



NEERAJ®

PHYSICAL EDUCATION & YOGA

N-373

**Chapter wise Reference Book
Including MCQ's
& Many Solved Sample Papers**

Based on

N.I.O.S. Class – XII
National Institute of Open Schooling

By : Kshyama Sagar Meher



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PHYSICAL EDUCATION AND YOG

Based on: **NATIONAL INSTITUTE OF OPEN SCHOOLING – XII**

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BIFURCATION OF SYLLABUS

Total No. of Chapters = 22		
Module (No. & Name)	TMA (40% of the Syllabus) (8 Chapters)	Public Examination (60% of the Syllabus) (14 Chapters)
Module-1: Concept of Physical Education and Yog	3. Physical Fitness & Wellness 4. Career Aspects of Physical Education	1. Introduction and Historical Development 2. Ethics and Values
Module-2: Dimension of Physical Education and Yog	7. Social Aspects	5. Physical and Physiological Aspects 6. Psychological Aspects 8. Spiritual Aspects
Module-3: Holistic Health	9. Introduction to Health 11. Awareness of Lifestyle Disorders	10. Diet and Nutrition 12. School Health Programme
Module -4: Physical Education and Sports Sciences	13. Physical Education for Various Population 15. Test and Measurement	14. Sports Training 16. Organization of Tournament 17. Athletic Injuries, First Aid and Safety
Module-5: Yogic Practices	20. Asana	18. Hath Yog 19. Shatkarma 21. Pranayam 22. Mudra and Bandha



Sample Preview of the Solved Sample Question Papers

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Solved Sample Paper - 1

Based on NIOS (National Institute of Open Schooling)

Physical Education & Yog - XII

N-373

Time : 3 Hours

Maximum Marks : 100

Note : (i) This question paper consists of 38 questions in all. (ii) All questions are compulsory. (iii) Marks are given against each question. (iv) **Section A** consists of: (a) Q.No. 1 to 15 – Multiple Choice type questions (MCQs) carrying 1 mark each. Select and write the most appropriate option out of the four options given in each of these questions. (b) Q.No. 16 to 25 – Objective type questions carrying 2 marks each (with 2 sub-parts of 1 mark each). Attempt these questions as per the instructions given for each of the questions. (v) **Section B** consists of: (a) Q. No. 26 to 33 – Very Short questions carrying 2 marks each to be answered in the range of 30 to 50 words. (b) Q.No. 34 to 36 – Short Answer type questions carrying 3 marks each to be answered in the range of 50 to 80 words. (c) Q.No. 37 to 38 – Long Answer type questions carrying 5 marks each to be answered in the range of 80 to 120 words.

SECTION-A

Q. 1. Which ancient Indian texts mention the practice of physical education and sports?

- (a) Upanishads (b) Vēdas
(c) Mahabharata (d) Ramayana

Ans. (b) Vēdas.

Q. 2. Which activities were commonly practised during the ancient period for both pleasure and warfare?

- (a) Swimming and archery
(b) Wrestling and sword fighting
(c) Javelin throwing and horse riding
(d) All of the above

Ans. (d) All of the above.

Q. 3. Where did students receive physical education along with religious and philosophical studies during ancient times?

- (a) Gurukuls
(b) Ashoka's army camps
(c) Nalanda University
(d) Meghasthenes' schools

Ans. (c) Nalanda University.

Q. 4. What does integrity in sports refer to?

- (a) Following the rules and regulations
(b) Using unfair advantages over opponents
(c) Accepting officials' decisions
(d) Manipulating rules for personal gain

Ans. (a) Following the rules and regulations.

Q. 5. What is the responsibility of coaches and players in sports?

- (a) Blaming poor officiating for defeats
(b) Updating themselves on the rules and regulations
(c) Faking fouls to deceive officials
(d) Showing disrespect to opponents

Ans. (b) Updating themselves on the rules and regulations.

Q. 6. Which value promotes respect in sports?

- (a) Fairness (b) Integrity
(c) Responsibility (d) Respect itself

Ans. (d) Respect it.

Q. 7. Why is body composition important for health?

- (a) It indicates the level of cardiovascular endurance
(b) It determines an individual's ability to relax the body
(c) It affects the strength of muscles
(d) It can impact the risk of heart problems and diabetes

Ans. (d) It can impact the risk of heart problems and diabetes.

Q. 8. Which fitness component is specifically related to the prevention of injury and efficient movements?

- (a) Cardiovascular endurance
(b) Muscular strength
(c) Flexibility
(d) Body composition

Ans. (c) Flexibility.

Q. 9. Which components are included in performance-related fitness?

- (a) Strength, endurance, flexibility
(b) Strength, endurance, speed, flexibility, coordinative abilities
(c) Cardiovascular endurance, muscular endurance, muscular strength
(d) Flexibility, body composition, coordinative abilities

Ans. (b) Strength, endurance, speed, flexibility, coordinative abilities.

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Q. 10. Which component of motor fitness is required to maintain good posture and prevent injuries?

- (a) Strength (b) Endurance
(c) Speed (d) Flexibility

Ans. (a) Strength.

Q. 11. What qualities do physical education teachers demonstrate as role models?

- (a) Technical skills and expertise
(b) Teamwork, leadership, and sportsmanship
(c) Proficiency in academic subjects
(d) Business and management skills

Ans. (b) Teamwork, leadership, and sportsmanship.

Q. 12. Which skills are essential for physical education teachers to effectively interact with students, parents, and colleagues?

- (a) Technical skills and expertise
(b) Verbal communication and academic knowledge
(c) Non-verbal communication and emotional intelligence
(d) Athletic skills and performance

Ans. (c) Non-verbal communication and emotional intelligence.

Q. 13. Why is patience and adaptability important for physical education teachers?

- (a) To organize sports tournaments
(b) To maintain records of student progress
(c) To modify lessons according to students' learning abilities
(d) To demonstrate physical activities efficiently

Ans. (c) To modify lessons according to students' learning abilities.

Q. 14. What are the three categories of physical activities?

- (a) Aerobic, anaerobic, flexibility
(b) Cardio, strength training, yoga
(c) Running, weightlifting, swimming
(d) Sprinting, hiking, kickboxing

Ans. (a) Aerobic, anaerobic, flexibility.

Q. 15. What is the purpose of warm-up exercises?

- (a) Increase muscle size
(b) Reduce flexibility
(c) Prepare the body for exercise
(d) Improve coordination

Ans. (c) Prepare the body for exercise.

Q. 16. Write the full form of NCC, NSNIS and IOA.

- Ans.** (a) National Cadet Corps.
(b) Netaji Subhash National Institute for Sports.
(c) Indian Olympic Association.

Q. 17 Fill in the blanks to make the sentence meaningful.

(a) Behaviour and attitude that show respect for the rules of a game and for the other players is known as

(b) The sports and activity can properly be enjoyed with &

Ans. (a) Sportsmanship, (b) ethics, respect, fairness and a sense of fellowship.

Q. 18. There are three core values of Olympism which are a central focus at the Olympic Games and Youth Olympic Games, namely

Ans. Excellence, respect and friendship.

Q. 19 Fill in the blanks with appropriate words.

(a) Having good friends, bonding with family members, volunteerism, community services, trusting relationships, etc., are indicators of

Ans. social wellness.
(b) An individual's ability to learn, think critically, analyse, evaluate, apply knowledge and interact with the world is known as wellness.

Ans. Intellectual.

Q. 20. Complete the sentence with the appropriate words.

Hath yog involves three bases of yoga, including postures, breathing techniques, and

Ans. Strength.

Q. 21. Measure the Body Mass Index of your family members.

Ans. My father: 20.5
My mother: 18.5
Mine: 19.5
My brother: 18.

Q. 22. Write the full form of following abbreviations:

PRT.....
TGT.....
PGT.....
PET.....
NIS.....

Ans.
PRT – Primary Teacher
TGT – Trained Graduate Teacher
PGT – Post Graduate Teacher
PET – Physical Education Teacher
NIS – National Institute of Sports.

Q. 23. Mark the following statements as true or false:

- (a) Bachelor in Physical Education is eligibility for PRT.
(b) CTET exam is not required in Physical Education.
(c) Physical Education is a professional course.
(d) National and International players are eligible for government jobs.

Ans. (a) True, (b) True, (c) True, (d) True.

Q.24 Fill in the blanks to make the sentences meaningful.

1. Through *shuddhi kriyas*, digestive disorders like and can be cured.

2. Practice of *pranayama* strengthens the nervous system and improves its

Ans. 1. Acidity, indigestion and constipation, 2. functions.

Sample Preview of The Chapter

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PHYSICAL EDUCATION AND YOG

Introduction and Historical Development

1

INTRODUCTION

When our great-grandparents were young, they led active lifestyles and relied on running, throwing, and jumping to survive. Physical training for the military changed throughout time to become personal fitness and wellbeing. Today, the Indian government supports citizens' health through physical education initiatives and recognises June 21 as International Day of Yoga. Physical education focuses on the physical attributes of the body, such as strength, endurance, and coordination. It mixes physical and instructional components. Through sports and physical activity, it supports personal growth while taking into account biological, social, psychological, philosophical, political, and cultural factors. Physical education is now referred to as an educational process that makes use of physical activity to improve knowledge, fitness, skills, and attitudes for the best possible growth and well-being.

In many areas of human development, physical education is extremely important. It promotes healthy physical development, complete growth in all areas – physical, mental, social, and emotional – as well as intellectual development. Additionally, it promotes social adjustment and emotional management by encouraging traits like sportsmanship, teamwork, and respect. Physical education also supports character development, personal growth, and physical fitness. It also helps with brain growth, neuromuscular coordination, and the productive use of free time. In addition, the economic significance of sports has grown, giving athletes access to professional leagues that offer stable employment.

In the past, physical education included sports like wrestling, swimming, and archery. Later, it was included in schools and Gurukuls. It is possible to study the development of physical education in India

during the ages of antiquity, medievality, modernity, and post-independence.

Sports like archery, horseback riding, and chariot racing had both recreational and military use during the Ancient Period. The tumultuous days of battle are highlighted in the Vedas and epics like the *Ramayana* and *Mahabharata*. In the complex educational system, which included sports, martial training, and biblical study, physical education was a required subject. Megasthenes detailed India's extensive physical education programme, which included horse racing, sword combat, and grappling. Along with religious and philosophical studies, physical education was prioritised at Nalanda University, where daily routines included yoga, breathing exercises, and swimming. During this time, India was famed for its physical strength and intellectual acumen. The Rajputs, who were divided into various clans, frequently fought one another. They remained in charge despite the lack of a centralised government until the 13th century. The Rajputs were considered to be genuine *Kshatriyas* and were skilled warriors. Popular pursuits included horseback riding, javelin throwing, archery, wrestling, hunting, and mace combat. Additionally, girls received equestrian training. Rajput culture included both dancing and music. The military and athletic skills were prioritised by Odisha's Ganga dynasty.

Muslim kings ruled India for around 600 years during the Middle Ages, and they showed a keen interest in sports. Popular sports included boxing, polo, rugby, shooting, archery, swimming, sword fighting, chess, and horseback riding. Additionally prevalent during this time period were hunting, pigeon flight, and animal fights.

Despite the English being avid sports fans, physical education was not regarded as a necessary component of the school curriculum in India during the Modern Period. However, the Indian Education

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Commission encouraged native games, gymnastics, drills, and exercises when it advocated for physical education in schools in 1882. Traditional physical education was promoted by private institutions like gymnasia, Akhadas, and Kreedas manuals, focusing on activities like folk dancing, wrestling, and native sports like Kho-Kho. Through organisations like the YMCA College of Physical Education in Madras, the Govt. College of Physical Education in Hyderabad, the Christian College of Physical Education in Lucknow, and the Training Institute of Physical Education in Khandiyali (Bombay), physical education in pre-independent India underwent notable advancements. The Vyayam Prasarak Mandal was founded in 1914 and made a further contribution to the cause of physical education in India.

In order to mould the country, a new educational policy was created in 1947, the year India acquired independence. Up until the age of 14, education is now free and required, which has resulted in the opening of several schools, colleges, and institutions. In Patiala, the Netaji Subhash National Institute of Sports (NSNIS) was established to advance academics and sports coaching. In order to instil discipline and physical fitness, the National Cadet Corps (NCC) and the National Discipline Scheme (NDS), subsequently known as the National Fitness Corps (NFC), were introduced. The Indian Olympic Association (IOA) was founded in 1927, and the government proposed making physical education in schools mandatory in 1962. Through a programme called Mainstreaming Physical Education (MPE), the CBSE made physical education a required subject for grades IX through XII in 2018.

Yoga's Sanskrit name, "Yuj," translates as "to unite, attach, bind, and concentrate." It is the knowledge of unity and oneness with the inner self which eliminates the distinction between thought and substance. Yoga or yoga is a science that guides people to the truth and provides a way to live better, be more productive, and have control over their thoughts and emotions. It promotes mental and bodily balance with the ultimate objective of a calm existence in mind. The *Bhagavad Gita* emphasises *Karma Yoga* (yoga by action), which encourages selfless labour and disengagement from outcomes.

Yoga, under the instruction of a qualified instructor, aids in the development of balance in today's fast-paced environment, but yoga should not be mistaken for medicine.

Hindu mythology holds that Lord Shiva is credited with creating yoga and disseminating its wisdom to sages for the good of mankind. Through many eras, **the historical evolution of yoga can be investigated:**

Pre-Vedic Period: Through seals and monuments featuring yoga positions, the Indus Valley civilization shows yogic practices.

Vedic Period: Indirect references to yoga and principles of sense control can be found in the Vedas.

Upanishadic Period: Early references to meditation and yogic concepts appear in *Upanishads*.

Epic Period: *Ramayana* and *Mahabharata* depict yogic practices taught by sages and Lord Krishna.

Sutra Period: Patanjali's *Yoga Sutras* (147 B.C.) outline the eight limbs of yoga.

Smriti Period: Purification techniques like pranayama gain importance in the literature.

Medieval Period: Natha and bhakti cults popularise Hatha Yoga and various yogic practices.

Yoga has developed in the modern era as a way to improve the body and mind while boosting overall health and wellbeing on a global scale.

Yoga is a form of exercise that uses a variety of postures, breathing exercises, relaxation methods, and meditation to promote both physical and mental wellness. It encourages leading a tranquil and healthy lifestyle, improving self-esteem, mood, and all-around quality of life. Yoga has many advantages, including improved immunological function, physical cleansing and organ health, disease prevention and treatment, stress relief and relaxation, increased focus and self-control, and injury prevention and recovery. Overall, yoga promotes a holistic strategy for maintaining good physical and mental health as well as a balanced lifestyle.

INTEXT QUESTIONS 1.1

Q. 1. Mark the following statements as true or false:

(i) Physical Education and sports are not related to overall personality.

Ans. False.

(ii) The word physical refers to body, and indicates bodily characteristics.

Ans. True.

(iii) Physical activities are a key to success in respect to health.

Ans. True.

(iv) Physical activities improve children's scientific insight of thinking.

Ans. True.

INTRODUCTION AND HISTORICAL DEVELOPMENT / 3

(v) Physical activities provide an opportunity to learn qualities like sportsmanship and self-discipline.

Ans. True.

Q. 2. Explain the importance of physical education in day-to-day life.

Ans. Physical education is crucial in daily life because it encourages physical fitness, prevents diseases, improves mental health, develops motor skills, builds collaboration and social skills, stimulates the development of lifetime healthy habits, improves academic achievement, and helps manage stress. Regular exercise enhances mental health while also enhancing general health and lowering the risk of chronic diseases. It aids in the development of the vital motor, coordination, and social abilities needed for day-to-day activities and interactions. Long-term wellbeing is facilitated through physical education, which instills the value of continuing to be active and making good decisions. Additionally, it improves academic achievement and gives people a way to properly handle stress.

INTEXT QUESTIONS 1.2

Q. 1. Which is the correct option?

(i) Which age is famous for 'Ramayana' and 'Mahabharata'?

- (a) Vedic (b) Nalandia
(c) Epic

Ans. (c) Epic.

(ii) 'Jainism' and 'Buddhism' are related to which historical age?

- (a) Vedic (b) Historical
(c) Epic

Ans. (b) Historical.

(iii) Kshatriya are related to which historical age?

- (a) Rajput (b) Historical
(c) Epic

Ans. (a) Rajput.

(iv) In which year was the Y.M.C.A. College of Education founded?

- (a) 1920 (b) 1921 (c) 1923

Ans. (a) 1920.

(v) Who was the founder of Y.M.C.A. College of Education?

- (a) H.C. Buck (b) A.C. Buck (c) C.H. Buck

Ans. (a) H.C. Buck.

Q. 2. Write the full form of NCC, NSNIS and IOA.

- Ans. (a) National Cadet Corps
(b) Netaji Subhash National Institute for Sports
(c) Indian Olympic Association.

Q. 3. Ram, Laxman, Ravan, Megghanad, Bhima, Arjuna, Karna, Bhishma, Drona are famous for which historical age?

Ans. All of them are from the Epic age.

INTEXT QUESTIONS 1.3

Q. 1. Mark the following questions as true or false.

(i) Yog can impede the internal organs of the body.

(ii) Yog can help us to cure and prevent diseases.

(iii) Meditation will help to increase the mental stress.

(iv) Padmasana will help to reduce your mental pressure.

(v) Yog can help to reduce your obesity.

(vi) Yog can decrease your R.O.M.

Ans. (i) False, (ii) True, (iii) False, (iv) True, (v) True, (vi) False.

Q. 2. Explain the importance of Yog in day-to-day life.

Ans. Yoga or Yog is very important in daily life because it encourages overall health, both physically and emotionally. Regular yoga practice helps to enhance body awareness and posture, as well as flexibility, strength, and balance. It fosters relaxation and mental clarity while reducing tension and anxiety. Yoga encourages awareness, which enables people to be more focused and present in their daily activities. It facilitates digestion, strengthens immunity, and enhances breathing patterns. Yoga also promotes self-care and self-reflection, which helps one develop a good outlook and a stronger bond with themselves. People can experience increased physical health, emotional balance, and general vitality by adopting yoga into their daily lives.

TERMINAL QUESTIONS

Q. 1. Explain the meaning and importance of Physical Education with suitable examples.

Ans. The body and education are combined in physical education. It emphasises enhancing physical prowess, including power, quickness, stamina, and

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coordination. It strives to offer structured instruction for general personal development through involvement in physical activity and sports.

For a person to develop fully, physical education is crucial. It encourages character development, intellectual ability, emotional regulation, social adjustment, and physical growth, among other things. Additionally, it improves neuromuscular coordination, physical health, cerebral growth, and productive use of free time. It also has economic relevance because professional leagues help athletes improve their financial standing and open up employment prospects in sports.

Q. 2. Describe the historical development of Physical Education from an Indian perspective.

Ans. India has a long history of physical education that spans several eras. Archery and horseback riding were popular pastimes and military exercises in ancient times. Involving sports and martial techniques, physical education was a required part of educational institutions. Muslim sultans promoted several sports during the Middle Ages, including polo and wrestling. Physical education became more well-known in the modern era as a result of calls for its adoption in classrooms and the creation of organisations dedicated to sports and physical education. India prioritised education after achieving independence and launched programmes like the National Institute of Sports and the National Fitness Corps. Additionally, the government explored mandating physical education in schools. For several classes, physical education is now a required subject, according to the CBSE.

Q. 3. Explain the concept of yoga or yog.

Ans. The Sanskrit word yoga, which means “unity,” “concentration,” and “joining,” eliminates the distinction between substance and mind, bringing to a state of inner unity. Yoga is a science that enables people to get closer to the truth and achieve balance in their bodies and minds. It encourages productivity, emotional restraint, and better life. The *Bhagavad Gita* places a strong focus on *Karma yoga*, which is the practice of working without thought of reward. Yoga is a practice that aids in achieving body and mind balance in today’s materialistic society, but it is crucial to learn under the direction of a qualified yogi and recognise that it is a supplement to, not a replacement for, conventional treatment.

Q. 4. Describe the historical development of yoga.

Ans. Hindu mythology attributes the invention of yoga to Lord Shiva. He taught his wife Parvati about health, and she, in turn, taught sages about health for the benefit of all people. Through a number of eras, the historical development of yog may be seen:

Pre-Vedic Period (6000-3000 BC): Through seals and idols featuring yogic positions, the Indus Valley civilization presents yogic practices.

Vedic Period (2000-1500 BC): Through the idea of sense regulation, the Vedas inadvertently refer to yog.

Upanishadic Period (800-200 BC): Upanishads make references to meditation and discuss yogic concepts.

Epic Period: The *Ramayana* and *Mahabharata* depict yogic practices taught by sages and Lord Krishna to his disciple Arjuna.

Sutra Period: Patanjali’s “Yog sutra” in 147 B.C. establishes the literary form of yoga and elaborates on its eight parts.

Smriti Period: Purification techniques and pranayama gain significance in the writings of this period.

Medieval Period: The Natha and Bhakti cults popularize Hatha yoga and various yogic practices.

Modern Period: Yog has developed into a worldwide practice aimed at cultivating well-being, enhancing health, and strengthening the mind and body.

Q. 5. Explain the need and importance of yoga.

Ans. Achieving physical and mental well-being through a variety of activities, breathing exercises, relaxation methods, and meditation is the aim of yoga. Yoga encourages a healthy, stress-free lifestyle that improves quality of life by affecting mood and self-esteem. It has several advantages, including improved productivity, disease prevention and healing, stress reduction and relaxation, enhanced concentration and self-control, and physical purification and organ health. Additionally, it strengthens the immune system, increases athletic performance, and aids in injury prevention and rehabilitation. Yoga asanas encourage relaxation by lowering feelings of fatigue.

ACTIVITIES

Q. 1. Make a chart of five activities for the physical development of children.

(a) **Outdoor Play:** Playing sports outside, such as tag, basketball, soccer, or cycling, improves