

PHYSICAL EDUCATION
PAPER 1
(THEORY)

W4033783

Maximum Marks: 70

Time Allotted: Three Hours

Reading Time: Additional Fifteen Minutes

Instructions to Candidates

1. You are allowed an **additional fifteen minutes** for only reading the question paper.
2. You must **NOT** start writing during reading time.
3. This question paper has **11 printed pages and one blank page**.
4. There are **fifteen questions** in this paper.
5. There are **three** sections in the paper: **A, B and C**. **Internal choices** have been provided in **two** questions in **Section B** and in one question in **Section C**.
6. **Section A** consists of one question having fifteen sub-parts of **one mark** each. Attempt all questions.
7. While answering **Multiple Choice Questions** in **Section A**, you are required to **write ONLY one correct option** as the answer.
8. **Section B** consists of **five** questions of **five marks** each. Attempt all questions.
9. **Section C** consists of **nine** questions of **fifteen marks** each. Attempt all subparts of a question on **any two** games in this section.
10. The intended marks for questions are given in brackets [].

Instruction to Supervising Examiner

1. Kindly read **aloud** the Instructions given above to all the candidates present in the examination hall.

SECTION A – 15 MARKS

Question 1

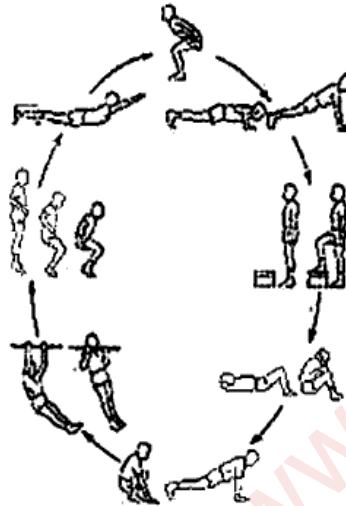
- (i) An athlete indulged in the illegal practice of consuming a stimulant before a national level competition. It was detected in the blood test conducted after the competition by an authorised body. [1]
Which authorised body conducted the test and would also penalise him for this illegal practice?
- (a) WADA
 - (b) NADA
 - (c) Narcotics Control Bureau
 - (d) AFI
- (ii) In a Cyclic tournament, one team is kept static and other teams are: [1]
_____.
- (a) rotated clockwise
 - (b) rotated anti-clockwise
 - (c) rotated from top to bottom
 - (d) rotated from bottom to top
- (iii) Identify the type of fracture shown below that is most common in long bones. [1]



(Source: www.medschool.co)

- (a) Greenstick fracture
- (b) Oblique fracture
- (c) Spiral fracture
- (d) Transverse fracture

- (iv) Which one of the following is a disorder characterised by lack of sleep? [1]
- (a) Sinus
 - (b) Insomnia
 - (c) Restless Leg Syndrome
 - (d) Narcolepsy
- (v) What type of training method is shown in the picture below? [1]



- (a) Fartlek training
 - (b) Interval training
 - (c) Circuit training
 - (d) Plyometric training
- (vi) Given below are two statements marked Assertion and Reason. Read the two statements carefully and choose the correct option. [1]
- Assertion:** Regular physical activity helps in reducing the risk of cardiovascular diseases.
- Reason:** Physical activity strengthens the heart muscles and improves blood circulation.
- (a) Both Assertion and Reason are true and Reason is the correct explanation of Assertion.
 - (b) Both Assertion and Reason are true but Reason is not the correct explanation of Assertion.
 - (c) Assertion is true and Reason is false.
 - (d) Both Assertion and Reason are false.

- (vii) In a _____ tournament, each team has to play with every other team twice. [1]
- (viii) The specialised device Splint was designed by _____ to stabilise and immobilise the injured lower limb(s). [1]
- (ix) _____ is known as the founder of Olympic Games as he revived them after a long gap. [1]
- (x) The combined and coordinated use of medical, social, educational and vocational measures for training and restoring the individuals to their best constructive capacity is known as _____. [1]
- (xi) What is *oral hygiene*? [1]
- (xii) State the meaning of *extramurals*. [1]
- (xiii) What is the significance of *byes* in fixture of tournament? [1]
- (xiv) What is *cultural heritage*? [1]
- (xv) Expand I.O.C. [1]

SECTION B – 25 MARKS

Question 2

[5]

Identify the soft tissue injury shown below. State *any three* causes and the treatment for this injury.



(Source: www.kineticlabs.ca)

Question 3**[5]**

- (i) Write short notes on each of the following:
- (a) Knock knees
 - (b) Droplet Infection

OR

- (ii) Answer the following:
- (a) Discuss Sports Software Engineering as a potential career option.
 - (b) Provide *any two* differences between a Professional and an Amateur player.

Question 4**[5]**

Nandita is a class XII student of Physical Education. She is also a member of the Sports Committee that is organising a football tournament of 13 teams. The school management decides to allocate only two days for the tournament and sanctions a small amount for it.

Which type of tournament should Nandita organise considering the time and budget constraints? Draw a fixture for this tournament stating its formula.

Question 5**[5]**

Discuss *any five* causes of Sports injuries.

Question 6**[5]**

- (i) What is I.O.A.? Mention *any four* functions of I.O.A.

OR

- (ii) Define *health education*. Explain *any four* of its general principles.

SECTION C – 30 MARKS

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

FOOTBALL

Question 7

- (i) Answer the following questions:
- (a) State *any three* pre-match duties of the Referee. [3]
 - (b) What will be the decision of the Referee if the goalkeeper handles the football outside the penalty area? [1]
 - (c) A player attempts to score goal during the game. The goalkeeper saves the goal but the ball reflexes and goes out of the goal line. What will be the decision of the Referee? [1]
- (ii) (a) Draw a Football field and mark the different positions of *any ten* players. [5]

OR

- (b) Describe *any five* situations when a direct free kick is awarded to a player by the Referee.
- (iii) Explain each of the following terms: [5]
- (a) Quarter circle
 - (b) Goal kick

CRICKET

Question 8

- (i) Answer the following questions:
- (a) Discuss the *protected area* of the pitch. [3]
 - (b) A player changes the condition of the ball for taking advantage. What is the term used to denote such practice? [1]
 - (c) During a match, a batter misses a stroke and the ball hits her body. She runs for a score. What signal will be given by the Umpire? [1]

- (ii) (a) What is *substitution*? Briefly discuss *any two* circumstances of substitution in Cricket. [5]

OR

- (b) Enlist *any five* national tournaments of Cricket in India.

- (iii) Explain each of the following terms: [5]

- (a) Golden duck
(b) "How is that?"

HOCKEY

Question 9

- (i) Answer the following questions:

- (a) Explain *any three* basic skills that a Hockey player must possess. [3]
(b) A player aggressively tackles an opponent during the match. What decision will be taken by the umpire? [1]
(c) What will be the Umpire's decision if the ball touches a defender's body within the penalty area? [1]

- (ii) (a) State *any five* situations when an attacking player may receive a penalty foul. [5]

OR

- (b) Enlist *any five* duties of the Team Manager in the game of Hockey.

- (iii) Explain each of the following terms: [5]

- (a) Drag flick
(b) Aerial pass

BASKETBALL

Question 10

- (i) Answer the following questions:
- (a) Discuss the history of the game of Basketball. [3]
 - (b) A player attempts a three-pointer shot and the opponent player commits a foul on him at the same time. What will be the decision of the Referee? [1]
 - (c) What foul will be given by the Referee if a player or a coach uses foul language, makes obscene gestures or argues with him? [1]
- (ii) (a) Enlist *any five* duties of the Table Official in the game of Basketball. [5]

OR

- (b) Draw a neat diagram of a Basketball board with all its dimensions and specifications.
- (iii) Explain each of the following terms: [5]
- (a) Fastbreak
 - (b) Carry

VOLLEYBALL

Question 11

- (i) Answer the following questions:
- (a) Explain *any three* roles of the players in the front zone during a Volleyball match. [3]
 - (b) What type of a foul will the Referee award if a player serves in wrong sequence? [1]
 - (c) A player smashes the ball in opponent's court. The ball touches the antenna and lands in the opponent's court. What will be the Referee's decision? [1]
- (ii) (a) State *any five* duties of a Volleyball coach. [5]

OR

- (b) Mention *any five* tournaments of Volleyball.

- (iii) Explain each of the following terms: [5]
- (a) Mintonette
 - (b) Dink

TENNIS

Question 12

- (i) Answer the following questions:
- (a) Explain the procedure of scoring in Tennis. [3]
 - (b) During a match, a server tosses the ball while serving and takes it back in his hand and tosses it again to serve. How will this impact the progress of the match? [1]
 - (c) A line judge gives a wrong decision and the player challenges the decision of the line judge. How will the Chair Umpire resolve this situation? [1]
- (ii) (a) Name and briefly explain *any two* types of Tennis court surfaces. [5]

OR

- (b) Write a short note on U.S. Open.
- (iii) Explain each of the following terms: [5]
- (a) Match point
 - (b) Top spin

BADMINTON

Question 13

- (i) Answer the following questions:
- (a) Explain *any three* types of services used in a game of Badminton. [3]
 - (b) What will be the decision of the Umpire if the shuttle lands in the back gallery at the time of service? [1]
 - (c) While serving, a player misses the shot and the shuttle falls down. [1]
What decision will the Umpire take?

- (ii) (a) Name *four* types of grips in Badminton. Discuss *any two* types of grips that a Badminton player can use effectively during a match. [5]

OR

- (b) Expand the following terms:

- (1) B.W.F.
- (2) B.A.C.
- (3) B.C.A.
- (4) B.A.I.
- (5) S.A.B.F.

- (iii) Explain each of the following terms: [5]

- (a) Wood shot
- (b) Short service line

SWIMMING

Question 14

- (i) Answer the following questions:

- (a) Draw a neat diagram of a standard swimming pool with all its dimensions and specifications. [3]

- (b) In a relay race, the first swimmer does not reach the end. Before her tapping on the end wall, the second swimmer dives into the pool to start her race. [1]

In this situation, what will be the decision of the Inspector of turns?

- (c) During a swimming competition, a swimmer stops for a while and holds the lane divider rope to rest. What will be the decision of the Lane Judge? [1]

- (ii) (a) Enlist *any five* types of Springboard Dives. [5]

OR

- (b) State *any five* duties of the Stroke judges.

- (iii) Explain each of the following terms: [5]
- (a) Breast Stroke
 - (b) IM

ATHLETICS

Question 15

- (i) Answer the following questions:
- (a) Name and explain *any three* long distance races. [3]
 - (b) In a long jump event, an athlete fails to start the jump after her name is called out. Specify the time limit within which she should have started the jump. [1]
 - (c) In a javelin event, an athlete throws the javelin in a wrong manner. How will the Umpire signal for a wrong throw? [1]
- (ii) (a) Explain *hurdle races* in Athletics. [5]

OR

- (b) Explain the procedure of Relay races.
- (iii) Explain each of the following terms: [5]
- (a) Pole vault
 - (b) Hammer throw