25 Vitamins are very essential for working of the body and are divided into two groups. Explain about them. 5

Ans: vitamins are complex compounds of carbon. These are required by the body in small quantities.

Vitamins are of two types:

1. Fat soluble vitamins: fat soluble can cause harm if they are taken in excess.

- a) Vitamins A
- b) Vitamins D
- c) Vitamins E
- e) Vitamins K

2. Water soluble vitamins: Water soluble are washed out of the body and they are not harmful.

- a) Vitamins B
- b) Vitamins B complex
- c) Vitamins C

(Fat soluble and water soluble may be awarded 2 ½ marks each. If only fat and water soluble are explained without mentioning the vitamins 1 mark each may be allotted)

Q.26 Weight training is one of the oldest methods for development of strength. What are its advantages and disadvantages? 5

Ans : Advantages of weight training:

- 1. Helps in getting good shape.
- 2. Providing best fitness
- 3. Helpful in enhancing performance
- 4. To develop strength
- 5. Increases bone density

Disadvantages of weight training:

- 1. Risk of injuries
- 2. Less flexibility
- 3. Expensive.

(Explain any five, if only points are mentioned give ½ marks each)