

**PHYSICAL EDUCATION
PAPER – 1 (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 **any five** questions from **Section A**.*

***Section B** comprises of one question on each game, with five subparts (a), (b), (c), (d) and (e). Select **any two** games from this Section.*

*Answer **any three** of the **five** subparts (a), (b), (c), (d) and (e) from **each** of the **two** games selected by you in this section.*

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

SECTION A (40 Marks)

Answer *any five* questions.

Question 1

Discuss the role of Physical Education in the development of an individual, through the medium of games and sports. [8]

Question 2

Explain the procedure of conducting *circuit training*, with the help of a diagram. Explain *any four* benefits of circuit training. [8]

Question 3

Explain the meaning of *weight training*. Write *any eight* weight training exercises. [8]

Question 4

What is *International Olympic Committee (IOC)*? Write *any five* functions of the IOC. [8]

Question 5

What is meant by *correct posture*? Explain *any two* common postural deformities. [8]

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Question 6

Explain the meaning of *Health Education*. Mention *any five* principles of health education. [8]

Question 7

Write short notes on the following: [8]

- (a) Cardiopulmonary resuscitation.
- (b) Stimulants.

SECTION B (30 Marks)

Select *any two* games from this Section.

Answer *any three* of the *five* subparts (a), (b), (c), (d) and (e) from *each* of the *two* games selected by you. Each subpart is for *5 marks*.

FOOTBALL

Question 8 [3 × 5]

- (a) Draw a neat diagram of a football field, showing all its specifications. [5]
- (b) State *any five* ways of trapping the ball by various body parts. [5]
- (c) Mention the basic compulsory equipment used by a football player. [5]
- (d) Explain *goal-kick*. When is a goal-kick awarded? [5]
- (e) Explain the following terms: [5]
 - (i) IFAB
 - (ii) AIFF

CRICKET

Question 9 [3 × 5]

- (a) State *any five* pre-match duties of the umpire. [5]
- (b) Name *any five* different variations of spin bowling, in cricket. [5]
- (c) Specify the measurement of the following: [5]
 - (i) Length and width of a bat
 - (ii) Circumference and weight of a ball
 - (iii) Length of wickets above the ground

- (d) Write *any five* instances when a ball becomes dead. [5]
- (e) Explain the following terms: [5]
- (i) An appeal
 - (ii) Bump ball

HOCKEY

Question 10 [3 × 5]

- (a) Draw a neat diagram of a hockey goal post, with all its dimensions. [5]
- (b) Explain the *rule of substitution* in the game of hockey. [5]
- (c) List *five* cups and trophies associated with the game of hockey in India. [5]
- (d) Explain the following: [5]
- (i) Shooting circle
 - (ii) Bully
- (e) Write *any five* occasions when the referee blows the whistle during a game. [5]

BASKETBALL

Question 11 [3 × 5]

- (a) Draw a neat diagram of the restricted area in basketball with all its dimensions. [5]
- (b) Explain the procedure of substitution in the game of basketball. [5]
- (c) Name *any five* types of passes, in the game of basketball. [5]
- (d) Mention *any five* duties of a scorer and an assistant scorer. [5]
- (e) Explain the following terms: [5]
- (i) Screening
 - (ii) Three Second Rule

VOLLEYBALL

- Question 12** **[3 × 5]**
- (a) Write *any five* skills a volleyball player should possess. **[5]**
 - (b) Explain the following: **[5]**
 - (i) Blocking faults
 - (ii) Antennae
 - (c) List *any five* important duties of a volleyball referee. **[5]**
 - (d) State *any five* violations of rules that are punished by the referee. **[5]**
 - (e) State the dimensions of the following: **[5]**
 - (i) Circumference of the ball
 - (ii) Height of the net for men and women
 - (iii) Distance of attack line from the centre
 - (iv) Length of the net
 - (v) Length and breadth of the volleyball court.

TENNIS

- Question 13** **[3 × 5]**
- (a) Draw a neat diagram of the tennis court, with its dimensions. **[5]**
 - (b) Explain the pattern of scoring in the game of tennis. **[5]**
 - (c) Explain the following: **[5]**
 - (i) Let
 - (ii) Foot fault
 - (d) State *any five* conditions when the service is considered to be a fault service. **[5]**
 - (e) Write the instances when a player hinders the opponent. What are the penalties for it? **[5]**

BADMINTON

- Question 14** **[3 × 5]**
- (a) List *any five* duties of an umpire. **[5]**
 - (b) Explain the method of testing the speed of a shuttle. **[5]**
 - (c) List *any five* basic skills required by a player, in the game of badminton. **[5]**

- (d) Define the following: [5]
- (i) Smash shot
 - (ii) Drop shot
 - (iii) Drive shot
 - (iv) Clear shot
 - (v) Toss or lob shot
- (e) State the following dimensions: [3]
- (i) Height of the net at the centre
 - (ii) Length and width of the racket [2]
 - (iii) Weight of the shuttle
 - (iv) Number of feathers in a shuttle
 - (v) Width of the court lines.

SWIMMING

- Question 15** [3 × 5]
- (a) Explain synchronised swimming and marathon swimming. [5]
- (b) State the duties of the following: [5]
- (i) Judges of stroke
 - (ii) Recorders
- (c) Classify the different types of races in swimming. [5]
- (d) Name *any five* important swimming tournaments. [5]
- (e) Explain the following: [5]
- (i) Lane ropes
 - (ii) Automatic officiating equipment.

ATHLETICS

- Question 16** [3 × 5]
- (a) Draw a neat diagram of standard 400 m track, with all its dimensions. [5]
- (b) List the fundamental skills required by an athlete, for hammer throw. [5]
- (c) What is *false start*? Explain *any two* types of finishing techniques. [5]
- (d) Write *any five* duties of the call-room manager. [5]
- (e) Explain the following: [5]
- (i) Exchange zone
 - (ii) Starting blocks

