

PHYSICAL EDUCATION

10TH STD PHYSICAL EDUCATION NOTES-2021-22

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10TH STD PHYSICAL EDUCATION NOTES ENGLISH MEDIUM

CHAPTER -1- Modern Olympics and Asian Games

I. choose the correct answer

1. The Olympic flag was designated by _____

- a) Barron pierre De Coubertin b) Sigmud Freud
- c) Sir Thomson d) Stephan Berg

2. Five rings on the Olympic Flag represents

- a) Continents of the World b) Intimacy among the Continents
- b) Both of the above d) None of these

3. _____ was the father of Asian games

- a) Guru dutt sondhi b) Raja Balinder Singh
- c) Milkha singh d) P.T.Usha

4. The body which control Asian games is _____

- a) IOA b) AAA c) IOC d) OCA

5. The olympic motto citius means _____

- a) Faster b) Stronger c) Higher d) None of these

II. Answer the following questions in one sentence

1. Where did the Ancient Olympic Games start?

Ans: The Ancient Olympic start in Greece in 776B.C

2. Who was the founder of modern Olympic Games?

Ans: Baron Pierre de Coubertin was the founder of modern Olympic Games

3. In which country was the first modern Olympic Games organized?

Ans: In 1896 Greece country was the First modern Olympic Games organized.

4. Where is the head quarters of international Olympic committee situated?

Ans: The headquarters of international Olympic committee situated in Switzerland

5. What is the motto of Olympics?

Ans: " Citius,Altius,Fortius" is the motto of Olympic.

6. What are the various colours of circle in the Olympic emblem

Ans: Blue,Yellow,Black,Green and red are the various colours of circle in the Olympic emblem.

7. In which games was the Olympic torch used for the first time?

Ans: In 1936 Berlin Olympic Games was the Olympic torch used for first time.

8. In which country was the Asian games organized for the first time?

Ans: in 1951 India country was the Asian games organized for the first time.

9. Which is the organisation responsible for conducting the Asian games?

Ans: the Asian games federation is the responsible for conducting the Asian game

III Answer the following questions in 3-4 sentences

1. What is the Olympic motto? What is its meaning?

Ans: Citius, Altius, fortius is the Olympic motto which means faster, higher and stronger

2. Explain the meaning of the Olympic Flag.

Ans: Olympic flag was designated by Baron Pierre de Coubertin in 1913. It was first hosted in 1920 in Belgium Antwerp Olympic games. It is made of white silk in the center of the flag there are five inter locked rings in the spirit of friendship in different five colors . The colours are blue,yellow,black,green and red (one of these colors shall be there in the flags of each continent.)

3. Explain the origin of Olympic torch.

Ans: The tradition of lighting 'Olympic torch ' was initiated during the berlin Olympics(Germany) in1936 to bring about international integration the ceremony of lighting Olympic torch takes place at the temple of Hera where the ancient Olympics were held. The Torch is lit at using a concave mirror to catch the sun's rays igniting the torch then it is a handed over to young athlete who carry it for one kilometer each. The last runner shall be an athlete from the host country and is arrival with the torch will be synchronized with the opening of the games now a day.

4. Describe the origin of olympics

Ans: The Olympic games were held once in four years on the full moon day in the month of August or September at Olympia in Greece in honor of their god Zeus . the first ancient Olympiad was named after the victor of the stade race the winner of the first ancient Olympics in 776 B.C was "COREBUS" FROM this month onwards the games were held regularly once in four years still 394A.D the Roman empire Theodosius closed the game in the year 394 A.D in later years Baron Pierre D Coubertin of France with his incessant efforts and determination made the modern Olympics game the first modern Olympic game was held at Athens in the year 1896.

5. Explain the manner in which the Asian games came into existence

Ans: Mr. Guru dutt sondi who represented the Indian Olympic council at the London Olympics on August 14,1948 discussed with all the representatives of the Asian countries the possibilities of conducting the Asian games which would also help to faster mutual understanding and cooperation among them. The Asian athletic federation gave their acceptance to this suggestion later in 1949 the AAF changed its name to Asian games federation(AGF) this federation carries all the responsibilities of organizing the Asian games in its meeting this federation decided to conduct the first Asian games at the Indian capital new Delhi in 1951

CHAPTER-2 VOLLEY BALL



I Choose the correct answer

1. **M. Shayam sunder rao is from _____ state**
a) Maharastra b) Karnataka c) **Andhrapradesh** d) Tamilnadu
2. **A.Ramana rao was honoured with the arjuna award by the Indian govern-
ment in _____**
a) **1978** b) 1974 c) 1986 d) 1998
3. **In 1990 A.Ramana Rao received the _____ award**
a) Arjuna b) National c) **Dhronacharya** d) Ekalvya
4. **_____ from kerala has played for a private club in Italy**
a) Jimmy George b) Ramana Rao c) shaym sunder rao d) Charles kirly
5. **Name of the international female volleyball player of cuba is _____**
a) **Yumilka Ruiz** b) Venus willams c) saina newel d) Martina Hingis

II Answer the following questions

1. What are the award conferred shri shyam sundera rao?

Ans: Arjuna and dhronacharya awards conferred shri shyam sunder rao

2. List the medals won by Charles kiraly

Ans: * Charles kiraly won the gold medal in the 1984 Los Angeles Olympics

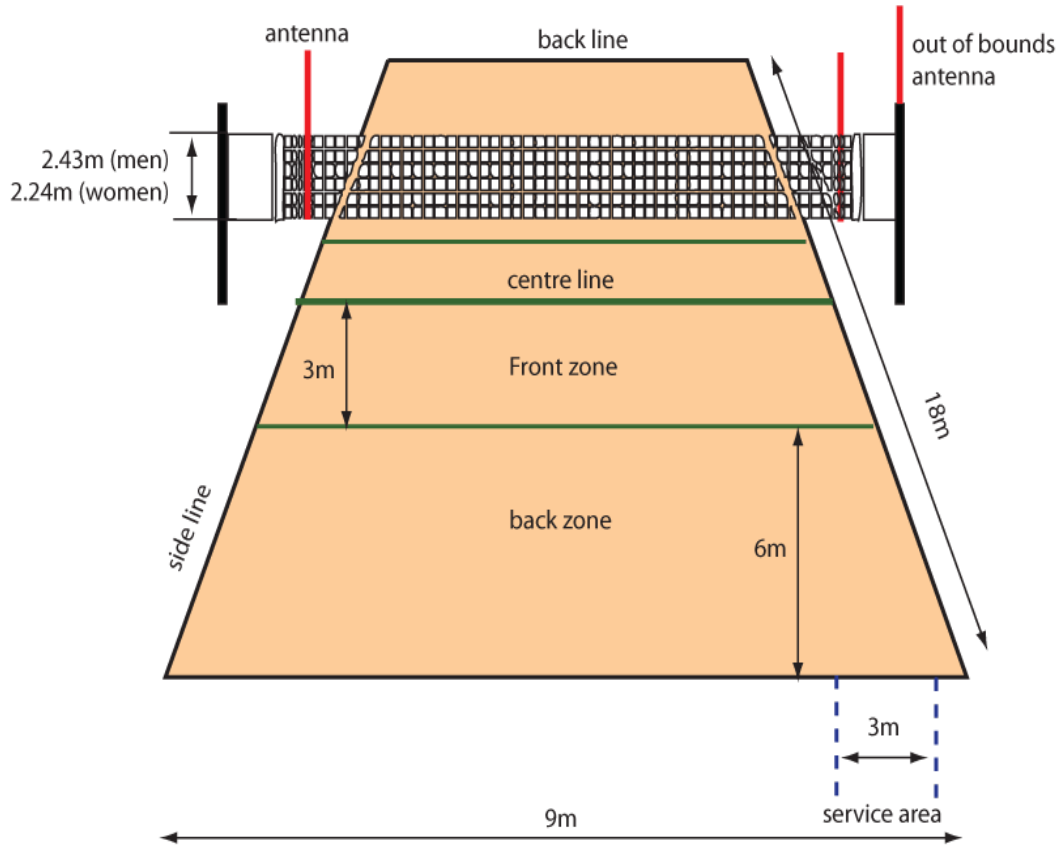
- He won the world cup title in 1985 at Japan
- Olympic gold medal at Seoul Olympics in 1988
- World championship title in 1986 at Paris
- Olympic gold at the first beach volleyball Olympics competition in 1996 at Atlanta

3. What were the medal secured by yamilka ruiz

Ans: * Yamilika Ruiz won the Olympic gold medal in 1992 at Barcelona

- She won the world cup at the world champion ships in Brazil
- She won the world cup titles in 1995, 1998 and 1999
- Gold medal at the Atlanta Olympics in 1996
- Gold medal at the Sydney Olympics in 2000.

4. Draw a diagram of volley ball court with measurements.



CHAPTER-3

HOCKEY

I choose the correct answer

1. India has won the world hockey cup _____ times
a) Two b) three c) four d) one
2. National sports day is celebrated in the name of _____
a) Dhyanchand b) milkha singh c) p.t usha d) Rahul Dravid
3. Mamata Karab is from _____ state
a) Karnataka b) maharastra c) Haryana d) punjub
4. World hockey cup tournament is held once in four years between _____ Games
a) Olympic b) common wealthc) Asian d) Afro-Asian

II Answer the following questions

1. Who is addressed as wizard of hockey
Ans; Major dhayan chand is addressed as wizard of hockey.
2. When did India win world cup?
Ans: In 1975 India won the world Hockey cup.
3. Who has the Distinction of maximum Olympic hockey gold medals?
Ans: " Leslie Laudius was the distinction of maximum Olympic hockey gold medals.
4. Who is the sole hockey player decorated with the Rajiv Gandhi Khel Ratna?
Ans: DhanRajPillai is the sole hockey player decorated with Rajiv Gandhi Khel Ratna.
5. Who was addressed as man with electric heels and why?
Ans; Shahbaz Ahamed was addressed as man with electric heels because he was best forwards in the history of field hockey.
6. Name the Karnataka hockey players who have represented India.
Ans: * M.P.Ganesh * Helenmary * LenAyappa* Raghunath *Sandeep Michel

III Write short notes on the following hockey players.

1. Dhyanchand :

Ans: Major general Dhayanchand is a great Indian hockey player he represented India three times in hockey and was instrumental in scouting gold medal during 1928 Amsterdam, 1932 Los Angeles, and 1936 Berlin Olympic games. Government of India decorated Maj. Dhyanchand with the highest civilian award "Padmbhushan" Dhyan chand played hockey continuously till the age of 42 years during the tour of eastern Africa. He has scored 61 goals in 22 matches .Dhyanchand retired from the sport in 1984.

Dayan chand to learn his diploma in coaching from NIS Patiala. His birth date 29th August is observed as "National sports day" in India.

2. M.P. Ganesh:

Ans: M.P Ganesh was in the Indian team that won bronze at the first world cup at Barcelona in 1971 and captained the team that won silver at the next world cup in Amsterdam.

He represented India at the 1972 Olympic in Munich finishing third and settling for a bronze. He played for world XI in 1972 and Asian XI from 1970 to 1974 and was awarded the Arjuna award in 1973. He was the coach of the hockey coach committee for the 1992 commonwealth games and Asian games.

3. Suraj Latha devi :

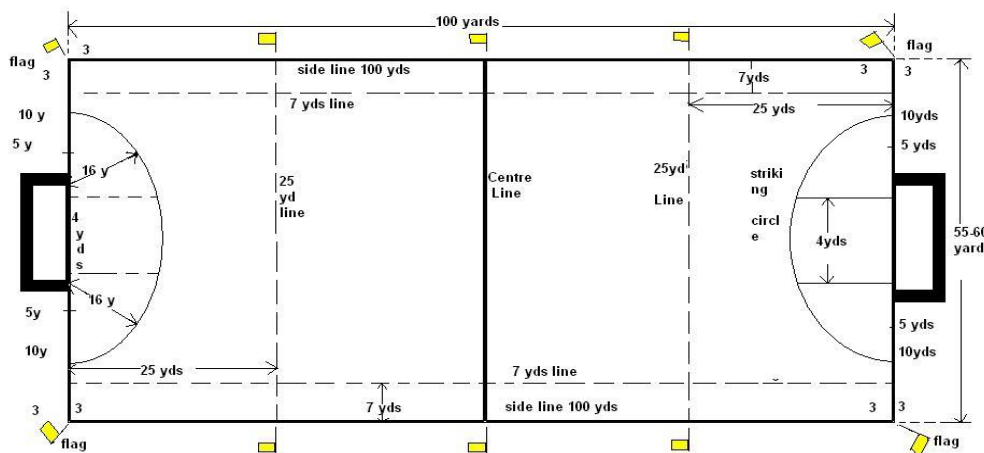
Ans; Suraj latha devi is from Manipur she made her national debut in 1994 / Indira Gandhi hockey gold cup championship. She represented India three times at Asian games winning silver in the 1998 Bangkok Asian games. She played twice in the Asia cup winning silver in 1999 and the gold in 2004. In 2002 commonwealth games she won the gold. In 2003 Afro Asian games she won the gold for India she captained the team for many years.

4. Dhanraj pillai

Ans: Dhanraj pillai has represented India in four summer Olympics (1992, 1996, 2000, 2004), four world cup hockey, four champions' trophies, four Asian games and four Asia cups.

Dhanraj was the highest goal scorer in the Bangkok Asian games and was the only Indian player to figure in the world eleven side during the 1994 world cup at Sydney. He has also received the Rajivgandhi Khel ratna award (1999) and been conferred the padmashree in 2000.

5. Draw a hockey court with measurements



CHAPTER- 4

HANDBALL

I choose the correct answer

1. Daniel Stephan was awarded the world best player in _____ year.
a. 1998 b. 1996 c. 1999 d. 2002
2. Talented duyshebaev is famous handball player from _____ Country
a. Spain b. America c. Russia d. Japan
3. The famous handball player from France Jackson Richardson was born on _____
a. June 4, 1969 b. July 8, 1984
b. December 31, 1974 d. November 3, 1984

II Answer the following questions in 3 or 4 sentences

1. Write the Achievement of talent Duyshebaev.

Ans: * he won the Olympic gold medal in 1992

- Won the world championship in 1993
- Won the silver and bronze medals in the European championship.
- Won the two Olympic bronze medals in 1996 and 2000.
- He was awarded the player of the tournament in the 1997 world championship.

2. Write about Jackson Richardson.

Ans: He was born in France on June 4, 1969 he captained the France handball team and was flag bearer for the 2004 Athens Olympic. He was a member of the winning team in the French league in 1994 and 1996 also the French cup in 1993 and 1995. In 1992 Barcelona Olympics he won the bronze medal. He was awarded the player of the International federation in 1995 as a fruit of his hard work and he was been awarded the world best player for the more than 15 years.

3. Write about Denial Stephan.

Ans: Denial Stephan is from Germany he was born on August 3, 1973. He was a member of the national team from 1995. He was a member of the winning team in the European handball championship in 2004. Stephan was nominated as the world best player of the year 1998 and also the German player of the year from 1997- 1999.

4. Which is the handball tournaments conducted at state level?

Ans: * Tournaments of boys and girls below 12 years.

- Tournaments of boys and girl below 14 years.
- Tournaments of boys and girls below 19 years.
- Association cup for men and women.

National level?

Ans: * senior national championship.

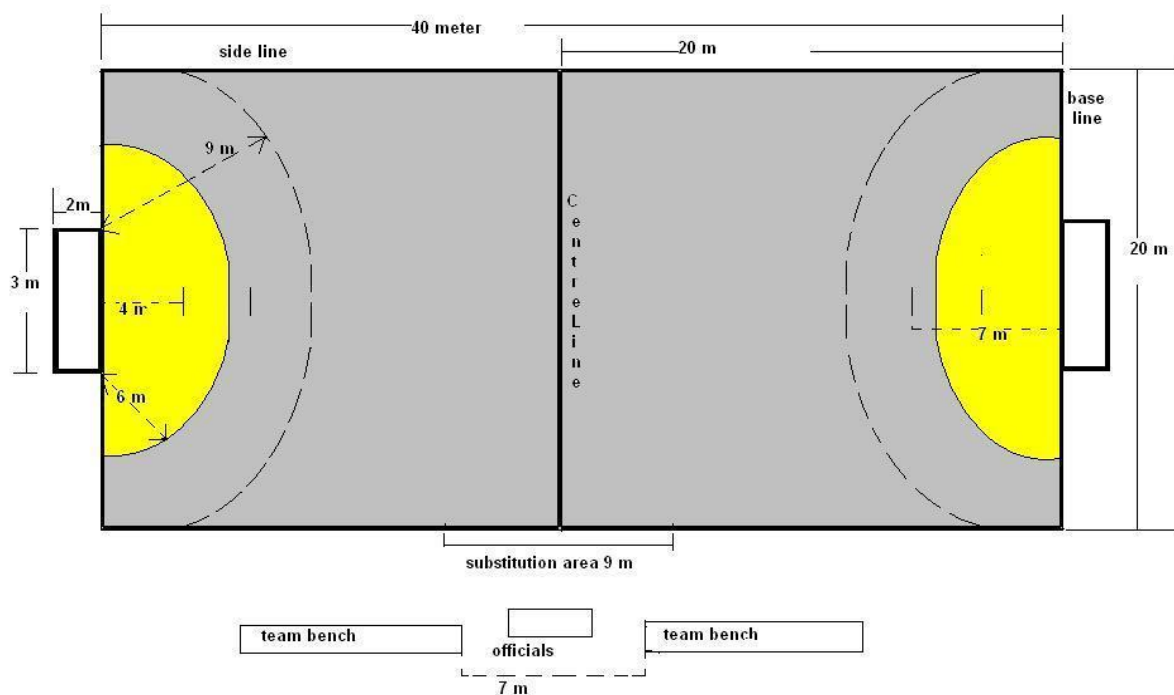
- Federation cup
- Interzone championship.

6. Name any four International handball tournaments.

Ans: * Olympic Games.

- Common wealth Games
- Asian Games
- World cup for senior and junior

7. Draw a diagram of handball court with measurements.



CHAPTER -5 BASKET BALL

I choose the correct answer

1. Geetha anna Jose was born in _____ district.

- a. Kottayam b. Hyderabad c. Mysore d. Pune

2. The nick name of Michael Jordan is _____

- a. Nayaka b. mehake c. mack d. mike

3. Karim abdul Jabber is a Famous _____ player

- a. Basketball b. football c. Hand ball d. volleyball

II Answer the following questions

1. Write about the achievements of Geetha Anna Jose?

Ans: * she is a first Indian woman to play in the professional basket ball player in the WNBL in Australia.

- In 2006 she was participated in the common wealth Games.
- She played for the railways and was the winners for seven consecutive times.

2. How many times has magic Johnson won the NBA title?

Ans: There are nine times has magic Johnson won the NBA title.

3. Write achievements of Michael Jordan?

Ans: * Michael Jordan won the 6 times NBA title during 1991, 1993, 1996 and 1998.

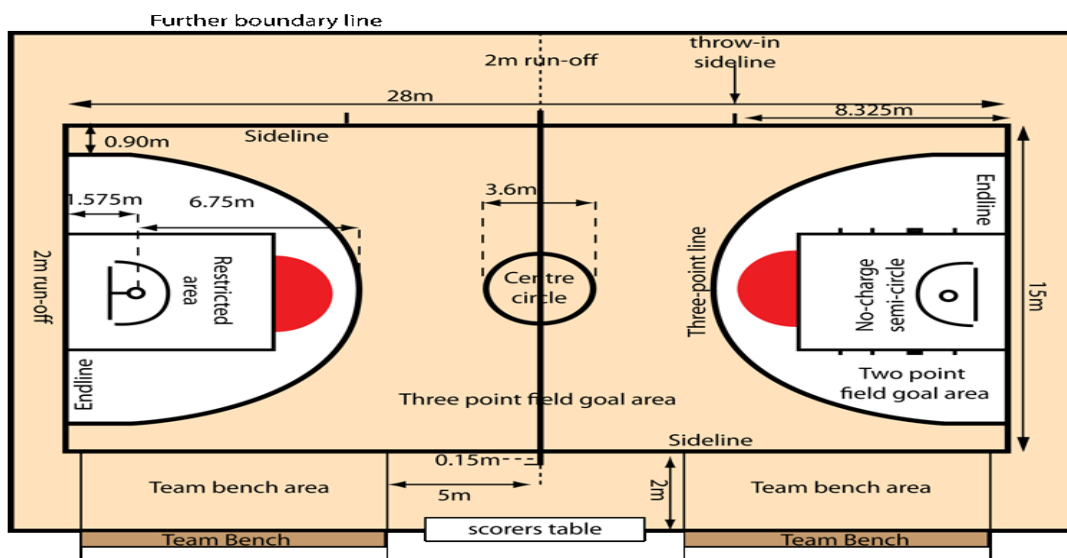
- Won the two times Olympic gold medal.
- Won the 12 times NBA star player award.

4. Write the ability of KarimAbdul Jabbar?

Ans: * He was 7 feet 2 inches tall and weighed 118.4 kgs

- He was specialized in sky hook techniques to score points.

5. Draw the diagram of basketball court with measurements.



CHAPTER – 6 BADMINTON

I. CHOOSE THE CORRECT ANSWER

1. In the final stage of Thomas cup _____ number of team's participants.
a. 9 b. 7 c. 6 d. 12
2. Till present _____ number of tournaments has been conducted in Thomas cup.
a. 26 b. 20 c. 22 d. 12
3. In 2012 Uber cup was conducted at _____
a. Wuhan in china b. Tokyo in japan
b. Sydney in Austalia d. Dehi in India
4. The All England open championships are known as _____
a. English premier league b. European champions
b. Open English championships d. London championships
5. BWF world championship are called _____
a. Thomas cup b. Uber cup
c. World cup d. IBF world



II Answer the following questions

1. What is Prakash Padukone identified as?
Ans: Prakash Padukone identified as "gentle Tiger"
2. What is Anup Shridhar well known for?
Ans: Anup Shridhar well known for power smasher.
3. What is the ranking of Anup Shridhar?
Ans: the ranking of Anu Shridhar is 24th
4. Write the birth date and birth place of pulela gopichand.
Ans: **Birth date;** November 16th 1973
Birth place; nagavandal in praksaham district [Andhrapradesh]
5. Which is the award won by the Saina Nehwal?
Ans: Rajivgandhi khel ratna award won by the Saina Nehwal.
6. What awards did the Jwala gutta win in 2008?
Ans: * won the double title in Nepal International series tournaments. Yonex Dutch opens grand prix.
7. In which champions did Aparana popat set women;s record?
Ans: Aparana popat set women's record in senior national championships from 1997 to 2005.

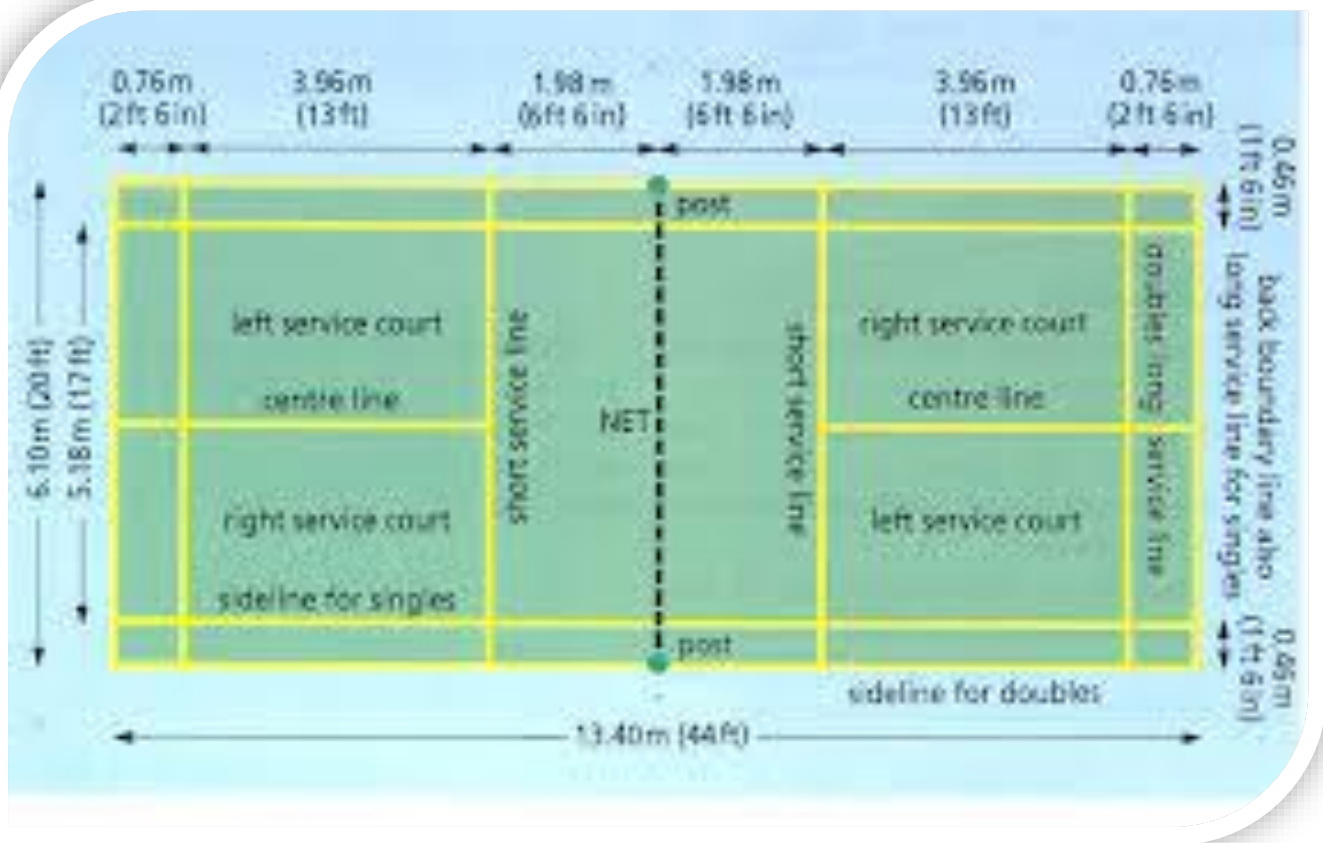
8. What is Thomas cup commonly called?

Ans: Thomas cup commonly called as “the world men championships”.

9. What is Uber cup commonly called?

Ans: Uber cup commonly called as “women world championships”

10. Draw a diagram of badminton court with measurements



CHAPTER-7

HURDLES

I choose the correct answer

1. P.T Usha is known as _____ express

- a) Kerala b) intercity c) Hima sagar d) payyoli

2. Johni Akii bua set Olympic records in _____ mtr

- a) 110 b) 100 c) 80 d) 400

3. Edwin Moses set maximum records at the _____ level

- a) Taluk b) District c) national d) International

answer the following questions in one sentence

1. What is the width of the hurdles?

Ans: the width of the hurdles is 1.18mtr- 1.20mtr

2. What is the weight of the hurdles?

Ans: the weight of the hurdles is less than 10 KG.

3. What is the distance of the hurdles race for boys and girls below 14 years?

Ans: the distance of the hurdles race for boys and girls below 14 years is 80 mtr.

4. What is the distance for the hurdles race for men and women?

Ans: the distance for the hurdles race for men and women is 110mtr and 100mtr.

5. Write the complete name of P.T Usha.

Ans: Pilavullakandi Thekkeperambal Usha.

I. Explain in details

1. Explain construction of a hurdle.

Ans: * the hurdle shall be made of metal or some other suitable materials with the top bar of wood.

- Width of the hurdles is 1.18mtr -1.20mtr
- Length of the base is 70cm.
- The gross weight of the hurdles should not be less than 10kg.
- The width of the top bar shall be 7cm.

2. Write any two violations of rules in hurdles.

Ans: * If the runner does not jump over the hurdles.

While clearing the hurdles if the runner touches the leg below the top of the cross bar.

3. Give an account the achievement of P.T.usha.

Ans: 1984 padmashri and Arjuna awards.

- 1985 best woman athlete at Jakarta athletic meet
- 1984 to 1987 best athlete in Asia
- Marshal Tito trophy given to excellent athletes by the railways.
- Adidas golden shoe award for the best athlete at the Seoul Asian games.
- 30 International awards.
- Kerala sports journalist's award.
- Best athlete world trophy.

IV Match the following

- | | |
|--|--------------|
| 1. Maximum length of the base of hurdles | - 0.914mts |
| 2. Width top bar of the hurdle | - 1.067mts |
| 3. Thickness of top bar of the hurdle | - 0.84mts |
| 4. Height of hurdles for women's 400mtr hurdle | - 7.0cm |
| 5. Height of hurdle for women's 100mtr hurdle | - 70cm |
| 6. Height of hurdle for men's 110mtr hurdle | - 0.762mts |
| 7. Height of hurdle for men's 400mtr hurdle | - 1 to 2.5cm |

Draw a diagram of hurdle.



CHAPTER -8

RACE WALKING

1. Answer the following questions

1. Explain the walking style in a walking race

Ans: Walking means progression of steps so that the walker maintains continuous contact with ground without visible loss of contact. The advancing leg must be straightened (not bent at the knee) from the moment of first contact with ground until the vertical up right position. The rear leg should leave the ground after the heel of the front leg has touch the ground this way the walker has to move forward without visible (to the naked eye) loss of contact with the ground.

2. Write the rules of race walking.

Ans: * toe of the rear leg should not leave the ground before the heel of the front foot has made contact with the ground.

- The supporting leg (front leg) should be straight from the point of contact with the ground and should remain straightened till the bodies directly pass over it the body should be erect.
- Style or technique should not the walking change.

3. Write any two rule violation in race walking

Ans: * style or technique should not the walking change.

- If a competitor blocks another competitor or elbows him and prevents him from over taking him such competitor will be eliminated from the competition.

4. How do you start a walking race?

Ans: the race will be started by assembling the athletes behind at the starting end line in a bunch start and firing the gun. The gun is fired after the command 'on your mark' is given.

5. Which are the race walking events for boys and girls below 16 years?

Ans: 5km and 3km are the race walking event for boys and girls below 16 years.

6. Write the date birth and birth place of Jared talent

Ans: Jared talent date of birth; 17/10/1984

Jared birth place; Balart in Australia.

7. After how many years did Jared talent achieve the feat of winning two medals in the Olympic athletic event?

Ans: after 36 years Jared talent achieve the feat of winning two medals in the Olympic athletic event.

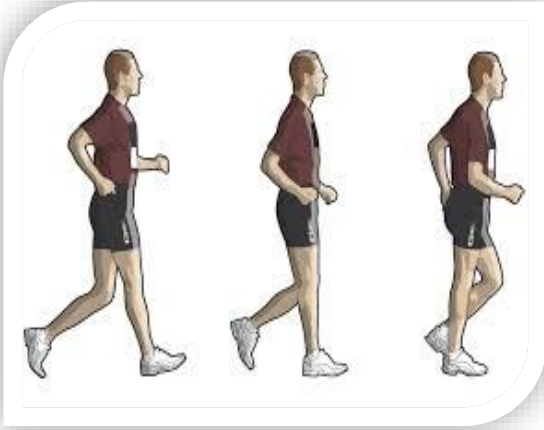
8. Write achievement of jane seville

Ans : * Jane seaville is the bronze medal winner at the Athens Olympic .

- She won the 20km race in Manchester common wealth games in 2002.
- She broke the Australian record of Karry junna- saxby in 2000.
- She created a new record in an athletic meet held in Germany.

II. MATCH THE FOLLOWING

- | | |
|-------------------|--------------------------------|
| 1. Sirichandram | 1) Selection to London olympic |
| 2. Gurumith singh | 2) Arjuna award |
| 3. Jane Seville | 3) 20km walking race |



CHAPTER- 9

DISCUS THROW

I. CHOOSE THE CORRECT ANSWER

1. The weight of the discus for women is _____ kg

- a) 2 b) 1.5 c) 1 d) 2.5

2. The edge of the discus is made up of _____

- a) Metal b) fiber c) plastic d) wood

3. The length of the Extension line is _____ cms

- a) 75 b) 85 c) 95 d) 65



II Answer the following question in one sentence

1. Write the diameter of the discus throw circle.

Ans: The diameter of the discus throw circle is 2.50mtr

2. What is the meaning of sector in discus throw?

Ans: The meaning of sector in discus throw is discus will make a mark on the surface of the land.

3. What is the weight of the discus for men?

Ans: The weight of the discus for men is 2kg

4. Where was Jurgenschutl born?

Ans; Jurgenschutl born in Amt neuhaus in germany.

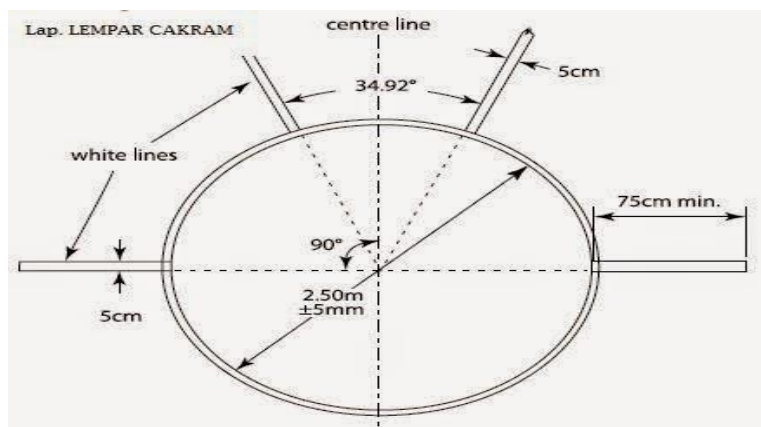
III Answer the following questions in 3 to 4 sentences each.

1. Write any two violations of rules which will result in foul in discus throw.

Ans: * Once the thrower starts his throw from a stationary position touching the ground outside the circle or the top of the metal rim of the circle with any part of his body is foul.

- On landing the discus should be make on initial mark inside the sector lines if the first mark is made by the discus on or outside the sector lines the throw is foul

2. Draw the discus throw arena and name the parts.



CHAPTER – 10

DHYANA (MEDITATION)



I CHOOSE THE CORRECT ANSWER

- _____ is a super tonic for psychosomatic illnesses.
a) Dhyana b) asana c) mudra d) none of these
- Dhyana based on material thing is a _____ dhyana
a) Sthoola b) sukshma c) Jythir d) none of these
- _____ dhyana is better than jyothirdhyana
a) sukshma b) jyothir c) none of these d) sthoola
- Upasane means _____ pooja a meditation
a) Durga b) worship c) shiva d) ganesha
- Sagunapasane is _____ in nature
a) Physical b) mental c) biological d) chemical
- Nigunopasane is _____ in nature
a) Nonchemical b) Geographical c) Nonphysical d) chemical

Answer the following questions

1. Write the meaning of dhyana.

Ans: Dhyana means the mind thinks or concentrates only one thought or substance.

2. What is root of meditation?

Ans: Medikare is root of word meditation.

3. What are the types of dhyana?

Ans: Sthoola dhyana (material meditation)

- Jyothirdhyana (Luminous meditation)
- Sukshmadhyana (subtle mediation) are The types of Dayana

4. What are the useful of dhyana?

Ans: * Gives rest to the body and mind

- Reduces mental anxiety stress and there by helps relive.
- The respiratory rate reduces the oxygen consumption is reduced
- Reduces the acidity in the blood and there by eliminates diseases related to anxiety, fear and restlessness.
- The meditator gains lightness in his body, mental stability and clarity of thought.

5. What is the meaning of saguna?

Ans: saguna means one which has form shape and other special characteristics.

6. How is sthoola dhyana is described?

Ans: Sthoola dhyana as that of daily meditating on the eyes and pleasant form, decoration and the transporting medium of the almighty

7. What is the meaning of the jyothirdhyana?

Ans: Jyothirdhyana means contemplating on brahma on the serepent shaped kundalini which is situated on the base of the linga.

8. What are the phases of dhyana.

Ans: * The thoughts that come to the mind should be reviewed. Initially many thoughts come to the mind.

- Slowly change the direction of thoughts and guide them towards a central thought.
- Slow down the rate of thoughts coming to the mind
- The intensity of thoughts decreases and calmness pervades.
- This results in a single resolution to meditate upon

9. What is meant by Nirgunopasane?

Ans: Nirgunopasane means without characteristics. The internal soul or the almighty who is external to the meditated does not have any forms of physical, nonphysical or psychological features such as conscience, emotional feelings etc.

10. What are the advantages of dhyana?

Ans: * Dhyana plays an important role in supplying pure blood nerves, brain, spinal cord and heart muscle.

- Dhyana cleanses respiratory tract and helps in retaining the functioning of the body parts this reduces dizziness caused due to imbalance in acid base balance.
- It helps in improving perception, digestion, and memory power. It releases mind from the control of body and stimulates intellect.
- Cool and composed mind can be achieved through regular practice of dhyana.
- Rhythmic and systematic process of breathing in dhyana makes mind tension free and creative.

CHAPTER-11

COMMUNITY HEALTH

I. fill in the blanks

1. By spraying ----- on stagnant water, one can prevent the growth of mosquitoes.

- a) Kerosene b) Acid c) Chemical d) Pesticides

2. There are ----- and ----- types of well

- a) Open, tube b) close, open c) none of these d) tube, close

3. Large lake depend upon -----

- a) Rain water b) mud water c) drainage water d) none of these

4. Clean water is important for -----

- a) Healthy life b) unhealthy life c) none of these d) food

II. Answer the following questions.

1. Who produces waste products?

Ans: every community, people living in every house or apartments are produces waste products.

2. Write the different groups of waste products?

Ans: * Wet waste products

- Solid waste products

3. How do you dispose wet waste products?

Ans: The wet waste products is disposed off through the sewage.

4. Which are the wet waste products?

Ans: Flowing dirty water, detergents, commercial and domestic waste, Fases, urine are the wet waste products.

5. Which are the solid waste products?

Ans: Glass bottles, waste from vegetables source, boxes, paper, rags or other inflammable materials are the solid waste products.

6. How do you dispose solid waste products?

Ans: * Solid waste should be collected in one place, which should be disposed by burning

- Dispose solid waste by a proper scientific method; sort the waste before disposing them.
- Solids that cannot be burnt such as metals may be use in landfills.

7. What does the drainage water consist of?

Ans; the drainage water consist of flowing dirty water, Detergents, commercial and domestic waste and many living and nonliving pollutants.

8. Write about cleanliness of wells.

Ans: When the wells are not used, closing the opening with wooden or metal sheets

Prevent dust, insects or other vegetation from fallen into them

- A raised wall should be built around the open wells.
- A concrete platform built for the purpose of keeping buckets will prevent the water from getting polluted.
- One should ensure that water overflowing from the wells is dried up which would prevent growth of mosquitoes.

9. Write about cleanliness of lakes.

Ans: Cattle should not be bathed in the lakes.

- Clothes and utensils should not be washed in the lakes.
- One should ensure that the surroundings of lakes is clean.
- Waste should not be disposed in the lakes
- By building an embankment or wall around the lakes, one can ensure that the lake is not polluted.
- Water flowing in open drains and unchecked water should be prevented from flowing in to lakes.

CHAPTER-13

FIRST AID FOR DROWNING

I. FILL IN THE BLANKS

1. If a nearly drowned person is rescued and immediate arrangements are made for artificial respiration his Life can be saved.
2. The condition where a person who is unconscious and his breathing are stopped is called suffocation.
3. Medicated plaster can be used for small wounds.
4. Elastic crepe bandage is used to stability to Joints
5. Sterilized gauze pads are used on open wounds to prevent **Bleeding** and **Infection**

II Answer the following question

1. What is suffocation?

Ans: The condition where a person who is unconscious and his breathin are stopped is called suffocation.

2. Write first aid to person who has drowned

Ans: * Loosen the clothing of such a person, lie him face down on the ground with the head Turned to one side.

- Knell astride him over his back as hold him firmly by the ribs with the both hands relax your arms and standing up. By doing this your body weight will fall on the person's chest.
- Put pressure on his diaphragm. Maintain this position for two seconds and come back to the kneeling position and stay in this position for three seconds .now the pressure on to the diaphragm is decreased.
- This way do the maneuver12 times per minute till the water in the lungs is emptied and the victim starts breathing again.
- The casualty starts breathing with a cough.
- Contact a doctor or transport the causality to the doctor as soon as possible.

3. What is the use of elastic crape bandage?

Ans: The use of elastic crape bandage are;

- These holds the joints stable
- These bandages are elastic in nature and are used to add compression to injured area.
- These bandages are fixed firmly with the help of metal or similar clips.

4. What are the uses of sterilized gauze?

Ans: The uses of sterilized gauzed are;

These bandages are used to cover open wounds to reduce bleeding and prevent infection.



CHAPTER-13

COMMUNICABLE DISEASES

I fill in the blanks

1. As a precautionary measure for malaria we should put meshes on the doors and windows to prevent the entry of **Mosquitoes**
2. **D.D.T** should be sprayed to prevent the spread of cholera
3. Tuberculosis is caused by **Mycobacterium Tuberculosis**
4. The full name of flu is **Influenza**

II. Answer the following questions in one sentence

1. Which is the mosquito that causes malaria?

Ans: female anopheles mosquito causes malaria.

2. Cholera is caused by which bacteria?

Ans: cholera is caused by the bacteria vibrio cholera.

3. The clothes of the cholera patient should be washed in which solution?

Ans: The clothes of the cholera patient should be washed in Creacel chemical solution.

4. Tuberculosis is connected to which organ?

Ans: tuberculosis is connected to lungs organ.

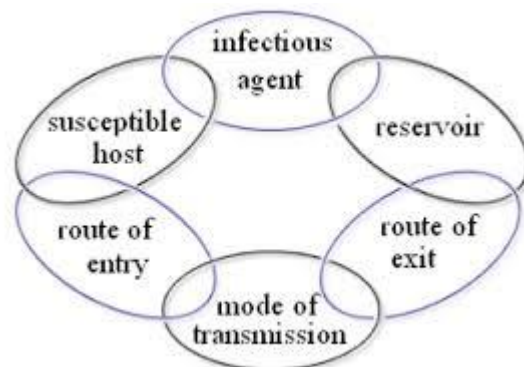
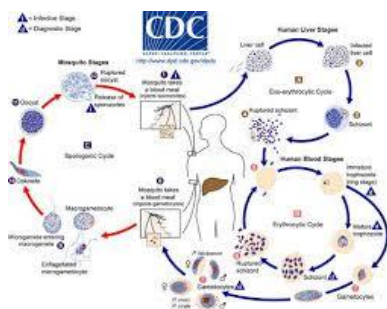
5. What is the cause of typhoid?

Ans: the typhoid causes through contaminated food, milk and water transmitted by flies.

6. Write the preventive measures for influenza.

Ans: One should prevent contact with the patient and also from the articles used by him.

- Nose and mouth should be covered while sneezing and coughing.
- The clothes of the patient should be sterilized in boiling water and dried.
- Separate utensils should be used by the patient for eating and drinking.
- The patient should take nutritious food and do adequate exercise.
- The patient should take rest and live in well ventilated surrounding



CHAPTER- 14

LIFE STYLE DISEASES

I. Fill In The Blanks

1. The value for normal blood pressure is **120/80**.
2. High blood pressure is also called **Hyper Tension**.
3. One of the ways to prevent life style diseases is **Balanced Diet**.
4. Stroke refers to the disorder of the **Brain**.

II Answer the following questions in a sentence

1. What is the meaning of life style diseases?

Ans: the meaning of life style diseases are diseases that for the most part, we can prevent or at least delay, through diet, life style and environment.

2. When do you say a person has high blood pressure?

Ans: when the blood pressure is 140/90 we say that a person has high blood pressure.

3. Write the meaning of cardiovascular diseases.

Ans: the meaning of cardiovascular diseases is a group of diseases affecting the heart and blood vessels.

4. What is diabetes?

Ans: when the body is unable to regulate blood glucose levels it results in too much glucose in the blood resulting in a condition called diabetes.

5. What are the different types of diabetes?

Ans: type -1 and type-2 diabetes are the different types of diabetes.

III Answer the Following Question Sin About 2or 3 Sentences

1. What are the different types of life style diseases?

Ans: 1) Alzheimer's Diseases 2) Asthma 3) Cancer
4) Type-2 Diabetes 5) Heart Diseases 6) Chronic Renal Failure
7) Depression 8) Obesity

2. Write the meaning of blood pressure.

Ans: The meaning of blood pressure is a measure of how hard the blood pushes against the wall of the arteries as it moves through the body.

3. What is atherosclerosis?

Ans: Atherosclerosis is a diseases of the arteries which causes the formation of plaques in the wall of arteries. An atherosclerotic plaque consists of deposits of fat, cholesterol calcium, and large cells called macrophages.

4. What is stroke?

Ans: Stroke occurs when the brain does not receive sufficient oxygen rich blood through blood vessels or when a blood vessel bursts.

5. What is a coronary artery disease?

Ans: Coronary artery diseases (CAD) refers to the conditions that affect the coronary arteries and reduces blood flow and nutrients to the heart.

6. What is systole and diastole?

Ans: **Systole**; the systolic number shows how hard the blood pushes when the heart is pumping.

Diastole: The diastolic number shows how hard the blood pushes between heart beats when the heart is relaxed and filling with blood.

7. What are the different cardiovascular diseases?

Ans: Hypertension, atherosclerosis, coronary heart diseases and stroke are the different cardiovascular diseases.

II Answer the following questions in a paragraph each

1. What are the causes for life style diseases?

Ans: The causes for life style diseases are;

- * Poor diet
- * Lack of exercise
- * Smoking
- * Consumption of excess alcohol
- * Poor sleep
- * Excess tension
- * No social life
- * Lot of travelling
- * No specific eating habits
- * Changes in eating habits
- * Consumption of Junk food

2. What are the preventive measures for life style diseases?

Ans: * The preventive measures for life style are;

- * Performing regular exercise
- * Balanced diet food
- * Reduction in unnecessary food consumption
- * Avoiding junk food
- * Proper eating times and habits
- * Regularly doing yoga to refresh your mind and body
- * Meditation
- * Sharing your thoughts with your friends

3. How can you treat or prevent hypertension

Ans: * making life style changes can help to prevent high blood pressure.

- * Stay at a healthy weight or lose extra weight.
- * Eat less salt and salty food
- * Exercise regularly
- * Follow the DASH eating plan (Dietary approaches to stop Hypertension). This Diet is rich in fruits, vegetables, and low-fat dairy products.

4. How would you prevent cardio vascular diseases?

Ans: * maintaining a healthy weight.

- * Limiting dietary fat.
- * Reduce salt intake.
- * Following a diet which includes adequate whole grains, fiber, fruits and Vegetables.
- * At least thirty minutes of moderate physical activity, five times a week.
- * You should know with a disciplined and controlled diet we can prevent Many life style diseases.

5. Write the effects and symptomp of diabetes.

Ans: **Effects;**

High blood glucose levels may damage blood vessels and nerves.

Diabetes can damage to eye, nerves and kidneys.

Increase the risk of heart attack, stroke, impotence and foot problems.

Symptoms of diabetes;

- *Thirst
- *Frequent urination
- *Tiredness
- *Blurred vision
- *Weight loss (in type-1 diabetes)

6. What are the causes and symptoms of hypertension?

Ans: **Causes of hypertension are;**

- * Over weight
- * Drinking too much alcohol
- * Family history of high blood pressure
- * Eating too much salt
- * Getting older.

Symptoms of hypertension are

- * Headaches
- * Vision problems
- * Nausea
- * vomiting

7. Explain type-1 Diabetes.

Ans: Type -1 diabetes occurs in about 10-15% of all cases of diabetes. It usually occurs in people under the age of 30, but can happen at any age. Pancreas stops producing insulin and therefore glucose cannot enter the muscle and other body cells. These results in a rapid buildup of glucose and ketones in the blood stream.

TREATMENTS ARE;

- * Replacement of insulin by injections (usually several times a day)
- * Balanced with healthy eating
- * By regular monitoring of blood glucose levels.

8. Explain type-2 Diabetes

Ans: The majority of people with diabetes have type -2 diabetes. this type of diabetes usually occurs in people over 30 years of age but may also occurs with overweight teenagers and children with a family history of diabetes. Type-2 diabetes can be triggered by life style changes such as overweight and inactivity.

TREATMENTS ARE:

* healthy eating and physical activity are the first steps to getting blood glucose levels and blood Pressure under control.

* Ant diabetic pills and insulin injections can be used at some stage to manage diabetes.



CHAPTER -15

NATIONAL INTEGRATION

I Fill In The Blanks.

1. **Individual** part of a whole is integration.
2. **Tolerances** are the key word integration.
3. Physical education develops **National** integration
4. Sports and physical education is a means or a medium to **National** integration

II Answer in one sentence each

1. What is unity?

Ans: unity means that the various parts of a single system is united in to one whole unit.

2. What is integration?

Ans: Integration means that all the individuals of the society feel that they are an important part of the society.

3. What are the cultural factories of 'National integration'?

Ans: Language, way of dressing, traditions, food habits, architectural system, rules and regulations, religion, beliefs differ from community to community and from place to place are the different cultural factories of national integration.

4. What are the economic factors of 'National integration'?

Ans: Intellectual development, acquisition of life skills, mental development, and potential

Opportunities of future generation are the economic factors of 'national integration'.

III Answer the following questions in two or three sentences.

1. What is meant by 'achieving unity'?

Ans: Unity is achieved when all the parts of a system function with mutual understanding and are united to achieve a common cause. When this type of unity is to be achieved with the whole, make changes within themselves and posses the characteristics of the whole system.

2. What is national integration?

Ans: The citizens of the country should go beyond the narrow minded boundaries of religious beliefs, castes, and languages and so on. Developing such a broad minded spirit which shows that we are the citizens of nation is called the national integration.

3. Write the importance of 'National integration'

Ans: * Tolerating and respecting the culture traditions behavior likes and dislikes beliefs is the Essence of national integration

*National integration is mutual faith and beliefs which eliminates the feelings of fear, hatred and suspicion.

* If the associations and institutions related to different languages and religious could develop and their aims and objectives, it could develop the efficiency and will power of the nation.

* Diverse ideas and interests lead to convergent thinking. Convergent thinking encourages through a creativity in the society and there by leads to the progress of the society. This is Possible only through an integrated society. Therefore national integration will result in a prosperous nation.

4. What are the factors that bring about 'National integration'?

Ans: The factors that bring about national integrations are;

Cultural factors

Mental development factors

Physical factors

Economic factors

Geographical factors

5. How is 'national integration' brought about by physical education and sports?

Ans: Sports and physical education is a means or a medium to cultural integration this is an excellent platform for not only national but also international integration. In this aspect sports act as catalyst for integration.

