

**CHAPTER:Unit: II CHILDREN AND WOMEN IN SPORTS**

**Unit -III YOGA AS PREVENTIVE MEASURES FOR LIFESTYLE DISEASES**

*Based on your understanding of the above topic, answer the following questions.*

**MCQ Based** (100% marks for correct answers)

- The sideways curvature of spine is called :  
(a) Kyphosis (b) Scoliosis (c) Lordosis (d) Round shoulder
- Vitamin B Complex consists of :  
(a) 8 Vitamins (b) 10 Vitamins (c) 3 Vitamins (d) 2 Vitamins
- Frequent menstruation is known as :  
(a) Metrorrhagia (b) Oligomenorrhoea (c) Polymenorrhoea (d) Menorrhagia
- 'Yoga' has been derived from Sanskrit word :  
(a) YUJ (b) YUP (c) YOG (d) YOJ
- Diabetes is associated with:  
a) Liver                      b) Pancreas                      c) Thyroid d) Excessive saliva
- High blood pressure happens if our diet has excess of \_\_\_\_\_.  
a) Calcium                      b) Sodium                      c) Potassium                      d) Selenium
- Given below are two statements, one Labelled as Assertion(A) and the other as Reason(R).  
Assertion (A): Kyphosis is an abnormal curve sideways.  
Reason (R): Medical name of Kyphosis is Hunch Back.  
In the context of these two statements, Choose the correct one.  
a) Both (A) and (R) are true and (R) is the correct explanation of (A).  
b) Both (A) and (R) are true but (R) is not the correct explanation of (A).  
c) (A) is true but (R) is false.  
d) (A) is false but (R) is true.

**Answer the following Question**

**Q1. What do you understand by Female Athlete Triad. Explain any one Triad in detail**

(Hint: meaning of Female Athlete Triad and Explanation Of Anyone detailed explanation)

(3)

**Q2. What are the Lifestyle disease. Explain the procedure, benefits and contraindication with proper diagram of any two asanas to prevent Asthma? (5)**

(Hint: Meaning of Lifestyle diseases and Detail explanation of procedure, benefits and contraindication with proper diagram of any two asanas to prevent Asthma )

**Note: Submit your assignment to your respective subject teacher before 25<sup>th</sup> of May 2024 positively. Its mandatory to submit the assignment.**