

**CBSE Test Paper 05**  
**CH- 01 Planning in Sports**

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1. What are consolation tournament?
2. How extrinsic motivation sometime may kill intrinsic motivation?
3. What do you mean by league tournament?
4. Define planning.
5. Distinguish between intramural and extramural programmes.
6. Briefly explain types of league tournaments.
7. List the objectives of intramurals.
8. Define 'Fixtures' and classify several types of tournaments.
9. What are the specific sports programmes? Explain with suitable example.
10. What is Knock out tournament?

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**Answer**

1. In Knock out the team which loose the game,will automatically eliminated from the tournament.Only the winning teams continues in the tournament.
2. In knock out tournament there are many chances of elimination of good teams while playing with other good teams in preliminary rounds and it is a set back for the team. That is why consolation tournament are organized to give one more chance to the defeated teams. In this tournament the winner is defeated from the defeated teams.
3. Extrinsic motivation sometime may kill intrinsic motivation because in extrinsic motivation an athlete initiates and sustains an activity as a result of external pull, attraction, forces, incentive, etc. Sooner or later the athlete loses interest and quits sport when the rewards etc. are no longer forthcoming.
4. League Tournament is also known as Round-Robin Tournament. In league Tournament, each team plays with every other team once if it is Single league tournament. If it is Double league each team plays with every other team Twice.
5. Planning (also called forethought) is the process of thinking about and organizing the activities required to achieve a desired goal. It involves the creation and maintenance of a plan.
6. The intramural sports means competitions within the walls or within the school, i.e. being or occurring within the limits usually of a community, organization, or institution. This programme offers the school community the opportunity to participate in organized sports competition. The rules of the games/ sports are modified accordingly, if needed. Extramural sports satisfy the need for structured sports activities between students from various schools, organizations, or institutions. Extramural means competitions outside walls or boundaries, as of a city or town or a university. These tournaments will be organized on a zonal, regional, state or national basis.eg. CBSE tournaments, SGFI tournaments etc.
7. There are two types of league tournaments

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## 1. Single League Tournament

In the single league tournament, every team plays with every other team once and the number of matches determined with the help of the following formula.

$$\text{Number of matches} = \frac{N(N-1)}{2}$$

$$\text{for example 7 teams taking part} = \frac{N(N-1)}{2} = \frac{7(7-1)}{2} = \frac{(42)}{2} = 21$$

## 2. Double League Tournament

In the double league tournament, every team plays with every other team twice and the number of matches determined with the help of the following formula.

$$\text{Number of matches} = N(N-1)$$

$$\text{for example 8 teams taking part} = 8(8-1) = 8 \times 7 = 56$$

Here N means number of teams taking part in tournament

8. (i) It promotes mass participation.  
(ii) It provides fun, enjoyment and recreation to students.  
(iii) It helps to identify the talented sportsperson.  
(iv) It develops social values such as honesty, discipline, cooperation, sportsmanship and sympathetic attitude.
9. A fixture is a carefully arranged schedule of sports competitions in which the date, time and venue of the match are pre-determined so that ultimately a winner is decided.

Tournaments are classified as follows:

a) Knock-out tournament

b) League or Round Robin tournament

- i. Cyclic method
- ii. Stair case method
- iii. Tabular method

c) Combination tournament

- i. Knockout cum knock tournament
- ii. Knockout cum league tournament
- iii. League cum league tournament
- iv. League cum knock tournament

d) Challenge tournament

10. Specific sports programmes are such programmes of sports which are not usually related to completion. These sports programmes have various objectives such as creating awareness among people regarding unity, health, and diseases like AIDS, Swine flu, etc. and raising funds for charitable institutions or organizations. Such programmes may be organized for the promotion and maintenance of health among people.

- i. Health Runs
- ii. Run for Fun
- iii. Run for Unity



**Health Runs:** - Health runs are organized almost every part of the world. In India, health run is organized in almost every state to make people health conscious. Health run does not require any specific preparation. Health runs are organized by the health department, sports department or social organizations. Usually, their purpose is to ameliorate the standard of health in a country along with the raising of funds for charity. For health runs the requirement is only a pair of shoes and light clothes, there is no competition in it but registration of participants is performed in advance. The date and time are also fixed will in advance. There is no age limit in health runs and the distance course of running is also fixed up.

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**Run for Fun:** - These kinds of runs are organized by the various organizations for the people of all ages. Run for fun is more related to have fun and frolic during running. Run for fun is a friendly race that involves either road running or cross country running taking part for their own enjoyment and recreation rather than competition. It is organized to raise funds for a charity. The sponsors only deduct the organizational expenditure. Run for the fun can include novel categories such as wearing costumes and age categories for adults, teenagers, and children.

**Run for Unity:** - Run for fun is organized by different nations by their central governments, state governments, sports federations, and institutions etc. to create a feeling of unity among the people. The purpose of the run for unity may be national and international integration. It may be in the form of a relay race of long distance. Every participant runs some distance. In the form of relay, they feel united. It may be in the form of a marathon race as it is usually organized in Mumbai. A lot of people participate in this race from the corporate world, film stars and marathon runners from other countries. The cash prize is given to the first three position holder. Such runs promote harmony, peace, and solidarity among people of different religions.