

NEW STEWART SCHOOL, CUTTACK

STD – X

PHYSICAL EDUCATION QUESTION BANK

Biology Part

CHAPTER 1: HUMAN GROWTH AND DEVELOPMENT

Question 1: Which of the following is not the method of management of problems of adolescent?

- (a) Sympathetic attitude of parents
- (b) Give full freedom
- (c) Healthy atmosphere at home and school
- (d) Sex and health

Answer: (b) Give full freedom

Question 2: Assertion: Growth and development of every children take place according to his own schedule.

Reason: Growth and development of every children take place by some specific program.

- (a) Both (A) and (R) are right and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are right, but (R) is not the correct explanation of (A).
- (c) (A) is wrong, but (R) is right.
- (d) (A) is right, but (R) is wrong

Answer: (b) Both (A) and (R) are right, but (R) is not the correct explanation of (A).

Question 3: The study of sports psychology leads to the enhancement of physiological capacities such as

- (a) Speed
- (b) Strength
- (c) Flexibility
- (d) All of these

Answer: (d) All of these

Question 4: Which of these is concerned with attitude, behavior, etiquettes and qualities of an individual?

- (a) Development
- (b) Growth
- (c) Maturity
- (d) None of these

Answer: (d) None of these

Question 5: Psychology is said to be the _____ of Science

- (a) Muscles
- (b) Behaviour
- (c) Bones
- (d) None of these

Answer: (b) Behaviour

Question 6: Which is the main characteristic of development?

- (a) It is comprised of quantitative changes.
- (b) It is a continuous process.
- (c) It can be easily observed and measured.
- (d) Both (a) and (b)

Answer: (b) It is a continuous process.

Question 7: Is the initial stage of development of a child?

- (a) Infancy
- (b) Early childhood
- (c) Adolescence
- (d) Teenage

Answer: (a) Infancy

Question 8 : In which field, sports psychology plays a vital role?

- (a) Confirming victory in sports
- (b) Enhancing motor skills
- (c) Removing psychological barrier
- (d) Both (b) and (C)

Answer: (d) Both (b) and (C)

Question 9: The period of infancy extends from birth to the end of:

- (a) 3 yrs
- (b) 5 yrs
- (c) 7 yrs
- (d) 9 yrs

Answer: (b) 5 yrs

Question 10: Which is the main characteristic of growth?

- (a) It is physical in nature
- (b) It is comprised of qualitative changes.
- (c) It takes place throughout the life of an individual
- (d) It is sociological in nature.

Answer: (a) It is physical in nature

Question 11: Assertion : Infancy is the period of which a growing child make transition from infancy to childhood.

Reason : During infancy there is Rapid growth in height and weight at the age of 2 in girls and 3 in boys.

- (a) Both (A) and (R) are right and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are right, but (R) is not the correct explanation of (A).
- (c) (A) is wrong, but (R) is right.
- (d) (A) is right, but (R) is wrong

Answer: (d) (A) is right, but (R) is wrong

Question 12: What is the main problem of adolescents?

- (a) Rapid physical changes
- (b) Rebellious behaviour
- (c) Concern about future and career
- (d) All of these

Answer: (d) All of these

Question 13: Assertion : Growth refers to the process of increase in height weight size and shape .

Reason : Growth reached its maximum limit when individual reached a stage of maturity.

- (a) Both (A) and (R) are right and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are right, but (R) is not the correct explanation of (A).
- (c) (A) is wrong, but (R) is right.
- (d) (A) is right, but (R) is wrong

Answer: (d) (A) is right, but (R) is wrong

Question 14: Adolescence is a period of transition from childhood to adulthood which begins from the age of:

- (a) 6-8 yrs.
- (b) 8-10 yrs
- (c) 12-19 yrs.
- (d) None of these

Answer: (c) 12-19 yrs.

Question 15: Assertion: During childhood there neuromuscular coordination become efficient.

Reason: Neuromuscular coordination is required to do exercise/movement.

- (a) Both (A) and (R) are right and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are right, but (R) is not the correct explanation of (A).
- (c) (A) is wrong, but (R) is right.

(d) (A) is right, but (R) is wrong

Answer: (a) Both (A) and (R) are right and (R) is the correct explanation of (A).

Question 16: Psychology defines growth as the change that a particular individual undergoes

(a) Social

(b) Physical

(c) Intellectual

(d) None of these

Answer: (b) Physical

Question 17: Assertion: Carelessness toward adolescents can force them to adopt bad habit like consuming alcohol taking drugs etc.

Reason: Adolescents should be motivated to participate in physical activities.

(a) Both (A) and (R) are right and (R) is the correct explanation of (A).

(b) Both (A) and (R) are right, but (R) is not the correct explanation of (A).

(c) (A) is wrong, but (R) is right.

(d) (A) is right, but (R) is wrong

Answer: (b) Both (A) and (R) are right, but (R) is not the correct explanation of (A).

Question 18: What term related to growth and development refers to the passing of traits from parents to their offspring?

(a) Puberty

(b) Infancy

(c) Sexuality

(d) Heredity

Answer: (d) Heredity

Question 19: Assertion: Development is the sum of growth and differentiation

Reason: Development in child is under the control of extrinsic factors only.

(a) Both (A) and (R) are right and (R) is the correct explanation of (A).

(b) Both (A) and (R) are right, but (R) is not the correct explanation of (A).

(c) (A) is wrong, but (R) is right.

(d) (A) is right, but (R) is wrong

Answer: (d) (A) is right, but (R) is wrong

Question 20: Assertion : The main of the school health program should be to educate children in matters of health and hygiene.

Reason : To keep the children free from diseases

(a) Both (A) and (R) are right and (R) is the correct explanation of (A).

(b) Both (A) and (R) are right, but (R) is not the correct explanation of (A).

(c) (A) is wrong, but (R) is right.

(d) (A) is right, but (R) is wrong

Answer: (b) Both (A) and (R) are right, but (R) is not the correct explanation of (A).

Question 21: Assertion : Adolescence is the period which is growing person make transition from childhood to maturity.

Reason : During adolescence is there a rapid growth in height and weight in at the age of 10 in girls and 12 in boys.

(a) Both (A) and (R) are right and (R) is the correct explanation of (A).

(b) Both (A) and (R) are right, but (R) is not the correct explanation of (A).

(c) (A) is wrong, but (R) is right.

(d) (A) is right, but (R) is wrong

Answer: (c) (A) is wrong, but (R) is right.

Question 22: An effective way of tackling with the adolescent problems is:

(a) Motivation

(b) Playing games

(c) Sleep

(d) All of these

Answer: (d) All of these

Question 23: Assertion : During early childhood stage in emphasis on proper posture is needed .

Reason : After early childhood stage It's become difficult to Ramedy any defects after of equation of bones.

(a) Both (A) and (R) are right and (R) is the correct explanation of (A).

(b) Both (A) and (R) are right, but (R) is not the correct explanation of (A).

(c) (A) is wrong, but (R) is right.

(d) (A) is right, but (R) is wrong

Answer: (b) Both (A) and (R) are right, but (R) is not the correct explanation of (A).

Question 24: Stressed adolescents face a number of :

(a) Social problems

(b) Psychological problems

(c) Emotional problems

(d) All of these

Answer: (d) All of these

Question 25: Assertion: During early adulthood stage in faces on proper motor fitness is needed.

Reason : After early adulthood stage it becomes difficult to leave any training session.

(a) Both (A) and (R) are right and (R) is the correct explanation of (A).

(b) Both (A) and (R) are right, but (R) is not the correct explanation of (A).

(c) (A) is wrong, but (R) is right.

(d) (A) is right, but (R) is wrong

Answer: (d) (A) is right, but (R) is wrong

Q- State various stages of life;

A) There are five stages of life;

- i) Infancy (0-2) yrs
- ii) Childhood (2-12) yrs
 - Early child hood (2-6)
 - Late child hood (6-12)
- iii) Adolescence (12-19) yrs
- iv) Adulthood (19-65) yrs
 - Early adulthood (19-40)
 - Late adulthood (40-65)
- v) Old age 65 yrs onwards

Q- Define Infancy;

A) It is the age of the child from birth to 2 years, in these years the child occurs a drastic change in the body, which includes array of motor skills, perpetual & intelligence capacities.

Q- Define adolescence;

A) It is the age between 12-19 years, during these years the child gets sexual maturity. The abstract and idealistic vales and school achievement more serious. They focus on defining personal values and goals, establishing autonomy from the family.

Q- Discuss various development during childhood;

A) During this age three types of development occurs in childhood;

Physical development, the children are good listener. They have similar body shapes and body proportions. Motor skill developments occur very enthusiastically.

Cognitive development, in this age children acquire the ability to internally represent the world through language and mental imagery.

Social and emotional development, during this age the child began to make comparison with other children, they are looking at others and judging others, some of young children get attached to their parents.

Q- Discuss various development during adolescence;

A) This age also includes three basic types of development;

Physical development, in this age the hormonal changes cause rapid alteration in the body. Development of sex organs as well as vocal cords.

Cognitive development, during this age they are capable of making planning, reasoning, problem solving. They act as more impulsively rather than thoughtfully.

Social and emotional development, the most typical development occurs is that, they are more attached to their peer groups than their parents. As a result Parent's influence diminishes on the children.

Q- what are the factors the influence the growth & development?

A) There are five such factors which can affect the growth and development of a child.

Those are, heredity, environment, gender, nationality and nutrition.

Heredity: the features & characteristic of the children are passed from their parents before their birth. So hereditary potentiality is more important Factors in the child's development.

Environment; For the development of a child, the environmental stimulation is required.

Gender factors also affect the development of a child, as some development occurs faster in boys than girls and vice versa.

Similarly, nationality and nutrition are also the key factors for the development of the children.

CHAPTER 2: PHYSICAL EDUCATION

Short Answer Questions (2 Marks)

Q1: Define Physical Fitness.

Answer: Physical fitness refers to the ability of an individual to perform their daily activities efficiently without undue fatigue, while still having enough energy reserved for emergencies.

Q2: Differentiate between Physical Fitness and Wellness.

Answer: Physical fitness is limited to the body's physical capacity to perform work, whereas wellness is a broader, holistic concept that includes physical, mental, emotional, and social well-being.

Q3: What are Bow Legs?

Answer: It is a postural deformity where there is a distinct, wide gap between the knees when an individual stands with their feet together.

Q4: List any four lifestyle diseases.

Answer: Obesity, diabetes, cardiovascular diseases (heart attacks), and hypertension (high blood pressure).

Long Answer Questions (3–5 Marks)

Q5: Explain the major factors that affect physical fitness.

- **Heredity:** Genetics play a key role in muscle fiber type and body structure.
- **Regular Exercise:** Consistent physical training improves endurance, strength, and flexibility.
- **Diet & Nutrition:** A well-balanced diet fuels the body and aids in recovery.
- **Lifestyle Habits:** Adequate sleep, stress management, and avoiding tobacco or alcohol significantly boost fitness levels.

Q6: Name the causes and remedies for the Knock Knees postural deformity.

Causes: Deficiency in Vitamin D, calcium, and phosphorus, obesity, and flat foot.

Remedies: Performing asanas like Padmasana and Gomukhasana, horse riding, and using a pillow between the knees while sleeping.

Q7: What is the role of physical education in preventing lifestyle diseases?

Answer: Regular participation in sports and exercise burns excess calories, improves cardiovascular health, and regulates blood sugar and blood pressure. It builds lifelong fitness habits that help mitigate obesity and chronic illnesses.

Higher-Order Thinking Skills (HOTS)

Q8: Why is a balanced diet considered essential for an active lifestyle?

Answer: A balanced diet provides the exact proportions of macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins, minerals) needed to repair muscle tissue, maintain energy levels, and support optimal bodily functions during physical exertion.

Q9: Analyze how poor posture affects a person's daily functioning.

Answer: Postural deformities (like kyphosis, flat foot, or scoliosis) can cause chronic pain, reduce joint mobility, lead to early muscle fatigue, and negatively impact an individual's overall physical appearance and self-confidence.

CHAPETR 3: BODY TYPES

Q1: Define Somatotypes.

Answer: Somatotypes refer to the classification of the human body into categories based on physical structure and build.

Q2: Which body type is best suited for power sports and why?

Answer: The Mesomorph body type. Mesomorphs have naturally broad shoulders, a muscular build, and high strength, making them ideal for sports like weightlifting and sprinting.

Q3: State two physical characteristics of an Ectomorph.

Answer: 1. Thin and lean physique. 2. Low body fat and very little muscle mass.

Q4: What are the primary characteristics of an Endomorph?

Answer: Endomorphs have a round, pear-shaped body with a tendency to store more fat. They generally have a slower metabolism and heavier bone structure.

Long Answer Type (5-6 Marks)

Q5: Describe the three main body types (somatotypes) and list two suitable sports for each.

- **Ectomorph:** Slender, fragile bone structure and lean muscles. Suitable for: High Jump, Long Distance Running.
- **Mesomorph:** Athletic, strong, and well-defined musculature. Suitable for: Football, Boxing, Weightlifting.
- **Endomorph:** Pear-shaped, soft, and round physique with higher body fat percentages. Suitable for: Sumo Wrestling, Shot Put.

Q6: Differentiate between the physical characteristics of Mesomorph and Endomorph body types.

Mesomorph: Broad shoulders, narrow waist, prominent muscles, and low body fat. They gain muscle easily and have a highly efficient metabolism.

Endomorph: Wider hips, softer body shape, and higher body fat percentage. They have a slower metabolism and gain weight easily.

Question 1: The physical makeup of a person's body is called their _____.

- (a) Size.
- (b) Height.
- (c) Shape.
- (d) Body type.

Answer: (d) Body type.

Question 2: How does Sheldon's body theory work ?

- (a) Sheldon created labels to characterize body types and personalities.
- (b) Sheldon believed body types could be measured and related to income levels,
- (c) Sheldon thought body types and race were related.
- (d) Sheldon thought there was no relation between body types and other factors.

Answer: (a) Sheldon created labels to characterize body types and personalities.

Question 3: Mesomorph tends to have metabolism.

- (a) Slow metabolism.
- (b) Average to Fast metabolism.
- (c) Medium metabolism.
- (d) High metabolism.

Answer: (d) High metabolism.

Question 4: are generally long and thin.

- (a) Ectomorphs
- (b) Endomorphs
- (c) Mesomorphs
- (d) None of the above

Answer: (a) Ectomorphs

Question 5: are not considered a good body type for bodybuilding.

- (a) Mesomorph
- (b) Endomorph
- (c) Ectomorph
- (d) None of these

Answer: (c) Ectomorph

Question 6: has an athletic type of body

- (a) Endomorphs
- (b) Mesomorphs

- (c) Ectomorph
- (d) None of these

Answer: (b) Mesomorphs

Question 7: What is physical fitness?

- (a) Any physical activities that improve your ability to complete tasks.
- (b) The ability to do everyday tasks without getting tired.
- (c) The way your body adapts to the stress of exercise.
- (d) All of the above.

Answer: (b) The ability to do everyday tasks without getting tired.

Question 8: Soma to type is a taxonomy developed in:

- (a) 1940
- (b) 1950
- (c) 1960
- (d) 1970

Answer: (a) 1940

Question 9: Which of these is not a somatotype as classified by William Sheldon?

- (a) Mesomorph
- (b) Endomorph
- (c) Ectomorph
- (d) Graphomorph

Answer: (d) Graphomorph

Question 10: The main categories of somatotypes are:

- (a) Endomorphs and mesomorphs
- (b) Ectomorphs and mesomorphs
- (c) Endomorphs and ectomorphs
- (d) Mesomorphs, endomorphs and ectomorphs

Answer: (d) Mesomorphs, endomorphs and ectomorphs

Question 11: Somatotype classification was given by:

- (a) Herbert Sheldon
- (b) Stufflebeam
- (c) HM Barrow
- (d) Jack Nelson

Answer: (a) Herbert Sheldon

Question 12: What makes the frame of your body?

- (a) Ikea
- (b) Skeleton system

- (c) Your Height
- (d) Muscular system

Answer: (c) Your Height

Question 13: Which body type can be characterized by a round body?

- (a) Endomorph
- (b) Ectomorph
- (c) Mesomorph
- (d) None of these

Answer: (a) Endomorph

Question 14: What physical traits are associated with an ectomorph?

- (a) Thin build
- (b) Large frame
- (c) Broad shoulders
- (d) Small feet

Answer: (a) Thin build

Question 15: The systematic planning of athletic or physical training is called:

- (a) Periodization.
- (b) Specificity.
- (c) Frequency.
- (d) Variance.

Answer: (a) Periodization.

Question 16: What does body composition refer to?

- (a) Percentage of body fat
- (b) The shape your muscles
- (c) How much gain you have
- (d) Limb length

Answer: (a) Percentage of body fat

Question 17: having a strong build with big joints and muscles.

- (a) Mesomorph
- (b) Endomorph
- (c) Ectomorph
- (d) None of these

Answer: (a) Mesomorph

Question 18: What does somato stand for?

- (a) Rear
- (b) Size

- (c) Build
- (d) Physique

Answer: (d) Physique

Question 19: Which somatotypes are at a greater risk of becoming obese?

- (a) Endomorph.
- (b) Mesomorph.
- (c) Ectomorph.
- (d) Athletic.

Answer: (a) Endomorph.

Question 20: The strong, muscular and fit body type is:

- (a) Mesomorph
- (b) Endomorph
- (c) Ectomorph
- (d) Athletic

Answer: (a) Mesomorph

Games Part

Cricket

Question 1: Name any three national tournaments in Cricket.

- **Ranji Trophy:** India's premier first-class domestic cricket championship.
- **Vijay Hazare Trophy:** A major domestic 50-over limited-overs tournament.
- **Syed Mushtaq Ali Trophy:** India's premier domestic Twenty20 (T20) tournament.

Question 2: Mention any four fielding positions on the offside of the field.

- **Slip:** Positioned next to the wicketkeeper to catch edges.
- **Gully:** Placed wider than the slips along the off-side catching arc.
- **Point:** Positioned square with the batter on the off-side.
- **Cover:** Positioned ahead of square on the off-side, a key boundary-saving area.

Question 3: What do you understand by the term boundaries in Cricket?

The boundary is the perimeter of the playing field, marked by a rope, fence, or line. If the ball touches or crosses this perimeter after being struck by the batter, runs are awarded: 4 runs if the ball bounces before crossing, and 6 runs if it crosses completely through the air without touching the ground inside.

Question 4: What condition of weather, light and ground is required to conduct a cricket match?

To conduct a cricket match, weather and light conditions must be safe and fair. Play should not start or continue if there is rain, dense fog, or extreme lightning. The light must be

sufficient for players (especially batters and fielders) to see the ball clearly without hazard. The ground must be dry enough that players can run and field without slipping dangerously, and the ball must not become waterlogged or behave unpredictably due to puddles or extreme mud.

Question 5: What is a 30-yard circle? What is the importance of 30-yard circle?

The 30-yard circle is an oval-shaped painted line or markers on the field, drawn at a radius of 30 yards (27.4 meters) from each middle stump. Its importance lies in regulating fielding restrictions, particularly during Limited Overs (ODI and T20) matches and Powerplays, where a specific minimum number of fielders must remain inside this circle to promote aggressive and high-scoring play.

Question 6: What do you understand by the term sightscreen in Cricket?

A sightscreen is a large, solid structure placed just outside the boundary line directly behind both wickets. It is colored white for red-ball matches and black for white-ball matches. Its purpose is to provide a high-contrast, uncluttered background behind the bowler so that the batter can clearly see the ball as it is delivered.

Question 7: Name the three different types of matches played in Cricket.

- **Test Matches:** The traditional, highest-level format played over up to 5 days with unlimited overs.
- **One Day Internationals (ODIs):** A limited-overs format where each team plays a maximum of 50 overs.
- **Twenty20 (T20) Matches:** A fast-paced format restricted to 20 overs per side.

Question 8: Explain the following terms:

- i. **A substitute,**
 - ii. **Concussion substitute,**
 - iii. **Batter's retirement.**
- **A substitute:** A player brought onto the field to replace an injured or ill fielder. Normally, a standard substitute is only allowed to field and cannot bat, bowl, or act as captain.
 - **Concussion substitute:** A player permitted to fully replace a teammate who has sustained a concussion or head injury during play. Unlike a regular substitute, they are allowed to bat and bowl, provided they are a like-for-like replacement approved by the match referee.
 - **Batter's retirement:** When a batter voluntarily leaves the field during their innings due to illness, injury, or strategic reasons. If retired due to injury or illness, they are 'Retired Hurt' and can resume batting later. If they leave without a valid medical reason, they are 'Retired Out' and cannot return.

Question 9: State any three duties of captain in Cricket.

- **Toss and Team Selection:** Nominate the final playing XI before the match and represent the team at the coin toss.

- **On-Field Tactics:** Direct the fielding placements, decide the bowling changes, and declare an innings (in multi-day formats).
- **Spirit of Cricket:** Ensure that all team members behave in accordance with the Laws of Cricket and uphold fair play.

Question 10: State the officials required to conduct a Cricket match.

- **Two On-Field Umpires:** The Main Umpire (at the bowler's end) and the Leg Umpire (at square leg).
- **Third Umpire (TV Umpire):** An off-field official who reviews video replays for close decisions.
- **Fourth Umpire:** Assists with ground logistics, balls, and equipment.
- **Match Referee:** Monitors player conduct and ensures compliance with the ICC Code of Conduct.
- **Two Scorers:** Record all runs scored, wickets taken, overs delivered, and statistics.

Question 11: State any three duties of main umpire during a match.

- **Fairness of Play:** Make official decisions on appeals such as LBW, bowled, caught, and stumpings from the bowler's end.
- **Match Control:** Assess and signal extras including No balls, Wide balls, Dead balls, and Boundaries.
- **Equipment and Match State:** Inspect the match ball, supervise over changes, and call 'Play' or 'Time' to control sessions.

Question 12: What are the signals of the main umpire for the following?

- i. **Bye,**
- ii. **Wide ball,**
- iii. **Dead ball,**
- iv. **Short run.**

- **Bye:** Raises one hand open and flat high above the head.
- **Wide ball:** Extends both arms horizontally out sideways parallel to the ground.
- **Dead ball:** Crosses both arms downwards in front of the body repeatedly, or keeps them crossed across the waist.
- **Short run:** Bends one arm upwards and touches the near shoulder with the fingertips.

Question 13: What are the signals of the main umpire for the following?

- i. **Out,**
- ii. **Power play,**
- iii. **Free hit,**
- iv. **Third umpire.**

- **Out:** Raises the index finger of one hand vertically above the head.
- **Power play:** Rotates the arm in a large circular motion in the air (indicating fielding restrictions).

- **Free hit:** Raises one arm above the head and circles the hand/wrist in a small clockwise motion.
- **Third umpire:** Draws a large imaginary square or rectangle in the air using both hands to mimic a TV screen.

Question 14: What will be the umpire's decision in the following cases?

- The ball is played and hits the opposite wicket,**
 - A bowler's delivery is not a fair one,**
 - A batter runs a short run,**
 - If the fielding side leaves the field at any time without permission of the umpire.**
- **i. Ball hits opposite wicket:** If the non-striker is out of their crease and the bowler/fielder deflected the ball onto the stumps, the decision is Out (Run Out). If it simply deflections off the bat directly onto the stumps without a fielder's touch, the non-striker is Not Out.
 - **ii. Bowler's delivery is not a fair one:** The umpire will call and signal 'No Ball' or 'Wide Ball' depending on the nature of the unfair delivery.
 - **iii. A batter runs a short run:** The umpire signals 'Short Run'. The run is disallowed, and the score remains unchanged for that specific run.
 - **iv. Fielding side leaves without permission:** The umpire will award the match to the batting side by virtue of forfeit or refusal to play.

Question 15: What will be the umpire's decision in the following cases?

- The ball is played and hits the opposite wicket.**
 - A bowler's delivery is not a fair one.**
- **i. Ball hits opposite wicket:** Handled identically to Q14-i (Checked for Run Out if touched by bowler).
 - **ii. Unfair delivery:** Signaled as a 'No ball' or 'Wide' with penalty runs and an extra ball awarded to the batting side.

Question 15: State any four conditions under which umpire call time.

- At the scheduled conclusion of a session or day's play.
- When an interruption occurs due to bad weather, rain, or poor light.
- In the event of a serious player injury requiring extensive on-field medical attention.
- If an emergency occurs or an exceptional circumstance forces a temporary suspension of play.

Question 16: State any four duties of the Leg umpire in Cricket.

- **Stumpings and Run Outs:** Judge close stumping and run-out appeals at the striker's end.
- **Height No Balls:** Assist the main umpire in identifying waist-high full tosses (Beamers).
- **Short Runs:** Keep track of whether the batters fully cross the popping crease when completing runs at their end.

- **Boundary Assistance:** Help monitor boundary saves or catches taken near the boundary line on the leg-side.

Question 17: Explain the following terms in Cricket:

- Third umpire,**
 - Scorers.**
- **Third umpire:** An off-field television umpire who uses multi-angle slow-motion replays, hawk-eye, ultra-edge, and other technology to review complex decisions referred by the on-field umpires.
 - **Scorers:** Two official individuals who record every ball, run, extra, wicket, and individual statistics in a scorebook or digital software to maintain the official legal match record.

Question 18: What is the shape, circumference and weight of the ball?

- **Shape:** Spherical with a raised leather seam.
- **Circumference:** Between 8.81 inches and 9.00 inches (22.4 cm to 22.9 cm) for men's professional cricket.
- **Weight:** Between 5.50 ounces and 5.75 ounces (155.9 grams to 163.0 grams).

Question 19: Identify the colour of the Cricket ball used in test and one day matches.

- **Test Matches:** Red leather ball (or Pink leather ball for Day-Night Test matches).
- **One Day Matches:** White leather ball (used alongside colored clothing under floodlights).

Question 20: State the number of over's which a new ball can be taken.

In Test matches, the fielding captain can request a new ball after a minimum of 80 overs have been bowled with the current ball. In One Day Internationals (ODIs), two new white balls are used from the start of the innings (one from each end), meaning each ball is used for a maximum of 25 overs.

Question 21: Write the following:

- The length of the bat,**
 - The weight of the bat.**
- **Length of the bat:** The overall length must not exceed 38 inches (96.52 cm).
 - **Weight of the bat:** Typically ranges between 2 lbs 7 oz to 3 lbs (1.1 kg to 1.4 kg), though laws govern width (4.25 inches) rather than a strict minimum or maximum weight limit.

Question 22: Write the following:

- i. **The distance between wicket,**
- ii. **The height of the stumps when pitched,**
- iii. **The width of the wicket,**
- iv. **The size of the bails.**

- **Distance between wickets:** 22 yards (66 feet or 20.12 meters) from base to base.
- **Height of stumps:** 28 inches (71.12 cm) above the turf surface.
- **Width of the wicket:** 9 inches (22.86 cm) encompassing all three stumps.
- **Size of the bails:** Overall length of 4.375 inches (11.11 cm) when placed across the top of the stumps.

Question 23: Explain the term "The pitch" in Cricket.

The pitch is the rectangular central strip of the field between the two sets of wickets. It measures 22 yards (20.12 m) long and 10 feet (3.05 m) wide. It is typically prepared with very short grass or clay, and its condition heavily dictates how the ball bounces and turns.

Question 24: Give any two conditions when a pitch may be changed.

- If the pitch deteriorates to a degree that it becomes dangerous or unsafe for the players to continue playing.
- If the pitch suffers malicious or accidental external damage that renders it completely unplayable, and both captains agree to a replacement pitch.

Question 25: Explain the term protected area in Cricket.

The protected area is the central zone of the pitch where the bowler is strictly forbidden from running in their follow-through to preserve the turf's surface. It is defined as the region starting 5 feet (1.52 m) in front of each popping crease and extending 2 feet (0.61 m) on either side of the imaginary line connecting the middle stumps.

Question 26: Explain the following terms in Cricket:

- i. **A night watchman,**
- ii. **Sledging,**
- iii. **Ball tampering.**

- **A night watchman:** A lower-order batsman sent in to play defensively near the end of a day's play in a Test match to protect higher-order batsmen from being dismissed when light and visibility are poor.
- **Sledging:** The verbal practice of insulting, teasing, or verbally distracting an opposing player to break their concentration.
- **Ball tampering:** The illegal act of altering the physical condition of the cricket ball (e.g., using dirt, sandpaper, or fingernails) to artificially generate more swing or seam movement.

Question 27: Explain the following terms in Cricket:

- i. **The bowling crease,**
- ii. **The popping crease,**
- iii. **The return crease.**

- **The bowling crease:** The line that runs in line with the stumps at each end, measuring 8 feet 8 inches (2.64 m) in length.
- **The popping crease:** The front crease line drawn parallel to and 4 feet (1.22 m) in front of the bowling crease. It marks the batter's safe zone and the boundary for a bowler's front-foot no-ball.
- **The return crease:** The lines drawn perpendicular to the bowling and popping creases at each side of the wickets, extending backwards to the edge of the pitch. Bowlers must not step completely outside this line during delivery.

Question 28: Explain the following terms in Cricket:

- i. **Innings,**
- ii. **Follow on.**

- **Innings:** The period or phase of a match during which a team or an individual batter bats until all wickets fall, overs run out, or a declaration is made.
- **Follow on:** A rule in multi-day matches where the team batting second, if they score significantly fewer runs than the team batting first (by a margin of at least 200 runs in a 5-day match), can be forced by the leading captain to bat their second innings immediately after their first.

Question 29: Mention three situations when a team's innings is said to be complete.

- When ten out of eleven batters are dismissed (All Out).
- When the allocated number of overs for that format or match expires.
- When the batting captain officially decides to declare the innings closed.

Question 30: Explain the term declaration in Cricket.

A declaration occurs when the captain of the batting side voluntarily terminates their team's innings before all batters are out. This tactical move is used in multi-day matches to allow enough time to bowl out the opposition and force a win.

Question 31: State any three ways by which runs are scored.

- **Running between the wickets:** Batters hit the ball and physically run to swap ends.
- **Hitting Boundaries:** Scoring a 4 (ball bounces over boundary) or a 6 (ball flies cleanly over boundary).
- **Extras:** Points awarded due to bowler errors, including Wides, No balls, Byes, and Leg Byes.

Question 32: Mention any four instances when umpire calls for a No ball.

- **Front-foot overstep:** The bowler's front foot lands completely past the popping crease during delivery.

- **Dangerous delivery (Beamer):** The bowler delivers a full-toss ball above the batter's waist height.
- **Fielding violation:** More than two fielders are placed behind square on the leg side.
- **Illegal bowling action:** The bowler throws ('chucks') the ball by straightening their arm instead of bowling smoothly.

Question 33: State any four instances when the ball is considered a 'dead ball'.

- When the ball is completely settled in the hands of the wicketkeeper or the bowler.
- When a batter is successfully dismissed (a wicket falls).
- When a boundary (4 or 6) is scored.
- When an umpire blows the whistle or calls 'Dead Ball' due to a player injury or outside interference.

Question 34: State any four different ways of batter getting out.

- **Bowled:** The delivery hits and breaks the wicket directly from the bowler.
- **Caught:** A fielder catches the ball cleanly after it hits the bat before touching the ground.
- **Leg Before Wicket (LBW):** The ball strikes the batter's body/pads in line with the stumps, preventing it from hitting the wicket.
- **Run Out:** A fielder breaks the wicket with the ball while the batter is outside their safe crease.

Question 35: Explain the following terms in Cricket:

- i. **Appeal,**
- ii. **Bowled,**
- iii. **Timed Out,**
- iv. **Caught out.**

- **Appeal:** A shout or request ('How's that?') made by the fielding team to the umpire asking for a batter to be declared out.
- **Bowled:** A dismissal that occurs when a legal delivery strikes and dislodges the bails from the stumps.
- **Timed Out:** A dismissal where an incoming batter takes more than the allowed time limit (typically 2 to 3 minutes) to arrive at the crease after a wicket falls.
- **Caught out:** A dismissal that occurs when a fielder cleanly catches a ball hit by the batter before it touches the playing surface.

Question 36: Explain the following terms in Cricket:

- i. **Hit the ball twice,**
- ii. **Leg before wicket,**
- iii. **Hit Wicket.**

- **Hit the ball twice:** A rare dismissal where a batter strikes the ball a second time with their bat or body for any reason other than explicitly protecting their stumps.
- **Leg before wicket (LBW):** A dismissal where the ball hits the batter's legs/body instead of the bat, and the umpire judges that it would have hit the stumps.

- **Hit Wicket:** A dismissal that occurs when a batter accidentally breaks their own stumps with their bat, body, or clothing while taking a shot or starting a run.

Question 37: Explain the following terms in Cricket:

- Run out,**
- Stumped.**

- **Run out:** A dismissal where the fielding team breaks the wicket with the ball while a batter is out of their crease mid-run.
- **Stumped:** A dismissal where the wicketkeeper breaks the wicket while the batter is out of their crease attempting a shot, without a run being attempted.

Question 38: List four different types of strokes played by the batter on leg side of wicket.

- **Pull Shot:** A cross-batted shot played to a short ball, hitting it around square leg or mid-wicket.
- **Leg Glance:** A delicate deflection shot turning a straight delivery towards fine leg.
- **Sweep Shot:** A front-foot kneeling stroke used to hit spin bowling towards square leg.
- **Flick Shot:** A wristy stroke that whips a full delivery off the pads towards mid-on or mid-wicket.

Question 39: State and explain any three variations of pace bowling.

- **Outswinger:** A delivery that moves through the air sideways away from a right-handed batter.
- **Yorker:** A full-pitched, high-speed delivery aimed directly at the batter's toes or the base of the stumps.
- **Slower Ball:** A delivery bowled with an identical run-up and arm action but significantly less speed to deceive the batter's timing.

Question 40: Explain the following terms:

- Bouncer,**
- Yorker,**
- Beam ball,**
- Reverse swing.**

- **Bouncer:** A short-pitched fast delivery that bounces steeply up towards the batter's chest or head.
- **Yorker:** A delivery pitched perfectly at the base of the stumps or toes of the batter.
- **Beam ball (Beamer):** An illegal fast delivery that reaches the batter full-toss above waist height without bouncing.
- **Reverse swing:** An advanced aerodynamic phenomenon where an older cricket ball begins to swing towards the shiny side rather than the rough side.

Question 41: Explain the following terms:

- i. **Stance,**
- ii. **Bad light,**
- iii. **Toss,**
- iv. **Century.**

- **Stance:** The initial balanced side-on posture a batter adopts while waiting for the bowler to deliver the ball.
- **Bad light:** A condition where ambient light drops below a safe threshold, making it too dangerous for players to track the ball.
- **Toss:** The flipping of a coin by the home captain before play to determine which team chooses to bat or bowl first.
- **Century:** An individual milestone achieved when a single batter scores 100 or more runs in an innings.

Question 42: Explain the following terms in Cricket:

- i. **Batting order,**
- ii. **Opener.**

- **Batting order:** The pre-decided sequential list indicating the turn in which team members go out to bat.
- **Opener:** The first two batters (Positions #1 and #2) who face the new ball and the fresh bowlers at the start of an innings.

CASE BASED QUESTIONS

Case 1: During a cricket match, the opposing team's star bowler consistently delivers fast, accurate deliveries, putting pressure on the batting side. Despite their best efforts, the batting team struggles to score runs and loses wickets at regular intervals. Eventually, the opposing bowler executes a perfect delivery in block hole that cleanly knocks over the batter's stumps.

Question: What term is used to describe this method of dismissing a batter?

Answer: Bowled. (Note: The delivery itself is specifically termed a 'Yorker' as it targets the block hole at the batter's feet, but the method of dismissal is legally recorded as 'Bowled'.)

Case 2: In a cricket match, the bowling team's captain assigns a young bowler the responsibility of bowling the last six balls of the innings. The batting team needs 10 runs to win, and the atmosphere is tense as the spectators watch eagerly. However, the young bowler maintains his composure and delivers a proper six balls, conceding only 5 runs and taking a crucial wicket on the final ball.

Question: What term is used to describe this sequence of deliveries?

Answer: An Over (specifically referred to in match contexts as the 'Final Over' or a 'Death Over'.)

Case 3: During a cricket match, a batter complains to the umpire about being distracted by movement behind the bowler's arm while facing deliveries. Upon investigation, it is discovered that spectators seated near the boundary have been moving around, causing shadows to be cast on the playing area.

Question: What cricketing term is used to refer to the large screen or board placed behind the boundary to prevent such distractions?

Answer: Sightscreen

Case 4: In a closely contested cricket match, the bowling team is defending a modest total in the final over of the innings. With the batting team needing just a few runs to win, the pressure mounts on the bowler to deliver a tight over. However, nerves get the better of the bowler, who bowls a high full toss above the waist height of the batter, resulting in the umpire signaling a no-ball.

Question: What is the consequence of this delivery for the batting team?

Answer: The consequences are:

- One Penalty Run: The batting team is automatically awarded 1 extra run added to their total score.
- Extra Ball: The delivery is declared invalid and does not count as part of the 6 legal deliveries in the over; hence, the bowler must re-bowl it.
- Free Hit: The subsequent delivery becomes a 'Free Hit'. For that delivery, the batter cannot be dismissed by conventional means (such as Caught, Bowled, or LBW); they can only be dismissed via Run Out, Obstructing the Field, or Hitting the Ball Twice.

Badminton

Question 1: Name any two international tournaments in Badminton.

- **All England Open Badminton Championships:** One of the oldest and most prestigious annual badminton tournaments in the world.
- **The Thomas Cup / Uber Cup:** The official BWF world men's and women's team championships.

Question 2: Explain the following terms in Badminton:

- The Court,**
- Forecourt,**
- Midcourt,**
- Back court**

- **The Court:** The rectangular playing area marked by lines 40mm wide. Its full dimensions are 13.40 meters in length and 6.10 meters in width for doubles (5.18 meters for singles).
- **Forecourt:** The front third of the court on either side of the net, lying between the net and the short service line.

- **Midcourt:** The middle third of the court where players often defend smashes, roughly around the half-way area between the short service line and the long service line.
- **Back court:** The rear third of the court bounded by the long service line and the back boundary line.

Question 3: Explain the following terms in Badminton:

- Service court,**
- A center line,**
- Short service line,**
- Long service line**

- **Service court:** The designated rectangular area into which a service must be delivered. There are distinct left and right service courts on each side.
- **A center line:** The line perpendicular to the net that divides each side of the court into left and right service courts.
- **Short service line:** The line drawn parallel to the net at a distance of 1.98 meters (6.5 feet), behind which all serves must land to be considered legal.
- **Long service line:** The line marking the rear boundary for serves. In singles, it is the back boundary line; in doubles, it is located 0.76 meters inside the back boundary line.

Question 4: What is the length and breadth of a Badminton court for singles?

The total length of a singles badminton court is 13.40 meters (44 feet) and the total breadth (width) is 5.18 meters (17 feet) for singles and 6.10 meters (20 feet) for doubles.

Question 5: Answer the following:

- The weight of the racket,**
- The length of the racket**

- **The weight of the racket:** A standard professional badminton racket typically weighs between 75 and 90 grams (excluding strings).
- **The length of the racket:** The overall frame length of a standard adult badminton racket must not exceed 680 millimeters (68 cm).

Question 6: Explain the following terms:

- The toss,**
- Warm up**

- **The toss:** A coin flip or shuttle spin conducted before a match starts. The winner chooses either to serve/receive first or to select which side of the court they wish to start on.
- **Warm up:** A short physical routine involving light cardio, dynamic stretching, and practice hits before play to elevate heart rate, loosen muscles, and reduce injury risk.

Question 7: Explain the scoring system in Badminton.

Badminton matches are played as the best of 3 games. A rally-scoring system is used, where a point is scored on every single rally regardless of who served. The first side to reach

21 points wins a game. If the score becomes 20-all, play continues until one side gains a 2-point lead (e.g., 22-20), up to a maximum cap of 30 points (whoever hits 30 first wins).

Question 8: Explain the procedure of service in Badminton.

In a legal service, the server and receiver must stand inside diagonally opposite service courts without touching the boundary lines. At the moment of contact, the entire shuttle must be below 1.15 meters from the court surface, and the shaft of the racket must point downward. The flight of the shuttle must project upwards to pass over the net, landing inside the receiver's service court.

Question 9: Write a short note on singles game.

A singles game involves two players competing against each other (one on each side). The narrow inner side lines denote the court boundary. The server serves from the right service court when their own score is an even number (0, 2, 4...) and from the left service court when their score is odd (1, 3, 5...). Rallies continue until the shuttle touches the ground or a fault is committed.

Question 10: Explain the rule of serving and receiving courts in singles.

The rules are based directly on the server's score. If the server has 0 or an even number of points, they serve from and the receiver stands in their respective right-hand service court. If the server's score is an odd number, the server delivers from and the receiver stands in their respective left-hand service court.

Question 11: Explain the rule of scoring and serving in singles game.

When a rally is won, the winning side adds a point to their score. If the server wins the rally, they score a point and switch to the alternate service court to serve again. If the receiver wins the rally, they score a point and become the new server, delivering from the court corresponding to their new even or odd score.

Question 12: Explain the rule of serving and receiving courts in doubles game.

At the start of a game and when the score is even, the server serves from the right service court. When the score is odd, they serve from the left court. The player who served last remains in the same court they occupied; their partner stands in the adjacent court. Only the designated receiver standing diagonally opposite may return the serve.

Question 13: Explain the rule of order of play and position on the court in doubles game.

After the serve is successfully returned by the designated receiver, any player from either team can hit the shuttle from any position on their respective side of the net. Players do not have to alternate hits; they position themselves dynamically (usually using side-by-side or front-and-back formations) to cover the wider doubles boundaries.

Question 14: Explain the rule of scoring and serving in doubles game.

If the serving side wins a rally, they score a point, and the same server switches service courts to serve to the other opponent. Players on the serving side only swap courts when

they win a point on their own serve. If the receiving side wins the rally, they score a point and become the new serving side, but they do *not* switch service courts; the serve is delivered by whoever is standing in the correct court based on their current score.

Question 15: State any two service court errors made by a player.

- Serving or receiving out of turn (wrong player serving or receiving).
- Serving from or receiving in the wrong service court based on the score.

Question 16: When do the players change the ends in a Badminton match?

- At the end of the first game.
- At the end of the second game (if a third game is required).
- During the third game, as soon as one side reaches 11 points.

Question 17: What do you understand by the term a 'let'?

A 'let' is called by the umpire or a player to halt play due to an unforeseen or accidental disruption. When a let is awarded, the rally does not count, and the server re-serves with no changes to the score.

Question 18: State any four conditions when the Umpire awards a 'let'?

- If a server serves before the receiver is fully ready.
- If the shuttle becomes disintegrate during a rally (e.g., the base completely separates from the feathers).
- If a line judge is unsighted and the umpire is unable to make a clear call on a line boundary.
- If an accidental obstruction occurs, such as a shuttle from an adjacent court flying onto the playing area.

Question 19: State any two conditions when a shuttle is not considered in play?

- When the shuttle strikes the net or post and starts to cascade downwards on the hitter's side.
- When the shuttle hits the floor of the court or passes outside the boundary lines.

Question 20: State any three faults of a player in a Badminton match.

- **Contact Fault:** A player's racket, body, or clothing touches the net or its supporting posts during a live rally.
- **Over-the-Net Fault:** A player strikes the shuttle on the opponent's side of the net (encroachment before the shuttle crosses).
- **Double Hit:** A player or their partner hits the shuttle twice consecutively on a single return stroke.

Question 21: State any four duties of the Referee.

- **Overall Tournament Management:** Maintain overall charge of the entire tournament, venue, and scheduling rules.

- **Appeals:** Act as the final authority on all appeals involving interpretations of the laws of badminton.
- **Official Appointments:** Appoint and manage match umpires, service judges, and line judges.
- **Disciplinary Action:** Suspend or disqualify players for severe misconduct or breaches of the code of conduct.

Question 22: State the duty of line judges in a Badminton match.

The primary duty of a line judge is to monitor their assigned boundary line and signal clearly via hand gestures and voice calls whether a shuttle landed 'in' or 'out'.

Question 23: Explain the following terms in Badminton: i. Footwork, ii. Service

- **Footwork:** The systematic pattern of steps and gliding movements a player uses to navigate around the court swiftly, efficiently, and with proper balance.
- **Service:** The opening stroke of a rally that puts the shuttle into play by hitting it into the diagonally opposite opponent's service court.

Question 24: Differentiate between the forehand grip and backhand grip of racket.

The Forehand Grip is held like a friendly handshake, forming a 'V' shape between the thumb and index finger along the handle, primarily used to hit shuttles on the dominant side of the body. The Backhand Grip involves placing the thumb flat against the wide bevel of the handle, providing leverage and power to push or flick the racket on the non-dominant side.

Question 25: Explain the following fundamental skills in Badminton:

- i. **High serve,**
- ii. **Low serve,**
- iii. **Flick serve,**
- iv. **Drive serve**

- **High serve:** A long, soaring serve hit high into the air that descends vertically deep near the back boundary line, mostly used in singles.
- **Low serve:** A precise serve hit just over the top of the net, falling sharply into the opponent's front forecourt area, heavily favored in doubles.
- **Flick serve:** A deceptive serve that looks like a low serve initially but uses quick wrist action to send the shuttle rapidly over the receiver's head to the back court.
- **Drive serve:** A fast, flat, low-trajectory serve hit aggressively straight at or past an opponent to catch them flat-footed.

Question 26: Explain the Overhead forehand stroke in Badminton:

- i. **Overhead forehand stroke,**
 - ii. **Overhead backhand stroke,**
 - iii. **Underarm forehand stroke,**
 - iv. **Underarm backhand stroke**
- **Overhead forehand stroke:** A high shot played above the head on the dominant side, channeling full body weight into a clear, drop, or smash.
 - **Overhead backhand stroke:** A challenging stroke executed high above the head on the non-dominant side, relying heavily on wrist snap and thumb leverage.
 - **Underarm forehand stroke:** A defensive or lifting stroke executed below waist height on the dominant side, picking up low drops.
 - **Underarm backhand stroke:** A scoop or lift shot played low on the non-dominant side to push the shuttle deep into the opponent's court.

Question 27: Explain the following fundamental skills in Badminton:

- i. **The clear shot,**
 - ii. **Lobbing,**
 - iii. **Drop shot,**
 - iv. **Smash shot**
- **The clear shot:** A high, deep defensive stroke pushing the shuttle from one back boundary line to the opponent's back boundary line.
 - **Lobbing:** An underarm lift hit high and deep to the back of the opponent's court, usually played from the net.
 - **Drop shot:** A delicate overhead stroke designed to pass closely over the net and fall rapidly into the opponent's forecourt.
 - **Smash shot:** The primary attacking stroke, hit with maximum speed and a steep downward angle to finish a rally.

Question 28: Explain the following terms in Badminton:

- i. **Bird,**
 - ii. **Serve (Service),**
 - iii. **Drive,**
 - iv. **Carry (Sling or Throw)**
- **Bird:** The common slang or informal term used by players for the shuttlecock.
 - **Serve (Service):** The initial technical stroke that launches a rally.
 - **Drive:** A fast, flat shot hit horizontally across the net, passing parallel to the floor.
 - **Carry (Sling or Throw):** An illegal shot where the shuttle is not struck cleanly but is caught and slung on the racket strings during the stroke.

Question 29: Explain the following terms in Badminton:

- i. **Smash,**
- ii. **Full smash,**
- iii. **Half smash,**
- iv. **Baseline smash**

- **Smash:** A powerful overhead downward attacking stroke.
- **Full smash:** An all-out power shot executed with complete body rotation and maximum arm velocity to achieve maximum speed.
- **Half smash:** A controlled attacking shot hit with less than full power, prioritizing steep angles and placement over pure speed.
- **Baseline smash:** An attacking smash executed from the very back line (baseline) of the court, requiring excellent power to be effective.

Question 30: Explain the following terms in Badminton:

- i. **Flick,**
- ii. **Clear lob,**
- iii. **Follow-through,**
- iv. **Service over**

- **Flick:** A rapid, sudden extension of the wrist that alters the shuttle's trajectory at the last millisecond to deceive the opponent.
- **Clear lob:** A looping defensive shot that pushes opponents deep into their backcourt to buy time to recover positioning.
- **Follow-through:** The continuous natural path of the racket after striking the shuttle, crucial for control, accuracy, and injury prevention.
- **Service over:** The loss of the serve, passing the right to serve over to the opposing side because the serving team lost the rally.

Question 31: Name any two national tournaments in Badminton.

- **Senior National Badminton Championships:** India's premier domestic tournament for senior players.
- **Premier Badminton League (PBL):** A franchise-based professional domestic league in India featuring national and global stars.

CASE BASED QUESTIONS

Case Study 1: During a high-stakes badminton match, John is facing an opponent known for their excellent anticipation and quick reactions. To break their rhythm, John hit shuttle with the frame of the racket instead of the strings, so that the shuttle will take an erratic path. What type of shot should John played in this situation?

John should play a deceptive 'Deceptive Drop Shot' or a 'Flick'. Slipping a legal slice or deception stroke creates sudden changes in speed and angle that break the anticipation of a fast-reacting player. (Note: Intentionally trying to hit with the frame is erratic and risky; a clean slice creates a more controlled erratic flight).

Case Study 2: During a badminton match, a player needs to cover the entire court alone, relying on their speed, agility, and precise shot placement to bypass their opponent. They engage in long rallies, focusing on endurance and tactical play. What type of badminton game is this player participating in this situation?

The player is participating in a 'Singles Match' (Men's or Women's Singles). Covering the full court dimensions completely alone is the defining feature of a singles game, demanding high physical endurance and strategic long rallies.

Case Study 3: Fiona notices that her muscles feel tight and her movements are sluggish at the beginning of a training session. To address this, Fiona decides to spend 7-10 minutes engaging in activities like skipping, dynamic stretching, and jogging to increase blood flow, endurance and flexibility. What is Fiona doing in this case?

Fiona is performing a thorough 'Warm-up' routine. This preparatory exercise increases core body temperature, accelerates blood circulation to active muscle tissue, and enhances flexibility to prevent strains.

Case Study 4: During a badminton match, Alphonso is trying to limit his opponent's ability to execute a powerful smash right off the serve. To achieve this, he aims to send the shuttle just over the net, making it land near the front service line on the opponent's court. What type of serve is Alphonso will use in this case?

Alphonso will use a 'Low Serve' (Short Serve). The low trajectory prevents the receiver from getting under the shuttle to hit a downward smash, forcing them to lift the shuttle defensively instead.