

# PHYSICAL FITNESS

## LESSON -1

Q-1	MATCH THE COLUMN		Answers
1	Component of Physical Fitness	Three Type	3
2	Types of Endurance	Active Flexibility	1
3	Flexibility	Five Component	2
4	Strength	To covered distance in Minimum Time	6
5	Speed	Through Physical Fitness	4
6	Protect from disease	Dynamic Strength	5
1	Speed	Isometric Exercise	6
2	Development of strength	Circuit Training	1
3	Co-ordination	Continues method	4
4	Physical Fitness	Neuro muscular co ordination	5
5	5 to 10 Station	Max.working capacity	2
6	Development of Endurance	Sprints	3
1	Regularity	Simple to Complex Exercise	6
2	Recovery	According to Physical Fitness	3
3	Development	Proper rest	1
4	Training	Difference from others	5
5	Individual difference	Scientific method	4
6	Optimum Load	Daily exercise	2
Q-2	Fill ups		
1	_____ improve the work efficiency of a person .		Regular exercise
2	It also increase his Ability to _____		Work
3	Physical Fitness is Greatly affected a person growth and _____		Development
4	_____ means the relationship between brain And muscles.		Co-ordination
5	A player's physical fitness depend on his _____.		Heredity
6	Training method is _____ the physical fitness of players		Increase
7	_____ play the vital role in increase the physical fitness		Regular exercise
8	Physical fitness is successful adaptation to the _____ of one's life style.		Stress
9	Speed is the part of _____ .		Physical fitness
10	Speed is depends on _____ types of abilities .		Five
11	Speed is the ability to perform an action in _____ time		Minimum
12	_____ is ability of muscles to combats		Strength
13	According to time Endurance can be divided into _____ category .		Three
14	Movement speed is the _____		Fastness
15	Physical fitness is must based on _____ principles .		Scientific
16	A _____ needs a balanced diet in order to Work Hard		Player
17	Training imparted to the players should be based on _____		Individual difference
18	Thae principle of overload and rest must be applied well at the time of _____.		Training
19	_____ of a person his ability to achieve the highest speed of movement from a stationary position.		Acceleration ability