

# PHYSICAL EDUCATION

## PAPER 1

### (THEORY)

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**Maximum Marks: 70**

**Time Allotted: Three Hours**

**Reading Time: Additional Fifteen Minutes**

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#### **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 subparts 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.

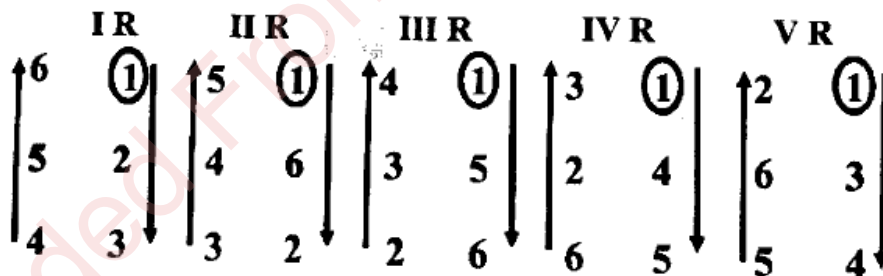
## SECTION A – 15 MARKS

### Question 1

- (i) Radhika works at the State Football Association. Her role involves keeping the players in an agile and flexible form and helping them build speed, strength and stamina. [1]

Which one of the following careers is Radhika pursuing?

- (a) Fitness Training  
 (b) Sports Marketing  
 (c) Sports Journalism  
 (d) Sports Administration
- (ii) In \_\_\_\_\_ training, high intensity work outs are followed by short phases of rest to restore energy. [1]
- (a) Fartlek  
 (b) Interval  
 (c) Repetition  
 (d) Continuous
- (iii) Observe the fixture given below and select the total number of matches in the tournament from the options. [1]



- (a) 15  
 (b) 18  
 (c) 20  
 (d) 30

(iv) Which one of the following is an effect of noise pollution on humans?

[1]

- (a) Reduced visibility
- (b) Wastage of natural resources
- (c) Insomnia and sleep disturbances
- (d) Increase in the thickness of ozone layer

(v) Identify the type of exercise shown in the image below.

[1]



(Source: fitnessvolt.com)

- (a) Isotonic
- (b) Isometric
- (c) Isokinetic
- (d) Plyometric

(vi) Given below are two statements marked Assertion and Reason. Read the two statements carefully and choose the correct option.

[1]

**Assertion:** Knock-knee is a postural deformity in which both the knees tilt inward while the ankles remain apart in the normal standing position.

**Reason:** There is an exaggeration of a backward curve in this deformity.

- (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) The number of byes given in the upper half of a fixture of nineteen teams on knockout basis will be \_\_\_\_\_ [1]
- (viii) Abrasions are also known as \_\_\_\_\_ [1]
- (ix) In \_\_\_\_\_ training, the focus is on the development of muscle mass and strength through the act of lifting heavy objects. [1]
- (x) The election of members of Indian Olympic Association is held once in \_\_\_\_\_ years at its annual meeting. [1]
- (xi) What is *dislocation*? [1]
- (xii) Name *any two* organisations involved in rehabilitation programme. [1]
- (xiii) What is *ring worm*? [1]
- (xiv) Briefly explain *limbering down exercises*. [1]
- (xv) What does *seeding* indicate in the fixture of a tournament? [1]

### SECTION B - 25 MARKS

#### Question 2

[5]

Identify the set of exercises shown below. Explain *any four* advantages it offers to a sportsperson.



**Question 3****[5]**

- (i) Write short notes on each of the following:
- (a) Epidemic
  - (b) SAI

**OR**

- (ii) Answer the following:
- (a) What is *air pollution*? State *any two* causes of air pollution.
  - (b) Expand YMCA. State *any two* of its objectives.

**Question 4****[5]**

Swati is a sixteen year old student who spends most of her time in studying. She often complains of lower back pain and neck ache after long hours of study. Her parents take her to a doctor who observes that:

- her shoulder looks depressed towards her body.
- her neck has curved downward.
- her lumber region is slightly arched.

The doctor warns Swati and her parents that it might lead to a postural deformity.

Name and explain the postural deformity that Swati's bodily condition might lead to. Suggest *any three* corrective measures to prevent such deformity.

**Question 5****[5]**

What is a *tournament*? Write *any two* merits and demerits of a tournament.

**Question 6****[5]**

- (i) Discuss the role of physical education in developing an individual's personality.

**OR**

- (ii) Explain the procedure of administering First aid to a victim of drowning.

## SECTION C – 30 MARKS

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

### FOOTBALL

#### Question 7

- (i) Answer the following questions:
- (a) Write *any three* duties of the Fourth Official. [3]
  - (b) What decision should the Referee take if a defender mistimes a tackle and makes the attacker fall inside the penalty area? [1]
  - (c) During a game, a player involves in a fight with the opponent outside the penalty area and pulls his jersey. What will be the decision of the Referee? [1]
- (ii) (a) Enlist *any five* offences committed by a Football player for which a red card is given by the Referee. [5]

OR

- (b) Explain *any five* types of signals given to players by the officials during a match.
- (iii) Explain each of the following: [5]
- (a) Trapping
  - (b) FIFA World Cup

### CRICKET

#### Question 8

- (i) Answer the following questions:
- (a) Explain *any three* situations when the assistance of Third Umpire is sought during a game. [3]
  - (b) A batter dislodges both the bails with the bat in an attempt to hit the ball. What will be the decision of the Umpire in this situation? [1]
  - (c) A bowler does an action of bowling but instead of releasing the ball, runs out the non-striker by whipping off the bails. What is this act called? [1]
- (ii) (a) Write a short note on BCCI. [5]

OR

- (b) Draw a neat diagram of a Cricket pitch showing all its measurements and specifications.

(iii) Explain each of the following terms:

[5]

(a) Powerplay

(b) Googly

## HOCKEY

### Question 9

(i) Answer the following questions:

(a) State *any three* skills of a goalkeeper in the game of Hockey. [3]

(b) During a match, a defender places the stick between an attacker's legs causing the attacker to trip and lose possession of the ball outside the shooting circle. What will be the decision of the Umpire? [1]

(c) An attacker's shot hits a defender's foot inside the shooting circle. What decision will the Umpire take? [1]

(ii) (a) What is *substitution*? Explain the procedure of Substitution in the game of Hockey. [5]

OR

(b) How many Umpires are required to conduct a Hockey match? Write *any four* decisions that can be taken by the Umpires.

(iii) Explain each of the following terms:

[5]

(a) Reverse stick

(b) Long corner

## BASKETBALL

### Question 10

(i) Answer the following questions:

(a) Write *any three* duties of a Scorer. [3]

(b) During a game, two fouls are committed at the same time by two opposing players against each other. What will be the decision of the Referee? [1]

(c) During a game, the attacking team made a move to score a basket and entered the opponent's court. But the defending team did not let the attack happen. So, the attacking player passed the ball to another player positioned in his own court. [1]

What will be the decision of the Referee?

- (ii) (a) Draw a neat diagram of a Basketball court with all its dimensions and specifications. [5]

**OR**

- (b) What is the rule of *violation* in Basketball? List *any four* violations that can occur during the game.
- (iii) Explain each of the following terms: [5]
- (a) Possession Arrow
- (b) Slam dunk

## **VOLLEYBALL**

### **Question 11**

- (i) Answer the following questions:
- (a) Draw a neat diagram of a Volleyball court with all its dimensions and specifications. [3]
- (b) A player in the back row crosses the attack line while smashing the ball. What will be the decision of the Referee? [1]
- (c) During a Volleyball match, a player from Team A executes a serve. The ball travels over the net and lands on the service line of Team B's court. What should be the Referee's decision in this situation? [1]
- (ii) (a) Who is a *libero*? Write *any three* restrictions that a player must follow as a libero. [5]

**OR**

- (b) State *any five* types of services in the game of Volleyball.
- (iii) Explain each of the following terms: [5]
- (a) Carry
- (b) Cross court shot

## TENNIS

### Question 12

- (i) Answer the following questions:
- (a) Mention *any three* conditions under which the ball can be replaced during a game. [3]
  - (b) After the second service, the ball falls in the box exactly opposite the place of the server and not in the diagonally opposite box. What will be the decision of the Umpire? [1]
  - (c) During the first service, the ball directly touches the opponent player. What will be the decision of the Umpire? [1]
- (ii) (a) Draw a neat diagram of a Tennis court with all its dimensions and specifications. [5]

OR

- (b) Mention *any five* duties of the Chair Umpire in the game of Tennis.
- (iii) Explain each of the following terms: [5]
- (a) Jamming
  - (b) Lob shot

## BADMINTON

### Question 13

- (i) Answer the following questions:
- (a) Explain the process of change of ends in Singles as well as Doubles match. [3]
  - (b) In a Doubles game, the wrong receiver returns the serve. What will be the decision of the Umpire? [1]
  - (c) In a Singles game, a player hits the shuttlecock hard and it breaks while flying through the air. What will be the decision of the Umpire? [1]
- (ii) (a) Draw a diagram of a Badminton court and mark all the dimensions and specifications on it. [5]

OR

- (b) Enlist *any five* duties of a Badminton coach.

- (iii) Explain each of the following terms: [5]
- (a) Tap
  - (b) Match point

## SWIMMING

### Question 14

- (i) Answer the following questions:
- (a) Describe *any three* duties of a Starter in swimming. [3]
  - (b) If a coach signals or communicates with the swimmer during the race, what will be the decision of the Judge? [1]
  - (c) A swimmer swims under water at the beginning of the race for more than 10 metres. What will be the decision of the Judge? [1]
- (ii) (a) Write *any ten* swimming events for Women. [5]

OR

- (b) Write *any five* duties of the Chief Timekeeper.
- (iii) Explain each of the following terms: [5]
- (a) Kick board
  - (b) Back stroke



## ATHLETICS

### Question 15

- (i) Answer the following questions:
- (a) Explain *any three* techniques of Long Jump. [3]
  - (b) In a hurdle race, an athlete stumbles over a hurdle and falls. What decision should the Lane Judge take? [1]
  - (c) Two athletes clear the same height in high jump, ending with same measurements. How will the winner be decided according to tie-breaker rules? [1]

(ii) (a) Draw a neat diagram of a standard Javelin sector. [5]

OR

(b) Name *any five* international athletic events.

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

(a) Baton exchange zone

(b) Steeple chase

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