
PHYSICAL EDUCATION

(Two hours)

Answers to this Paper must be written on the paper provided separately.

*You will **not** be allowed to write during the first 15 minutes.*

This time is to be spent in reading the question paper.

The time given at the head of this Paper is the time allowed for writing the answers.

Attempt all questions from Section A and two questions from Section B.

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

SECTION A (50 Marks)

*Attempt **all** questions from this Section.*

Question 1

- (a) What is meant by personal hygiene? [2]
- (b) What is a cramp? [2]
- (c) State *any three* main causes of cramps. [3]
- (d) Name the organism which causes Malaria. [3]
- Mention *any two* symptoms of Malaria.

Question 2

- (a) Define first aid. [2]
- (b) State *any two* ways to maintain *oral hygiene*. [2]
- (c) List *any three* ways of maintaining personal cleanliness. [3]
- (d) Suggest *any three* measures to avoid accidents caused by fire. [3]

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Turn over

Question 3

- (a) What is meant by Immunization? [2]
- (b) Define Posture. [2]
- (c) Write the full form of RICE. [3]
- (d) State *any three* symptoms of Rheumatic Fever. [3]

Question 4

- (a) Define Antibiotics. [2]
- (b) State *any two* causes of obesity. [2]
- (c) State *any three* harmful effects of consuming alcohol. [3]
- (d) List *any three* transmission modes of venereal diseases. [3]

Question 5

- (a) Write the full form of ABC and CPR. [2]
- (b) Name *any two* diseases spread by Virus. [2]
- (c) Mention *any three* causes of sports injuries. [3]
- (d) Write the calories required for the following age groups: [3]
 - (i) A child aged 10 years.
 - (ii) An adult female (50 Kg).
 - (iii) An adult male with heavy sports activity.

SECTION B (50 Marks)

Attempt **two** questions from this Section.

You must attempt **one** question on each of the **two** games of your choice.

CRICKET

Question 6

- (a) Explain the following terms in Cricket: [8]
- (i) A bouncer
 - (ii) Duck
 - (iii) A yorker
 - (iv) A century.
- (b) (i) Explain the term *overthrow*. [9]
- (ii) Enumerate *any three* duties of a Leg Umpire.
 - (iii) Under which condition can an umpire declare *bad light*?
- (c) (i) State the full form of ICC and BCCI. [8]
- (ii) When is a batsman considered to be *out bowled*?
 - (iii) Explain the term *Hat-trick*.
 - (iv) What is the importance of the *30 yard circle*?

Question 7

- (a) Explain the following terms in Cricket: [8]
- (i) Intentional Disturbance
 - (ii) Timed-out
 - (iii) A stance
 - (iv) A maiden over.

- (b) (i) What is the rule of *follow on* in a five days test match? [9]
- (ii) State *any three* ways by which runs are scored.
- (iii) Write down *any three* fielding positions of *on side* in Cricket.
- (c) (i) What is the difference between a *bye* and a *leg bye* in Cricket? [8]
- (ii) Answer the following:
1. The length of the bat.
 2. The weight of the ball.
 3. Size of the bails.
 4. The height of the stumps.

FOOTBALL

Question 8

- (a) Answer the following: [8]
- (i) A free kick
- (ii) Heading
- (iii) Passing
- (iv) Weight and circumference of football.
- (b) (i) Explain the term *off side*. [9]
- (ii) Give the proper procedure to replace a *field player* with a *substitute player*.
- (iii) Mention *any three* instances for which a *direct free kick* is awarded.
- (c) Draw a diagram of a football field showing all its dimensions. [8]

Question 9

- (a) Explain the following terms in Football: [8]
- (i) Kick-off
 - (ii) Dropped ball
 - (iii) Injury time
 - (iv) Extra time
- (b) (i) How is a goal scored in the game of football? [9]
- (ii) Give *any three* situations when a *kick-off* is applied.
- (iii) Under which three situations is a player not considered *Off-side*?
- (c) (i) Under which four situations can a referee show a red card to a player? [8]
- (ii) Differentiate between *Goal Kick* and *Corner Kick*.

HANDBALL

Question 10

- (a) Explain the following terms in Handball: [8]
- (i) Free throw line
 - (ii) A fast break
 - (iii) Screen
 - (iv) Safety zone.
- (b) (i) State *any three* duties of timekeeper. [9]
- (ii) When is a *seven metre throw* awarded in the game of Handball?
- (iii) What is the purpose of the substitution line?

- (c) (i) Explain the *tie-rule* in handball. [8]
- (ii) Which parts of the body are allowed to be involved during the play?
- (iii) Explain the term *Passive Play*.
- (iv) When is a *throw in* awarded?

Question 11

- (a) Explain the following terms in Handball: [8]
- (i) Shuffling
- (ii) Goal area
- (iii) A throw off
- (iv) An exclusion.
- (b) (i) State *any three* basic skills used in the game of Handball. [9]
- (ii) How many team time-outs is a team entitled to take in a match?
What is its duration?
- (iii) What is meant by *Running* in a game of Handball?
- (c) (i) State *any four* duties of the referee in Handball. [8]
- (ii) List *any four* situations when a referee gives a two-minute suspension to a player.

HOCKEY

Question 12

- (a) Explain the following terms: [8]
- (i) A long corner
- (ii) A raised ball
- (iii) Astro turf
- (iv) Sudden death.

- (b) (i) Explain the term *corner push*. [9]
(ii) Mention *any three* situations when a penalty stroke is awarded.
(iii) What are the basic compulsory equipment required by a player in Hockey?
- (c) (i) What is the procedure to resume the game when the ball is played over the back line unintentionally by a defender? [8]
(ii) Name *any four* playing positions in the game of Hockey.

Question 13

- (a) Explain the following terms: [8]
(i) Side line hit
(ii) Rolling substitution
(iii) A corner
(iv) A goal line
- (b) (i) State the importance of the *shooting circle* in Hockey. [9]
(ii) Explain the term *Dribbling*.
(iii) Write *any three* duties of a captain.
- (c) Explain the following: [8]
(i) A ball out of play.
(ii) Advantage
(iii) Yellow card
(iv) Flick

BASKET BALL

Question 14

- (a) Explain the following terms: [8]
- (i) A substitution
 - (ii) A chest pass
 - (iii) A held ball
 - (iv) A jump ball.
- (b) (i) Explain the term *low dribble*. [9]
- (ii) What do you mean by man to man marking?
- (iii) Mention *any three* duties of the scorer in a Basketball match.
- (c) (i) State *any four* occasions when a ball becomes dead during the match. [8]
- (ii) Write the dimensions of:
1. The length of the Basketball court.
 2. The breadth of the Basketball court.
 3. The radius of centre circle.
 4. The diametre of the ring.

Question 15

- (a) Explain the following terms: [8]
- (i) A direct shot
 - (ii) Charging
 - (iii) A technical foul
 - (iv) A team foul.

- (b) (i) Name *any three* time-rule fouls in Basketball. [9]
(ii) Name *any three* fouls which involve personal contact with the opponent.
(iii) Name *any three* violations which are done without obstructing an opponent.
- (c) (i) What is *intentional foul*? What is the penalty for it? [8]
(ii) What is the procedure applied to start the game?

VOLLEY BALL

Question 16

- (a) Explain the following terms: [8]
(i) Free zone
(ii) Back line
(iii) Antenna
(iv) A catch.
- (b) (i) How many contacts are permitted in returning the ball over the net? [9]
Explain the procedure.
(ii) What is meant by the term *libero*?
(iii) What do you mean by *expulsion*?
- (c) (i) Explain the procedure of *substitution* during the game. [8]
(ii) Enumerate *any four* duties of the first referee.

Question 17

- (a) Explain the following terms: [8]
(i) A collective block
(ii) Assisted hit
(iii) Dead ball
(iv) Time out.

- (b) (i) What is meant by *ball in play*? [9]
(ii) What is 'screening'?
(iii) List *any three* faults that a player is likely to commit while playing the ball.
- (c) Explain the following terms: [8]
(i) A Side-out
(ii) A Penalty
(iii) Carrying the Ball
(iv) A Penetration-Fault.

SOFTBALL

Question 18

- (a) Explain the following terms: [8]
(i) A fly ball
(ii) Dug out
(iii) Pivot foot
(iv) An innings
- (b) (i) What do you mean by a *chopped ball*? [9]
(ii) When is a pitcher credited with loss?
(iii) Explain the term *Double play*.
- (c) Explain the following terms: [8]
(i) Catching
(ii) Strike zone.
(iii) Interference
(iv) An overthrow

Question 19

- (a) Explain the following terms: [8]
- (i) Leaping
 - (ii) A suspended game
 - (iii) A triple play
 - (iv) A batter.
- (b) (i) What is a *foul tip*? [9]
- (ii) List *any six* equipment used in the game of Softball.
- (c) (i) State *any four* duties of a plate umpire. [8]
- (ii) List *any four* conditions when a batter becomes a batter runner.