

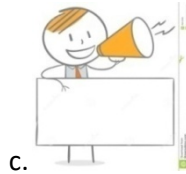
7. Name the committee which are responsible for smooth conduct of tournament.

0.5x4=2

a.



.....



c.

.....

b.



.....



d.

.....

8. Identify the below given pictures and write the name of nutrients.

0.5x4=2









9. Explain the objective of specific sport programs?

2

10. Justify Intramural Leads to Extramural activities.

2

11. What is the difference between food intolerance and food myths?

2

OR

Find out the role Balanced diet in sports.

12. Source based Question-

3

In an inter-school debate, the Sports Secretary of your school has to speak on nutrition and its importance in sports.

(a) What are the groups of nutrients he should talk about?

(b) Of all the macro nutrients, what should he focus on while talking about muscle-building and strength improvement?

(c) While talking about nutrition, how can he link it to sports performance?

13. Write down the role of the various committees of post tournament.

3

14. Define the term Tournament, Bye & Seed.

3

OR

List out the objectives of Extramural competition.

15. With all calculations, draw a single knockout fixture of 20 teams in quarter method with two teams are seeded.

5

16. Define the term Nutrition and mention the function & sources of any two macro elements of diet.

5

OR

What is healthy weight and describe any four methods to control body weight?