
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 any 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) Mention any *two* points to be kept in mind for care of the eyes. [2]
- (b) Name any *two* functions of a disinfectant. [2]
- (c) State *three* precautions to be observed while exercising. [3]
- (d) State three points to maintain personal hygiene. [3]

Question 2

- (a) State any *two* harmful effects of chewing tobacco. [2]
- (b) What are the symptoms of ringworm? [2]
- (c) Explain the principles of diet with reference to obesity. [3]
- (d) Name the causal agents for the following viral diseases:
 - (i) common cold (ii) yellow fever (iii) rabies. [3]

Question 3

- (a) Write *one* symptom each of Rheumatism and Protozoa. [2]
- (b) State any *two* defects of vision. [2]
- (c) Mention *three* differences between *antibiotics* and *antiseptics*. [3]
- (d) What is meant by the term *Droplet Infection*? Suggest *two* ways of preventing it. [3]

Question 4

- (a) State *two* major purposes of first aid. [2]
- (b) State *two* causes of electrical accidents. [2]

- (c) Name the vaccines given for each of the following:
- (i) Malaria
 - (ii) Pneumonia
 - (iii) Tuberculosis [3]
- (d) Define recreation. Enumerate the advantages of recreational activities. [3]

Question 5

- (a) Name the following:
- (i) device used to check bleeding
 - (ii) the treatment given to the person who has stopped breathing. [2]
- (b) Suggest any *two* measures to avoid railway accidents. [2]
- (c) Discuss the role of exercise in slimming. [3]
- (d) Define posture. Explain the advantages of maintaining correct posture. [3]

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:
- (i) Square leg
 - (ii) Mid-off
 - (iii) Off spin
 - (iv) Long-on [8]
- (b) (i) Explain the term *power play*. What are the maximum number of overs to be bowled during each power play?
- (ii) Explain how a wide ball is judged.
 - (iii) Batting skills are the backbone of a good cricketer. Name *three* batting skills. [9]
- (c) Explain the term *protective equipment* in Cricket. Mention any *six* protective equipment used by a batsman. [8]

Question 7

- (a) Explain the following terms in Cricket:
- (i) Time-out
 - (ii) Short run
 - (iii) Hit wicket
 - (iv) Follow-on. [8]
- (b) (i) Explain any *six* instances when the ball becomes dead.
(ii) Mention any *three* restrictions imposed on a substitute during a match. [9]
- (c) (i) Explain the signals to be used by the umpire in the following cases:
- (1) Short run
 - (2) No ball
 - (3) Bye
 - (4) To consult the third Umpire.
 - (5) Wide
 - (6) Leg bye.
- (ii) Enumerate *four* responsibilities of a wicket keeper. [8]

FOOTBALL

Question 8

- (a) Explain how the game can be re-started under the following conditions:
- (i) At kick-off the ball is passed into the striker's half before being touched by any other player.
 - (ii) When the ball goes out of the goal line of the same team last touched by the attacking player.
 - (iii) After a kick-off, the kicker touches the ball a second time before it is played by another player.
 - (iv) When the defending player deliberately touches the ball with his hand inside his own penalty area. [8]
- (b) (i) With the help of a diagram show the position of the following players during a penalty kick:

- (1) The player taking the penalty kick
- (2) The defending goal keeper
- (3) The players other than the kicker.
- (ii) Mention *three* duties of a linesman in the game. [9]
- (c) (i) Explain the importance of the following:
 - (1) Extra time
 - (2) Kick-off
 - (3) Centre mark.
- (ii) Mention any *two* situations for which a player is shown a red card and sent off. [8]

Question 9

- (a) Explain the following terms in Football:
 - (i) Goal kick
 - (ii) Ball out of play
 - (iii) Dropped ball
 - (iv) Abandoned match. [8]
- (b) (i) If a match ends in a draw and a winner is to be decided, explain the procedure to be followed by the referee to decide the winner.
- (ii) Mention three situations when a corner kick is awarded. [9]
- (c) (i) State any *six* cautionable offences committed by a player in Football.
- (ii) Name *three* techniques of passing the football on the ground. [8]

HANDBALL

Question 10

- (a) Explain the following terms in Handball:
 - (i) Free throw
 - (ii) Playing time
 - (iii) Goal-keeper throw
 - (iv) I H F. [8]
- (b) (i) Explain the instances when a player can be disqualified.

- (ii) How is the game re-started in Handball? Explain. [9]
- (c) (i) Explain any *three* situations when a 7-Metre throw is awarded.
- (ii) Name *five* major skills of playing Handball based on natural activities (running, jumping, etc.). [8]

Question 11

- (a) With the help of diagrams, explain any *two* formations in handball. [8]
- (b) (i) Explain any *six* duties of the referee in Handball.
- (ii) Mention the hand signals for the following:
 - (1) Free throw
 - (2) Offensive foul
 - (3) Illegal dribble. [9]
- (c) (i) Explain *three* actions which are permitted and *three* actions not permitted during the approach to an opponent.
- (ii) When is a player excluded from the game? Explain. [8]

HOCKEY

Question 12

- (a) Explain the following terms in Hockey:
 - (i) Free hit
 - (ii) Dangerous play
 - (iii) Scoop
 - (iv) Push [8]
- (b) (i) Mention any *six* occasions when the umpire blows the whistle during a game.
- (ii) When is a goal considered to have been scored in Hockey?
- (iii) Mention any *two* important features of a shooting circle. [9]
- (c) (i) What decisions will be taken by the umpire in the following cases?
 - (1) An international breach of the rules inside the circle by a player of the defending team.
 - (2) The ball hits the foot of a player.
 - (3) Injury to a player.

- (ii) Enumerate *two* personal penalties in Hockey. [8]

Question 13

- (a) State:
- (i) The maximum length of a hockey stick.
 - (ii) The minimum and maximum weight of a hockey ball.
 - (iii) The minimum and maximum circumference of a hockey ball.
 - (iv) The height of the goal post in Hockey. [8]
- (b) (i) Explain any *three* rules regarding Hockey substitution.
- (ii) Write any *three* duties of the Hockey Captain. [9]
- (c) (i) Explain the term *manufacturer's foul*. Mention any *two* situations for which a *manufacturer's foul* is awarded.
- (ii) When is the yellow card shown to a player during a match and what for? [8]

BASKETBALL

Question 14

- (a) Explain the following terms in Basketball:
- (i) 8 second rule
 - (ii) Double foul
 - (iii) Cylinder Principle
 - (iv) Screening. [8]
- (b) (i) Mention any *three* duties of the Captain and *three* duties of the Coach in Basketball.
- (ii) How is the game lost by default? [9]
- (c) Explain the hand signals for the following:
- (i) Charged time out
 - (ii) Jump ball
 - (iii) Substitution.
 - (iv) Personal Foul. [8]

Question 15

- (a) Answer the following questions:
- (i) What is the length of the basketball court?
 - (ii) What is the radius of the center circle?
 - (iii) What is the radius of the three point field goal area?
 - (iv) What is the height of the trap edge of the ring from the ground? [8]
- (b) (i) Mention *three* differences between a *player out of bounds* and a *ball out of bounds*.
- (ii) What is meant by the term *technical foul*? [9]
- (c) (i) List any *five* occasions when the ball becomes dead.
- (ii) What do you mean by the following terms used in the game?
- (1) Pivot
 - (2) Dribble
 - (3) Rebound. [8]

VOLLEYBALL

Question 16

- (a) Draw a well labelled diagram of the Volleyball court. [8]
- (b) (i) Mention any three skills a *libero* is not permitted to perform during the game.
- (ii) Explain any *three* different types of services in Volleyball.
- (iii) What are technical time outs? When are they applied? [9]
- (c) (i) Mention any six *attack hit faults*.
- (ii) Explain a team's rotation order. [8]

Question 17

- (a) Answer the following questions:
- (i) State the number of players who can participate in a block.
 - (ii) State the number of sets a team should win, in order to win the match.
 - (iii) What is the height of the net for men?

- (iv) How many line judges are required to conduct an official match? [8]
- (b) (i) What are the hand signals of the referee for the following?
- (1) Play touching the net
 - (2) Authorization for service
 - (3) Ball out.
- (ii) What are regular game interruptions? State the number of such interruptions allowed during a set. [9]
- (c) (i) What decisions will be given in the following situations?
- (1) A served ball travels outside the antenna and lands in the opponent's court.
 - (2) An attack hit touches the defending player and touches the ground.
 - (3) The Coach makes an improper request for a substitution for a second time.
- (ii) What is spiking? How is it performed? [8]

SOFTBALL

Question 18

- (a) Explain the following terms in Softball:
- (i) Batted ball
 - (ii) Fake tag
 - (iii) Additional hitter
 - (iv) Line drive. [8]
- (b) (i) Mention any *six* situations when the ball is dead and not in play.
- (ii) Mention any *three* situations when put-outs are scored. [9]
- (c) (i) Explain any *six* situations when a strike is called by the umpire.
- (ii) When is the time out announced by the umpire? [8]

Question 19

- (a) Explain the following terms in Softball:
- (i) Fly ball
 - (ii) Obstruction
 - (iii) Base
 - (iv) Blocked ball [8]
- (b) (i) Explain any *six* situations when a ball is live and in play.
- (ii) State any *three* specific duties of the base umpires. [9]
- (c) Explain the umpires signals and terms to be used in the following situations:-
- (i) Foul ball
 - (ii) Base runner out
 - (iii) Base runner safe.
 - (iv) A trapped ball. [8]