

Class X - Health and Physical Education

Individual Games and Sports I

# CBSE NOTES

## Individual Games and Sports I - Mastery Worksheet

*Advance your understanding through integrative and tricky questions.*



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# Mastery Questions

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## 1. Compare and contrast track events and field events with examples.

*Hint: Focus on the nature of events, execution, and rules.*

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**Solution:** Track events are running events held on a track, categorized into sprints, middle distance, long distance, relays, and hurdles. Examples include 100m sprint and 4x100m relay. Field events are jumping and throwing events conducted outside the track, such as long jump and shot put. Both require speed, strength, and technique but differ in execution and rules.

## 2. Describe the rules and techniques involved in the high jump event.

*Hint: Consider the approach, take-off, and landing phases.*

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**Solution:** High jump involves jumping over a horizontal bar without knocking it off. Techniques like the Fosbury Flop are used. Rules include three attempts per height, and the bar is raised after each round. Athletes are eliminated after three consecutive misses.

## 3. Explain the significance of the baton exchange zone in relay races.

*Hint: Think about teamwork and timing.*

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**Solution:** The baton exchange zone is a 20m area where the baton must be passed. Failure to exchange within this zone disqualifies the team. It ensures fair play and requires precise timing and coordination.

## 4. Discuss the evolution of track and field events from ancient to modern times.

*Hint: Highlight key milestones and changes.*

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**Solution:** Track and field originated in ancient Olympic Games in 776 BC. Modern Olympics, started in 1896, introduced standardized rules and events. Women's events were added later, and professionalization increased in the 20th century.

## 5. What are the key differences between decathlon and heptathlon?

*Hint: Compare the number and nature of events.*

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**Solution:** Decathlon is for men with 10 events, including 100m, long jump, and 1500m. Heptathlon is for women with 7 events, like 100m hurdles and javelin throw. Both test versatility but differ in number and type of events.

## 6. How do pacing and endurance play a role in middle and long-distance running?

*Hint: Consider energy management and strategy.*

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**Solution:** Pacing involves maintaining a steady speed to conserve energy for a final sprint. Endurance is crucial for sustaining speed over long distances. Both are vital for optimal performance.

## 7. Describe the rules and techniques of the shot put event.

*Hint: Focus on the circle, technique, and fouls.*

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**Solution:** Shot put involves throwing a metal ball from a 2.135m circle. Techniques include the glide and spin. Rules require the shot to be put from the shoulder and not brought behind it. Fouls occur if the athlete steps out of the circle.

## 8. What are the common misconceptions about hurdle races?

*Hint: Think about rules and execution.*

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**Solution:** A common misconception is that knocking down hurdles disqualifies the athlete. In reality, it's allowed unless done intentionally. Another is that speed alone wins; technique and rhythm are equally important.

## 9. Explain the role of the International Association of Athletics Federations (IAAF) in track and field.

*Hint: Consider governance and standardization.*

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**Solution:** IAAF sets global standards, rules, and organizes competitions. It ensures fair play, records validation, and promotes the sport worldwide.

## 10. How do track and field events contribute to an individual's physical and mental development?

*Hint: Think about health benefits and personal growth.*

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**Solution:** They enhance physical fitness, coordination, and endurance. Mentally, they build discipline, focus, and resilience through training and competition.

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