

Q1.The WHO study shows 77.6% boys and 84.7% girls in India were inactive. This data implies:

- a) Boys are naturally more active than girls.
- b) Girls need more targeted encouragement for physical activity.
- c) Boys do not face inactivity-related risks.
- d) Girls cannot improve their activity levels.

Q2.73.9% of Indian adolescents are insufficiently active. This situation most likely increases:

- a) Physical strength and immunity
- b) Academic performance without effort
- c) Risks of obesity, diabetes, and depression
- d) Chances of winning sports competitions

Q3.Bangladesh recorded the lowest adolescent inactivity (66.1%). This figure indicates:

- a) Their children have healthier physical activity habits than Indian children.
- b) Their students never face obesity or mental health issues.
- c) Indian children exercise more than Bangladeshi children.
- d) Inactivity has no link with health risks.

Q4.Indian inactivity levels decreased from 76.6% (2010) to 73.9% (2016). This trend can best be interpreted as:

- a) A slight improvement, but still an alarming problem.
- b) A complete solution to inactivity in India.
- c) A failure of all fitness programs.
- d) A sign that Indian children no longer need outdoor play.

Q5.Government school students show lower obesity levels compared to private school students. This suggests:

- a) Private school children may lead more sedentary lifestyles.
- b) Government schools offer no food facilities.
- c) Private schools discourage physical education.
- d) Obesity levels are unrelated to physical activity.

Q6.Females of all ages are less active than males. This fact most strongly indicates:

- a) Barriers exist that reduce female participation in physical activity.
- b) Females are physically weaker than males by nature.
- c) Males face no health risks from inactivity.
- d) Females cannot participate in sports.

Q7.Providing playgrounds, parks, and wide pavements within cities would most likely:

- a) Increase children's involvement in outdoor physical activities.
- b) Make no difference to children's lifestyle.
- c) Increase the number of shopping centres.
- d) Decrease children's access to school facilities.

Q8.Countries like South Korea (94.2%) and the Philippines (93.4%) recorded the highest inactivity rates. This highlights:

- a) Physical inactivity is not just an Indian problem but a global one.
- b) Indian children are more inactive than South Korean children.
- c) Only developing nations face inactivity problems.
- d) Physical activity has no link to country lifestyle.

Q9.If students continue to remain inactive, the long-term impact on national health would be:

- a) Reduced medical burden on the government.
- b) Increase in lifestyle-related diseases.
- c) Complete elimination of obesity.
- d) Higher rates of outdoor sports participation.

Q10.Efforts to address inactivity among females need to be:

- a) Proactive and barrier-sensitive.
- b) Ignored as females are naturally inactive.
- c) Focused only on professional athletes.
- d) Limited to health check-ups, not activities.

Q11. Increasing physical activity is most effective when:

- a) Supportive environments like safe parks, pavements, and school playgrounds are ensured.
- b) Children are kept indoors for safety reasons.
- c) Parents replace outdoor play with gadgets.
- d) Schools reduce the time for physical education.

Q12. Assertion (A): Indian adolescents still need more outdoor play despite a reduction in inactivity since 2010.

Reason ®: The percentage of inactive adolescents remains high, even after slight improvement.

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

Answers

Q1. B) Girls need more targeted encouragement for physical activity.

Q2. C) Risks of obesity, diabetes, and depression

Q3. A) Their children have healthier physical activity habits than Indian children.

Q4. A) A slight improvement, but still an alarming problem.

Q5. A) Private school children may lead more sedentary lifestyles.

Q6. A) Barriers exist that reduce female participation in physical activity.

Q7. A) Increase children's involvement in outdoor physical activities.

Q8. A) Physical inactivity is not just an Indian problem but a global one.

Q9. B) Increase in lifestyle-related diseases.

Q10. A) Proactive and barrier-sensitive.

Q11. A) Supportive environments like safe parks, pavements, and school playgrounds are ensured.

Q12. A) Both A and R are true, and R is the correct explanation of A.