

Chapter - 5

Children and Sports

Very Short Answer Questions (1 Marks each)

Q.1 Define Motor Development?

Ans. Motor Development refers to the development of a child's bones, muscles and ability to move around, and react with controlled movements.

Q.2. What is physical Activity?

Ans. Physical Activity is defined as any bodily movement, requiring energy expenditure.

Q.3 State -Food supplements?

Ans. Food supplement means Nutrients added to the diet to nourish body, these are missing in the regular diet. Food supplements include Vitamins, minerals, Fibres, Fatty Acids or amino acids among other substances. They can be in the form of powder or tablet.

Q.4. What do you mean by weight training?

Ans. Weight training means, exercises those are designed to strengthen specific muscles by causing them to overcome a fixed resistance in the form of Barbells, Dumb-bells.

Q.5. Elucidate the meaning of Gross Motor development?

Ans. Gross Motor development involves, the development of large muscles in the child's body such as sitting, walking, running, climbing, jumping etc.

Q.6. Define Fine motor development?

Ans. Fine motor development involves, the small muscles of the

body, specially in the small movements of Fingers and hand such as Writing, Holding, Catching, Smashing etc.

Q.7. Write the meaning for Quality of life?

Ans. Good quality of life refers to a life style where persons can carry out their day to day activities comfortably without strain.



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Short Answer Question

3 Marks each

Q.1. Disadvantage of weight training in the children?

Ans.1. **Risk of injury** :- Incorrectly and excessive weight training introduce injury and pain in children.

2. **Less flexibility** :- Weight training reduces the level of flexibility because weight training is mostly practised for development of strength. So flexibility is reduced due to it.

3. **Maturity** :- Children should not begin weight training or any other workouts until they are physically and emotionally mature enough to handle it because it can lead to serious, bony injury or deformities in the children.

4. **Growth of Children** : Excessive weight training may cause negative effects on the normal growth of children.

5. **Needs a supporter** :- children shall not perform any weight training or workout in case of absence of supporter.

Q.2 Write the need of Food supplements?

Ans. Food supplements is an addition in diet intended to provide nutrition such as vitamins, Fibres, Minerals, amino acids and Fatty acids. The advantages of Food supplement are :-

1. Food supplements provide the substances, to complete diet.
2. Food supplements ensure they get the substances and Vitamins in sufficient quantity as per requirements.

3. Food supplements are the easy way to get nutrients as needed.
4. Food supplements provide instant energy to meet out emergencies.

Q.3. Write down precaution to take food supplement?

or

Write the important consideration before taking food supplement?

Ans. Before taking the food supplements we should take following precautions :

1. Ensure that deficiency of essential nutrients in a child. So, consult the doctor whether the child needs to take supplements or not.
2. Before purchasing, an individual should ensure that it is free from preservatives, contains no fillers and does not contain any added sugar.
3. Food supplements may create harm if they are taken in excessive dosage, specially the minerals and fat soluble Vitamins, which can be accumulated in the body. Some of the food supplements may cause harm due to their rapid absorption in a short period of time.
4. Don't pay HEED to the words of salesman or the advertisement, which claim that these supplements will improve child's health. After taking the above mentioned precautions into consideration, food supplements may be taken for proper growth and development of children.

Q.4 Write the disadvantage of food supplements?

- Ans.1. Overdose of food supplements is always risk for organic systems, they may lead to allergy shocks or other reactions.
2. Food supplements are very expensive. So, it is not possible

for each family to buy.

3. Some body building supplements may contain steroids or like substances, those could lead to serious liver, heart, kidney illness.
4. Weight loss supplements may contain numerous untested ingredients which creates risk for children.
5. The possibility of contaminated food supplement is very high So, this is great danger for children.

Q.5. Write the safety measures during the weight training?

Ans. Safety measures should be taken before or during weight training:-

1. Weight training should not be done alone.
2. Warming up should be done before weight training.
3. Proper limbering down should be done after training.
4. Training should be performed under the guidance of coach.
5. For best results we should take balanced and nutrition diet.

Q.6. Write the physical benefits of exercise on children?

Ans. Physical exercises provide opportunity for children to feel healthy and good, be active and have fun and express themselves. Some of the physical benefits of exercise are:-

1. Health : - Exercise encourages growth and development of children's body that includes developing coordination and movement control, feeling more energetic and maintaining a healthy body weight.
2. Mental Health :- Exercise improves concentration skills and ability to manage anxiety and stress. It also helps children to feel more confident, happy and relaxed. It improves the self esteem and self concept and brings the sense of belongingness amongst children.

3. **Social Skills** :- The great way of development social skills like coordination, cooperation, team work amongst children. It also help developing leadership quality in them. Active children are less involved in anti social or criminal activities.

Q.7. Explain the physiological benefits of physical exercise on children?

- Ans.1. Strengthens the Heart and it's activity :- Regular exercise improves the working capacity of heart by strengthening the heart muscles and saves the person from various heart diseases. It prevents sugar accumulation in the blood and reduces the risk of diabetes. It regulates the blood pressure and increases the energy level of a person.
2. **Strengthens the Bones and muscles** :- Regular exercise enhances the bones mineral density and also keeps them stronger.
 3. **Keeps veins and arteries clear** :- Exercise helps to enhance blood flow in the body... It helps in Reducing harmful substances, cholesterol and fats from the body. It increases the flexibility of blood vessels and reduces extra weight.

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Long Answer Questions:

Q.1 Write the advantages of weight training?

or

How weight training improves the working quality of children?

- Ans.1. Improves the posture and range of motion :- Weight training helps to develop correct posture and extension, contraction of muscles leading to increase range of movement.
2. Increase muscles strength, bone density and endurance :- Resistance training can improve bone density and muscles mass. Due to more muscles mass, the tolerance Power is increased and improves endurance of the body.
3. Protection against the injury :- Weight training, improves physical activity, system of the body and reduces risk of injury.
4. Promote health blood pressure and cholesterol level :- Physical exercise with the resistance training decreases bad cholesterol level and increases good cholesterol. It also improves blood circulation, which in turn maintains a healthy blood pressure.
5. Improves immune system function :- With the proper digestion, release of enzymes, Absorption of nutrients, release of toxic substances and healthy functioning of body organs, the immune system functioning is improved and the body become capable of fighting diseases and infections.
6. Improves psycho-social well being :- A child with the well shaped healthy body with more potential to work is better accepted by society. A well maintained healthy physique makes a child more confident or raise his self esteem.

Q.2 Explain the motor development during the childhood?

or

Describe the stages of motor development?

or

Describe the pattern of physical development?

- Ans. Motor development means "The development of movement and various motor abilities from birth till death". Motor development is progressive change in movement throughout the life cycle. As a matter of fact, the ability to move is essential to human development various motor movements or motor skills are essential for everyday life activities such as walking, sitting, running, jumping, catching or holding, throwing etc. Motor development in children.

1. Early childhood :- The period of early childhood starts from second year and continue till sixth year. The motor development during this periods takes place rapidly. It is know as pre-school years.
 - a) In this period, a child becomes perfect in various fundamental movements such as Running, Jumping, throwing & acquires the ability to unite or combine.
 - b) Children stride length increases and they develop a more mature running pattern.
 - c) Proficiency in climbing on ladder become efficient.
 - d) To hope and gallop skillfully.
 - e) Fine eye-hand coordination.

2. Middle childhood :- The period of middle childhood starts from 7th year and continues up till 10th year. During this period the changes, which takes place are -
 - a. Children become more agile
 - b. Strong desire to engage in various physical movements and activities.
 - c. Good eye-hand-leg coordination.
 - d. Better in balance and postures.
 - e. Motor skills are perfected and stabilized.
 - f. Coordinative abilities develop at the higher level, while the flexibility develop at the slower level.

3. Late childhood :- The period of late childhood begins from 11th year and continues upto 12th year or till the beginning of sexual maturation process. The no of changes take place during this period are-
 - a. Girls are temporarily taller and heavier than boys because of the earlier onset of puberty.

- b. Strength begins to differ among the boys and girls
- d. Most of the children are master to most complex motor skills.
- e. They learn strategies and more complex combination of motor skills.
- f. Running and jumping movements, qualitatively and quantitatively develop at the faster rate. Coaches and teachers of physical education should continue to encourage skill development with an increasing stress on strategies and tactics.

Q.3 Discuss the factors affecting Motor Development in Children?
or

Write the factors responsible for good healthy body of children?

Ans. The factors affecting motor development in children are :-

1. Heredity : Genes are the small structure of body, which are responsible for various types of development of children. The working capacity of all organic systems are dependent on genes. The no. of factors, which are transferred from parents to children are :
 - a. Muscle fibres
 - b. Length of fibres
 - c. Working capacity of Cardio-vascular system
 - d. Bony structure.
 - e. Inherent chronical diseases.
 - f. Gender
2. Environment :- Encouragement, love & security helps the children to take risk to explore fearlessly and to know more about their surroundings, which leads to a better sensory development. healthy environment and inter-personal

relationship leads to good personality of child.

3. Nutritious food promotes good motor development. Sensory and motor development depends on nutrition that the child gets to a great extent. Balanced nutritious food helps to develop stronger and healthier children.
4. Opportunity for children :- Opportunity to play or gain knowledge give a better chance of developing sensory motor activities. Children get more opportunity to develop agility, balance, coordination, flexibility, strength and speed.
5. Postural Deformities :- Postural deformities may be caused due to some disease, accident or by birth. Children suffering from deformities of posture encounter hinderance in performing normal activity, therefore their motor development is impacted negatively.
6. Sensory Impairment :- Sensory impairment means senses like hearing, sight, speech etc. not functioning properly. Motor development is affected in children suffering from sensory impairment. For example. A child not able to hear faces difficulty to understand and follow instructions, which cause hamper motor development.
7. Obesity :- Excessively over weight and obese children find it difficult to move properly or perform certain finer movements of body. They become slow and sluggish in movement. Therefore obesity has a negative impact on motor development in children.

Q.4. Write the role of physical activities in improving quality of life among the children?

or

Write the physical and physiological benefits of exercise for children?

or

State the advantages of an active body?

Ans.

1. Physical activity improves mental health:

- a. Mental wellness :- Physical activity can relieve tension, anxiety, depression and anger.
- b. Improves memory and active mind : Exercise increases the flow of oxygen, which directly effects the brain. Mental brilliance and memory can be improved with physical activities.
- c. Improves mental activities : Regular physical activities help in keeping the thinking, learning and judgement skills sharp. It can also reduce the risk of darker aspect of life.

2. Physical activity improves social health:

- a. Physical activity help to improve self images.
- b. Promotes enthusiasm and optimism :- Physical activities help a child to promote enthusiasm and optimism for better social recognition in the peer group.

3. Physical activity improves physical health:

- a. Stronger immunity : It enhances child's immune system and decreases the risk of developing any chronic illness and disease associated with the age and maintains quality of life.
- b. Improves the functioning of heart and minimize health related chronic diseases. Physical activities help delay or prevention

of heart related chronic illness by improving the working capacity of heart such as controlling the blood pressure good cholesterol, Controlling 2 types of diabetes.

- c. Strengthens bones and muscles :- Regular muscle strengthening activities help to increase or maintain the muscle mass and strength. It also helps in improving flexibility of joints. Regular physical activities help to strengthen bones and joints of the body.
- d. Maintain healthy weight :- Regular physical activities helps in digestion and promotes regular movements. It also rises the metabolism and helps to loose extra weight easily.
- e. Prolonged optimal health : Regular physical activities improve the strength, stamina and ability of organic system in children.

