



Delhi Public School, Howrah

PERIODIC TEST - II (2024-2025)

ANSWER KEY

Care must be taken not to write anything on the question paper. All the questions must be attempted in the correct sequence.

SUBJECT: PHYSICAL EDUCATION (048)

Time: 3 Hours

Class- XI

Marks: 70

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Section B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Section C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Section D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

SECTION: A

Answer the following by choosing the most appropriate options:

1. "Physical education is the sum of changes in the individual caused by experience centering motor activity" - the above quotes is said by _____.
a. C. A. Bucher b. D. Oberteuffer **c. Cassidy** d. C. C. Cowell
2. Suppose you're appointed as D.P.E. in a school on the basis of your qualification as D.P.Ed., which one of the following classes you can teach?
a. I to V b. VI to VIII **c. I to VIII** d. I to X
3. In which year, was the International Olympic Committee formed?
a. 1886 b. 1890 **c. 1894** d. 1896
4. Total weight of the Olympic torch is _____.
a. 0.750 kg b. 1.052 kg c. 1.5 kg **d. 1.2 kg**
5. The word "Puraka" means _____.
a. Inhalation b. Exhalation c. Rotation d. Retaining the breath
6. Given below are two statements labelled as Assertion (A) and Reason(R).
Assertion (A): Niyamas, the element of Astanga yoga, are related to individual's body and senses.
Reason(R): Niyamas are also ethical practices, which are helpful in enhancing ethical values in an individual.
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, but (R) is false.
d. Both (A) and (R) are false.
7. Which type of disability creates hindrance for an individual to store, process and produce information?
a. Cognitive disability b. Intellectual disability c. Physical disability d. None of these
8. Which is not the objectives of Adaptive Physical Education-
a. To develop motor skills b. To promote physical fitness
c. To improve social adjustments **d. To promote special child school**
9. The ability of body to execute movements with greater range is called-

a. Strength

b. Flexibility

c. Body composition

d. Endurance

10. Match List-I with List- II and select the correct answer from the code given below:

	LIST-1		LIST-2
i.	Body composition	1	To perform movements of same pattern at a faster rate
ii.	Coordinative ability	2	Rhythm ability
iii.	Speed	3	Range of movements of joints
iv.	Flexibility	4	Percentage of lean body mass

	I	CODE	ii	iii	iv
a.	3	1	2	4	4
b.	4	2	1	3	3
c.	2	3	4	1	1
d.	4	3	1	2	2

11. Choose the correct options which classifies Sheldon's body type of individuals.

a. Pyknic

b. Asthenic

c. Athletic

d. None of these

12. Waist-Hip ratio is calculated by _____.

a. Circumference of waist / Circumference of hip

b. Circumference of hip / Circumference of waist

c. Circumference of waist / 2 X (Circumference of hip)

d. Adding hip to waist measurement

13.



Identify the plane which is used to perform the C.T. Scan on the above portrayed part of the human body.

a. Transverse Plane

b. Frontal Plane

c. Sagittal Plane

d. Horizontal Plane

14. The approximate length of trachea is _____ cm.

a. 8.2

b. 9.2

c. 10.2

d. 11.2

15. Identify the sesamoid bone from the following options.

a. Vertebra

b. Patella

c. Femur

d. Sternum

16. Given below are two statements labelled as Assertion (A) and Reason(R).

Assertion (A): Biomechanics examines and explains why and how the human body moves.

Reason(R): Biomechanics helps to know about the correct movement and helps in better performance.

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, but (R) is false.

d. Both (A) and (R) are false.

17. The circular motion combining flexion, extension, adduction and abduction is called _____.

a. Inversion

b. Elevation

c. Circumduction

d. Depression

18. If your arm is away from the midline of the body, you bring it towards the midline of the body, this movement is called as _____.

a. Abduction

b. Adduction

c. Extension

d. Circumduction

SECTION: B

19. State the benefits and precautions of Trataka. 2

Ans:

BENEFITS

- a. It improves the eyesight and tones up the visual mechanism.
- b. It also helps in concentration.
- c. It helps to calm the mind and remove distractions.

PRECAUTIONS

- a. People suffering with epilepsy should not practice trataka on candle.
- b. Kids should avoid practicing trataka.

20. Find the properties of skeletal muscles. 2

Ans:

Excitability is the ability to respond to a stimulus, which may be delivered from a motor neuron or a hormone.

Contractility is the ability of muscle cells to forcefully shorten themselves, or the ability for self-contraction.

Extensibility is the ability of a muscle to stretch or the capacity to lengthen themselves.

Elasticity is the ability to recoil or bounce back to the muscle's original length after being stretched.

21. Summarize the Olympic creed. 2

Ans: The creed, or guiding principle, of the modern Olympic Games is a quote by Baron de Coubertin: "The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."

22. Differentiate between "Frontal axis" and "Longitudinal axis". Clarify your answer with proper explanation. 2

Ans: **Frontal axis (transverse axis):** - It is also known as the horizontal and mediolateral axis. It is perpendicular to the sagittal plane. It runs from side to side. Flexion and extension are the movements taking place in this axis.

Vertical axis (longitudinal axis): - It is perpendicular to the transversal plane. It passes vertically from inferior to superior. Typically, rotation types of movement take place on this axis

23. Differentiate between Pivot joint and Gliding Joint. 2

Ans: **Pivot joint:** Pivot joint, also called rotary joint, is a freely moveable joint that allows only rotary movement around a single axis. The moving bone rotates within a ring that is formed by a second bone and adjoining ligament. For example, the joint between the first and the second cervical vertebrae which allows the turning of the head from side to side.

Gliding joint: A gliding joint, also known as a plane joint, is a type of synovial joint that is formed between bones that meet at flat or nearly flat articular surfaces. Gliding joints allow the bones to glide past on one another in any direction along the plane of the joint — up and down, left and right, and diagonally. The movement in this joint is nonaxial which indicates that gliding does not allow rotation around any axis. For example, inter carpals or joints of the wrist.

24. Hypothesize few importance of Anatomy and Physiology. 3

Ans:

1. Helps in physical fitness: Understanding the principles of anatomy and physiology can help a person learn about the body and its functioning which can further help a person to acquire a fit and healthy body. For example, building muscle strength, muscle endurance through appropriate exercises.

2. Provides knowledge about body structure: Every individual desires to have a fit body with strong muscles. With the help of anatomy and physiology we can assess our strengths and weaknesses and can work on improving our body. For example, designing an exercise routine based on the requirements and body structure of an individual.

3. Provides knowledge about the functions of various organs of body: Knowledge of anatomy and physiology equips us with important knowledge about our body and its systems which can help us train our body in a way that it

functions at the optimal level and helps us to lead a healthy and active life. For example, knowledge of cardiovascular system can help us to understand the value of our heart and the importance of physical activity to keep it strong.

4. Helps in selection of games: Based on the knowledge of body structure, one can choose a game/sport. For example Basketball or volleyball is a good choice for a tall person and kho-kho is more appropriate for a person who has a short height.

5. Protects from sports injuries: Injuries related to sports such as sprain, contusion, fracture, dislocation of joints, etc., are common on the sports field. Sports equipment, based on knowledge of anatomy, is designed to ensure safety. Designing protective equipment in games and sports to provide protection to the soft and delicate organs requires appropriate knowledge about the functions of bones, muscles, tendons, and ligaments. For example, cricket leg pads or helmets are designed based on an understanding of the anatomy and physiology of a cricketer.

6. Helps in the process of rehabilitation: Many people suffer from injuries on the sports field, whether it is soft tissue injury or hard tissue injury and due to lack of knowledge of their body. It takes them a long time to recover from these injuries, and in many cases, people may not even recover fully. Anatomy and physiology help us to recover from injuries and attain the preinjury level. For example, suppose your friend twists his ankle while running, and you have a proper knowledge of the anatomy, can administer first aid, like applying ice on the ankle, before taking your friend to the doctor.

7. Helps in maintaining healthy body: By making some lifestyle changes and having knowledge about our body, we can attain an ideal weight and a healthy body. For example, knowledge of anatomy provides information about good and bad posture while sitting, standing, lying down, and running.

8. Helps to learn about individual differences between male and female athletes: Understanding the basic physiological differences between the body of male and female sportspersons is essential because games and sports equipment is designed differently based on these differences. For example, the difference in the structure of shoulders among males and females is the reason for difference in the weights of sports equipment such as shotput, discus, hammer and javelin for males and females.

SECTION: C

25. 'Shat Karma' means six cleansing processes, which are excellent practices designed to purify the whole body, and to get good health. Classify these 'Shat karma' with a short description for each. 3

Ans-

1. Kaphalabhati - Purification of frontal lobes and lungs.
2. Trataka - Blinkless gazing.
3. Neti - Nasal cleansing.
4. Dhauti - Cleaning of digestive track and stomach.
5. Nauli - Abdominal massage.
6. Basti - Colon cleaning.

26. Elucidate the term Anthropometric test. 3

Ans: **Anthropometric Testing** is the science of assessing the human body's surface measurements, anthropometric evaluation of an athlete's body is very important in order to assess the fitness of body to a particular type of sports. Different sports require different body specifications (like height, weight, body build, body composition etc.) which provide an extra aid to the athletes possessing ideal body structure. The anthropometrical variables that account for athletes' performance includes stature (height), girth (circumference). width, somatotype, through measurement of body mass, height, push-ups, and biceps girth.

A. Body Measurements

1. Body Weight.
2. Stature/Height.
3. Waist-Hip Ratio
4. BMI (Height-Weight Ratio)

B. Skeletal Girth (Diameters)

1. Bi-acromial Diameter (Shoulder Width).
2. Bicristal Diameter (Abdominal Width).
3. Bitrochanteric Diameter (Hip Width).
4. Humerus Bicondylar Width (Elbow Width).
5. Wrist Diameter.
6. Femur Bicondylar Diameter (Knee Width).
7. Ankle Diameter.

C. Circumferences

1. Chest Circumference.
2. Upper-Arm Circumference.
3. Fore-Arm Circumference.
4. Thigh Circumference.
5. Calf Circumference.

27. 'Practicing Yoga's "golden rules" helps us attain a healthy mind and body, and it is important to follow the yamas without the desire for an end goal.' - Justify the line. 3

Ans:

a) Ahimsa (non-violence): Ahimsa means practicing kindness towards others, towards animals and towards ourselves in every thought and action. When we are compassionate and accepting of all ways of life we can handle any situation with grace.

b) Satya (refraining from dishonesty) Satya is the principle of living with integrity. Satya refers to refraining from dishonesty and betrayal in thought, word, and deed. It is important to note, though, that ahimsa is still the most important principle. Thus, in case truth can cause harm or violence, the option to be exercised is one that will not cause harm.

c) Asteya (non-stealing): Asteya teaches that everything we need in life is already within us. By choosing Asteya, we rise above our "base cravings" and become self-sufficient because we no longer desire something outside of ourselves. Feeling gratitude for what we have, and only taking what is freely given, makes it easy to wipe out feelings of envy or entitlement, and for authentic generosity.

d) Brahmacharya (wise use of energy) Brahmacharya refers to the wise use and preservation of vitality. It does not mean celibacy, but rather acting responsibly with your vitality, as a way to respecting others and yourself.

e) Aparigraha (non-possessiveness) Aparigraha refers to the ability to let go. It encourages non-grasping, non-clinging, and non-attachment to possessions or even thoughts. Aparigraha teaches you not to take it easy and be happy with what you have.

28. Define the terms: Test, Measurement and Evaluation. 3

Ans:

Test is usually considered the narrowest of the three terms; it implies the tools, instruments or set of questions to measure a dimension, quality or condition, of any person, object, event.

Measurement refers to the quantitative form of assessment and also refers to the scores obtained through test. Measurement is requisite for evaluation in a quantitative form of numbers or scores.

Evaluation is "the process of delineating, obtaining, and providing useful information for judging decision alternatives." Other definitions simply categorize evaluation as professional judgment or as a process that allows one to make a judgment about the desirability or value of something. Thus, measurement is not the same as evaluation. Two athletes may obtain the same measure (test score), but we might evaluate those measures differently because of the different criteria for evaluation available in terms of norms and criterion measures.

29. How could you recognize the different types of muscles? Classify all the different types in your own words. 3

Ans: **Skeletal Muscles**– Skeletal muscles comprise 40% of the body weight. These muscles are attached to the skeletal system with the help of tendons. These muscles have the ability to exert force. They are also called striated muscles as their striations can be seen when observed under the microscope. These muscles are voluntary in nature

which means we can control them at will. For example, walking, running, smiling, eating etc. These muscles can contract most rapidly but not for a long periods, as that results in tiring of the muscle.

Smooth Muscles– Smooth muscles have elongated, slender, spindle shaped cells. These muscles do not have striations. They are also called involuntary muscles as their expansion or contraction is not under our control. These muscles contract much more slowly as compared to skeletal muscles and cardiac muscles. They are found mostly in hollow organs such as stomach, urinary bladder, and respiratory passages. Smooth muscles are also present in the eyes, where their function is to change the size of the iris and alter the shape of the lens; and in the skin where they cause hair to stand erect in response to cold temperature or fear.

Cardiac Muscles– Cardiac muscles are found only in the heart where they form the walls of the heart. They are long and striated but not as clearly striated as skeletal muscles. The rate of contraction of cardiac muscles is intermediated between smooth and skeletal muscles. Cardiac muscles are involuntary in nature.

30. Adapted Physical Education is also a part of Physical Education but the stand point or the base point of the Adapted Physical Education is different from the main stream. Evaluate those base point and summarize the meaning of Adapted Physical Education.

2

Ans: Adapted Physical Education is the art and science of developing, implementing, and monitoring a carefully designed Physical Education instructional programme for a learner with a disability, based on a comprehensive assessment, to give the learner the skills necessary for a lifetime of rich leisure, recreation, and sport experiences to enhance physical fitness and wellness. Adapted Physical Education (APE) generally refers to school-based Programmes for students aged 3–21 years. It is a structured way to make Physical Education and sports accessible to all with modified instruction, resources, space and environment for CWSN as per their ability.

According to Adapted Physical Education National Standards (APENS) Adapted Physical Education is Physical Education which has been adapted or modified, so that it is as appropriate for the person with a disability as it is for a person without a disability. In other words, Adaptive Physical Education (APE) is Physical Education which has been adapted or modified to make it as appropriate for a person who is differently-abled as it is for a person without disability. It is basically a Physical Education Programme specially designed for differently-abled students so that physical education activities are safe, achievable, enjoyable and, therefore, a successful experience. APE is safe and beneficial even for infants and toddlers who need early intervention services because of developmental delays in physical, cognitive, communication, social and emotional aspects. Moreover, APE is not only for differently-abled infants and students but also for the people of all ages.

SECTION: D

31. We use the term locomotion to describe the movement which results in the change of position of the whole organism. It is important to understand the difference between the two – movement and locomotion – in relation to living things. There are a variety of movements that happen in the human body, e.g., the movement of eyelids, heart muscles, jaw, and teeth. In addition, more complicated movements are performed in sports and games.

(1X4) =4

- a. Closing/ decreasing the angle at the moving joint is called _____ flexion _____.
- b. Turning the palm down is known as _____ pronation _____.
- c. _____ Rotation _____ is the movement around the long axis.
- d. Turning the palm up is known as _____ supination _____.

OR,

- d. Opening/ increasing the angle at the joint is called _____ extension _____.

32. The human skeletal system is the internal framework of the body which consists of bones, cartilages, joints, and ligaments. A human body has around 300 bones at the time of birth which decreases to 206 bones in a full-grown human as some bones get fused together. On the basis of size and shape human bones could be classified on different aspects.

4

- a. _____ Short _____ bones have a cube like shape with equal length, width and thickness. They are composed of central spongy bone which is covered with a thin layer of compact bone.

- b. Flat bones are thin and usually curved. They are composed of a central layer of spongy bone between two outer layers of compact bone.
- c. Irregular bones vary in shape and structure and therefore do not fit into any other category. They often have a complex shape, which helps to protect internal organs.
- d. Sesamoid bones are small and round bones embedded in the tendons.

OR,

- d. Long bones are hard, dense bones that provide strength, structure, and mobility to the body.

33. Carefully study the picture given below and answer the following questions with reference to the picture.

Skills Related Fitness



1X4 = 4

- a. Reaction time is an individual's ability to quickly respond to a stimulus
- b. Power refers to an individual's ability to act fast with resistance.
- c. Agility is an individual's ability to change the direction of the body rapidly and accurately.
- d. Coordination is the ability of an individual to perform a motor task by using body movements and senses accurately and fluently.

OR,

- d. Speed refers to an individual's ability to perform the movement in the shortest possible time.

SECTION: E

34. After completion of M.P.Ed. degree, Puma called you to organize a test in their organization. Now you have to compose all the things related to a test. Construct a guideline for administering that test and explain it in your own words.

5

Ans- Pre- Planning

1. The test planning document must be prepared keeping in mind all stakeholders of the test.
2. Testing stations, score sheets/questionnaire, organization of group, test layout etc. must be prepared before the testing.
3. The information regarding testing purpose, scientific authenticity of test, group size, age, sex must be considered.
4. The test must be planned in such a way that it proves to be most economical in terms of cost of instrument/equipment, economy of time and number of personnel required.

Testing Operation

1. All the equipment and facilities to be carefully checked and placed in proper position before subject arrives.
2. All instructions, explanation, demonstration, layout plan illustration should be given to the subject well in advance.
3. Before administering a psychomotor test, a short warm-up is required to avoid injury and assure better performance.
4. Motivation strategies should be adopted for the subjects which help to perform best during the test.
5. The responsibility of the person administering the test and testing personnel is to ensure safety precautions during explanation and demonstration.
6. During testing period the person administering the test should cross check with all necessary points from the check list

Post-Test Functions

1. All answer sheets or score sheets must be compiled in a safe place and raw scores should be converted into standard scores or may be compared with norms.
2. Test scores must be interpreted as per standards and norms by applying appropriate statistics.
3. To illustrate the results, appropriate tables, graphs and profile may be prepared.
4. A report should be prepared after the event which indicates the nature, scope and objectives of the testing programme.

35. What are those dimensions through which one can classify the components of health and components of physical fitness?

5

Ans:

Components of Health:

Health is important in every individual's life as it gives us the strength and energy to fully enjoy and make us grateful for the life we have. To elaborate on the components of the health we can classify it into four dimensions.

- 1. Physical health:** There is a saying that one thing which will stay with you for your entire life is your body. So, if your body is healthy then you can do all your daily work with energy and can enjoy the remaining time with your family and friends. To stay physically healthy, you should exercise daily, walk as much as you can and eat healthy.
- 2. Mental health:** A sound mind stays in a sound body, so if you physically healthy than it will in turn help you to stay mentally healthy. Your thoughts will be clearer and you have more confidence in dealing with the day to day situations. For mental health you should include meditation and yoga in your daily life which will keep you mentally calm and improve your mental health.
- 3. Social health:** We live in a world where we have to interact with people and we should understand and appreciate the people we live with; social health is an important aspect as it gives us the strength to build strong relations with people and to enjoy the companionship which is important for an individual to live and sustain a healthy life.
- 4. Emotional Health:** A emotionally strong person has the control on the circumstances and can deal with different situations with an ease. It gives us that power to stay alike no matter the situation an individual is in. We should work on our emotional health as it will makes us more balanced human beings and also affects our decision-making ability.

Physical Fitness:

1. Health-related Fitness – There are five components of health-related physical fitness – muscular endurance, cardiorespiratory endurance, flexibility, muscular strength, and body composition. Health related fitness is an integral part of an individual's daily life, we use these fitness components every day without consciously knowing about them, but if we understand these fitness components and work towards their improvement then we can lead a full and healthy life. e.g., cardiovascular endurance is as important for a doctor as it is for a sportsman or a farmer. A higher level of health-related fitness is directly related to the degree of skill performance. e.g., moderate level of muscular strength is required to maintain posture and to prevent neck, back or knee pain etc. but a high amount of muscular strength helps to increase performance in weightlifting, jumps, throws etc.
2. Skill-related Fitness – Skill related fitness has six components namely agility, balance, coordination, reaction time, power and speed. These are associated with performance. An individual who has achieved a good skill-related fitness

is able to achieve high level of motor skills, which are a prerequisite in sports and in certain jobs. Though, skill-related fitness is generally known as sports fitness or motor fitness, it is very specific and multi-dimensional. e.g., agility is required in combat sports as well as in the job of a fire fighter.

36. Distinguish the structure and function of the Respiratory system.

(2+3)

= 5

Ans:

Structure of Respiratory System: The respiratory system consists of-

Nose

Nasal cavity

Pharynx

Larynx

Trachea

Bronchi

Lungs

Bronchioles

Alveoli

Diaphragm

The Nose: The term nose usually refers to the visible structure that forms a prominent feature of the face and refers to the internal nasal cavity.

The Nasal Cavity: It extends from the external opening in the nose to the pharynx, and it is divided by the nasal septum into right and left side.

Pharynx: The pharynx is the common passageway of both the digestive and respiratory systems.

The pharynx can be divided into three regions-

The nasopharynx: It is the superior part of pharynx and extends from the internal nares of nasal cavity to the level of uvula.

The oropharynx: The oropharynx is a passageway for both air and food. It extends from the uvula to the epiglottis. The oropharynx is bordered superiorly by the nasopharynx and anteriorly by the oral cavity.

The laryngopharynx: The laryngopharynx extends from the epiglottis to the lower margin of the larynx. It continues the route for ingested material and air until its inferior end, where the digestive and respiratory systems diverge.

Larynx: The larynx consists of an outer casing of nine cartilages that are connected to each other by muscles and ligaments. It is also known as Voice box.

Trachea: The trachea, also known as the windpipe, is a membranous tube that consists of connective tissues and smooth muscles.

Bronchi: The trachea divides into the left and right primary bronchi. The main function of the bronchi, like other conducting zone structures, is to provide a passageway for air to move into and out of each lung. In addition, the mucous membrane traps debris and pathogens.

Bronchioles: Bronchioles, which are about 1 mm in diameter, further branch until they become the tiny terminal bronchioles, which lead to the structures of gas exchange. There are more than 1000 terminal bronchioles in each lung. The muscular walls of the bronchioles do not contain cartilage like those of the bronchi. This muscular wall can change the size of the tubing to increase or decrease airflow through the tube.

Alveoli: An alveolar duct is a tube composed of smooth muscle and connective tissue, which opens into a cluster of alveoli. An alveolus is one of the many small, grape-like sacs that are attached to the alveolar ducts.

Lungs: The lungs are the principal organs of respiration. These spongy, pinkish organs look like two upside-down cones in your chest. Lungs are divided into two parts-

Right lung: The right lung is made up of three lobes.

Left lung: The left lung has only two lobes to make room for your heart.

Diaphragm: The diaphragm is a thin skeletal muscle that separates the abdomen from the chest. It contracts and flattens when you inhale. This creates a vacuum effect that pulls air into the lungs. When you exhale, the diaphragm relaxes, and the air is pushed out of lungs.

37. What according to you, are the qualities of a good leader?

5

Ans:

1. **Honesty:** One of the qualities that defines a good leader is her/his honesty. When a leader is responsible for a team of people, it is important for her/him to be straightforward. If she/he makes honest and ethical behaviour a key value, the team will follow.
2. **Delegation of duty** It is important for a leader to focus on key responsibilities and delegate work, duties and, even, authority to other team members. A good leader delegates tasks to her/his teammates and oversees how they perform.
3. **Communication Skills** Communication is the key to success. Without clear communication skills, no one would understand their mission, goals, and vision. Communication should also be consistent when assigning a task or passing instructions.
4. **Confidence** Another quality that defines a good leader is her/his confidence. To be an effective leader, she/he should be confident enough to ensure that others follow her/his instructions, and the team places their trust in her/him.
5. **Commitment** There is no greater motivation for the team than seeing their leader working alongside everyone else. By proving her/his commitment to the team, she/he not only earns the respect of the team, but also instils that same drive among the team members.
6. **Accountability** A good leader takes responsibility for everyone's performance as well as her/ his own. When a leader takes personal accountability, she/he is willing to take responsibility for the outcomes of her/his choices and behaviour. Leaders do not blame others when things go wrong. Rather, they make things right – they are fixers. Accountability goes beyond the leader's actions and decisions.
7. **Enthusiasm** The term enthusiasm is derived from the Greek origin meaning possessed by a god, is used for a leader who is motivating, energetic, passionate, and dynamic. A good leader is enthusiastic about her/his own work and performance and also about her/his role as leader.
8. **Focus** A good leader is generally focused and is able to think rationally. A leader should also be self- driven to work harder in wanting to achieve better results.
9. **Ability to inspire** Probably the most difficult job for a leader is to persuade others to follow. This is possible only if the leader is able to inspire her/his followers by setting a good example.
10. **Responsibility** Last, but not least, the quality that defines a good leader is responsibility. A good leader understands that leadership is about responsibility, and not power. A leader takes responsibility for her/his actions which includes both failures and successes.