

# PHYSICAL EDUCATION (THEORY)

*Maximum Marks: 70*

*Time Allowed: Three hours*

*(Candidates are allowed additional 15 minutes for only reading the paper.  
They must NOT start writing during this time.)*

*Answer all questions in Section A and Section B.*

*Answer all questions on any two games in Section C.*

*The intended marks for questions or parts of questions are given in brackets [ ].*

## SECTION A – 15 MARKS

### Question 1

- (i) SAI was established in the year \_\_\_\_\_. [1]
- (ii) \_\_\_\_\_ is a chemical substance that stimulates or excites a person mentally or physically. [1]
- (iii) The total number of matches in a knock-out tournament comprising thirty-four teams would be \_\_\_\_\_. [1]
- (iv) The competitions that are held within the school premises and the participants are also from the same school, are called \_\_\_\_\_. [1]
- (v) \_\_\_\_\_ are fluid filled bumps that look like bubbles on the skin and are caused due to friction from wearing ill-fitted shoes. [1]
- (vi) Netaji Subhas National Institute of Sports was founded in: [1]
- (a) Madras, 1963
- (b) Thiruvananthapuram, 1962
- (c) Calcutta, 1961
- (d) Patiala, 1961
- (vii) Which one of the following is a soft tissue injury? [1]
- (a) Fracture
- (b) Joint injury
- (c) Sprain
- (d) Bone injury

**This Paper consists of 8 printed pages.**

- (viii) Select the correct sequence of the procedure for the treatment of soft tissue injury. [1]
- (a) Rest, Compression, Elevation, Ice
  - (b) Compression, Elevation, Ice, Rest
  - (c) Ice, Elevation, Compression, Rest
  - (d) Rest, Ice, Compression, Elevation
- (ix) A condition in which the entire sole of the foot touches the ground while standing is known as \_\_\_\_\_. [1]
- (a) flatfoot
  - (b) knock knee
  - (c) bow legs
  - (d) runner's knee
- (x) A type of exercise in which the muscles contract and change their length to produce force is known as: [1]
- (a) Isometric exercise.
  - (b) Isokinetic exercise.
  - (c) Isotonic exercise.
  - (d) Warming up exercise.
- (xi) What is the full form of IOA? [1]
- (xii) Give the meaning of the term *personal hygiene*. [1]
- (xiii) What type of deformity is Scoliosis? [1]
- (xiv) Give the meaning of the term *grazes*. [1]
- (xv) What is *weight training*? [1]

**SECTION B – 25 MARKS**

**Question 2**

**[5]**

Briefly explain *interval training*. Give *any three* advantages of this training.

**Question 3**

**[5]**

(i) Write short notes on the following:

- (a) Narcotic Analgesics
- (b) Warming up exercises

**OR**

(ii) Answer the following:

- (a) Write *any two* merits of League Tournament.
- (b) List *any three* measures to prevent Air Pollution.

**Question 4**

**[5]**

Draw a Knock-out fixture consisting of eleven teams.

**Question 5**

**[5]**

What are *conditioning exercises*? Write *any four* advantages of Conditioning exercises.

**Question 6**

**[5]**

(i) State the effects of insufficient sleep on human body.

**OR**

(ii) Explain Fartlek Training method.

## SECTION C – 30 MARKS

Attempt all questions on **any two** games from this section

### FOOTBALL

#### Question 7

- (i) Answer the following questions:
- (a) Explain *centre circle*. [3]
  - (b) If a player deliberately kicks an opponent player during a match, what will be the decision of the referee? [1]
  - (c) During a match, the ball hits the referee. What will be the decision of the referee? [1]
- (ii) (a) With the help of a diagram, show *any two* formations of players in the game of football. [5]

OR

- (b) State *any five* duties of a Football Coach.
- (iii) Explain the following: [5]
- (a) Kick-off
  - (b) Corner arc

### CRICKET

#### Question 8

- (i) Answer the following questions:
- (a) Write *any three* situations when an innings can be closed. [3]
  - (b) A fielder deliberately distracts a batsman by making verbal comments during a match. What is this practice called? [1]
  - (c) What will be the decision of the umpire if a batsman does not cross the crease while taking the second run? [1]
- (ii) (a) Write a short note on Follow-on. [5]

OR

- (b) State *any five* decisions that can be given by Leg-umpire.

- (iii) Explain the following terms: [5]
- (a) Hit Wicket
  - (b) Sight Screen

## HOCKEY

### Question 9

- (i) Answer the following questions:
- (a) Explain the Tie breaking process in the game of Hockey. [3]
  - (b) What will be the referee's decision when a player, other than the goalkeeper, touches the ball with hands? [1]
  - (c) What will be the decision of the umpire in Field hockey if the ball touches the defender and goes out of the back line? [1]
- (ii) (a) Draw a neat diagram of a Hockey field with its dimensions and specifications. [5]

OR

- (b) State *any five* situations when an opponent player can get a free hit.
- (iii) Explain the following: [5]
- (a) Duration of a Hockey match.
  - (b) Dodge

## BASKETBALL

### Question 10

- (i) Answer the following questions:
- (a) List *any three* jump ball situations. [3]
  - (b) If the ball goes out of the sideline, what will be the decision of the referee? [1]
  - (c) During a match, a player holds the ball while dribbling and runs. What will be the decision of the referee? [1]
- (ii) (a) Explain *time-out*. [5]

OR

- (b) Explain *Key* in Basketball court. [5]
- (iii) Explain the following terms:
- (a) Technical foul
- (b) Free-throw

## VOLLEYBALL

### Question 11

- (i) Answer the following questions:
- (a) Explain *any three* types of zones in Volleyball. [3]
- (b) While serving the ball, a player steps on the end line. What will be the referee's decision? [1]
- (c) What will be the decision of the referee if the ball touches the net and falls into the opponent's court during service? [1]
- (ii) (a) Write *any five* faults committed by the player while smashing the ball. [5]

OR

- (b) State *any five* duties of the Second Referee.
- (iii) Explain the following: [5]
- (a) Libero
- (b) Technical time-out

## TENNIS

### Question 12

- (i) Answer the following questions:
- (a) Explain the order of service in Tennis. [3]
- (b) Which player would gain a point if the ball touches the permanent fixture before hitting the ground? [1]
- (c) During a rally, the ball touches the net and falls in the opponent's court. What is this considered as? [1]
- (ii) (a) State *any five* conditions when a service is declared a fault by the umpire. [5]

OR

- (b) What is *grand slam* in Tennis? Name the different Grand Slam tournaments in Tennis.
- (iii) Explain the following terms: [5]
- (a) Eastern grip
- (b) Unforced error

## BADMINTON

### Question 13

- (i) Answer the following questions:
- (a) Explain the scoring system in a Badminton match. [3]
- (b) What will be the decision of the umpire if the shuttlecock hits the ceiling during a match? [1]
- (c) A shuttlecock lands on the line of the court during a rally. What will be the decision of the umpire? [1]
- (ii) (a) State the rules of service in a game of doubles. [5]

OR

- (b) Draw a neat diagram of a Badminton racket with all its specifications and dimensions.
- (iii) Explain the following terms: [5]
- (a) Love all
- (b) Back gallery

## SWIMMING

### Question 14

- (i) Answer the following questions:
- (a) What is the procedure to start a Backstroke race? [3]
- (b) What will be the decision of the referee if a player is absent for the event? [1]
- (c) What will be the decision of the officials if a swimmer makes a false start? [1]
- (ii) (a) Mention *any five* responsibilities of the Control room Supervisor in a tournament. [5]

OR

- (b) List *any five* freestyle events in swimming. [5]
- (iii) Explain the following:
- (a) Dolphin Kick
- (b) Role of a Life Guard

## ATHLETICS

### Question 15

- (i) Answer the following questions:
- (a) State *any three* basic skills required by an athlete for the discus throw. [3]
- (b) In a relay race, an athlete finishes the race without holding baton. What will be the referee's decision? [1]
- (c) What will be the decision of the officials if the tail of the javelin lands on the ground after the throw? [1]
- (ii) (a) Explain the different types of starts in Sprint races. [5]

OR

- (b) List *any five* Track events and *any five* Field events in Athletics.
- (iii) Explain the following terms: [5]
- (a) Relay baton
- (b) Race Walking

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