

ICSE Class 10th Physical Education 2024 Answer Key

Questions	Answers
The stage from the age of 5 to 12 years is called _____	Childhood
Overstretching of ligament causes _____	Strain
What is the full form of MCL?	Medial Collateral Ligament
An education which develops harmonious growth and development of a child	Physical Education
Exercise helps in increasing _____ to the brain	Oxygen flow
What is the minimum qualification to become a basketball player?	NIS Diploma
_____ is used for growth and repair of all the cells in the body	Protein
The body cannot repair itself without rest and _____	recovery
The ability of a person to do daily work without fatigue is called _____	Physical Fitness
A good level of physical fitness is helpful in preventing _____	injuries
Cartwheel in gymnastics is an example of _____	Dynamic Balance
The unit used to describe the energy content of food is called _____	Calorie
What is the longest stage of Human growth and development?	Adulthood

_____ is an important element which makes up for almost 70% of our body weight	water
What is the most common symptom of Achilles Tendonitis injury?	Pain above the heel, especially when stretching the ankle
Accordingly to the principle of progression, the overload should not be _____	Increased rapidly
_____ is essential for the healthy development of a child	Proper nutrition

