

PHYSICAL EDUCATION
PAPER - 1
(THEORY)

(Three hours)

*(Candidates are allowed additional 15 minutes for **only** reading the paper.*

They must NOT start writing during this time.)

*Answer **all** questions from Section A and **four** questions on **two** of the sports
from Section B.*

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

SECTION A (48 Marks)

*Answer **all** questions.*

Question 1

Write short notes on the following: [8]

- (i) Importance of oral hygiene.
- (ii) Importance of eye care.

Question 2

Define *motivation*. Explain *any four* methods of extrinsic motivation. [8]

Question 3

Explain the effects of exercise and training on the muscular system. [8]

Question 4

Differentiate between *warming up* and *conditioning*. State *any four* advantages of conditioning. [8]

Question 5

Define *rehabilitation*. Explain the role of community in the process of rehabilitation. [8]

Question 6

What is a *splint*? Explain the procedure of giving first aid to a person suffering from a cramp. [8]

SECTION B (52 Marks)

Answer **four** questions on any **two** sports.

FOOTBALL

Question 7

- (a) List *any five* equipments which a referee must carry while conducting a match. [5]
- (b) State *any four* pre-match duties of the referee. [4]
- (c) State *any four* situations when a kick-off is conducted. [4]

Question 8

- (a) State *any five* duties of the fourth official. [5]
- (b) What is the full form of AIFF? Which country won the Football World Cup in the year 2010? [4]
- (c) Explain the following terms: [4]
 - (i) Advantage
 - (ii) Final Pass

CRICKET

Question 9

- (a) Draw a neat diagram of a cricket field and mark *any four* fielding positions in front of the striker's wicket. [5]
- (b) Answer the following questions (write full form): [4]
 - (i) Name the body/organization which controls the game of cricket in India.
 - (ii) Name the body which frames the rules of the game of cricket.
- (c) Explain the signal which the umpire will give for the following: [4]
 - (i) Free hit.
 - (ii) Short run.

Question 10

- (a) State the following with reference to the game of Cricket: [5]
- (i) Weight of the ball.
 - (ii) Length of the bat and the width of the blade.
 - (iii) Height of the stumps with bails.
 - (iv) Length of the bowling crease.
 - (v) Circumference of the ball.
- (b) Explain the following terms: [4]
- (i) A century.
 - (ii) An over-throw.
- (c) List *any four* types of strokes played by the striker behind his popping crease. [4]

HOCKEY

Question 11

- (a) Name *any five* playing positions in the game of hockey. [5]
- (b) Answer the following: [4]
- (i) Name the trophy given to the winners of the national hockey championship for Men and Women in India.
 - (ii) Who is the captain of the Indian men hockey team and the captain of the Indian women hockey team?
- (c) Explain the following terms in the game of Hockey: [4]
- (i) A warning
 - (ii) Dangerous play

Question 12

- (a) List *any five* occasions when the umpire blows the whistle during the game. [5]
- (b) State the following with reference to the game of Hockey: [4]
- (i) Weight of the ball.
 - (ii) Circumference of the ball.
 - (iii) Height of the goal post.
 - (iv) Width of the goal post.
- (c) State the difference between a *dribble* and a *scoop*. [4]

BASKETBALL

Question 13

- (a) List *any five* equipments required by the table officials to conduct a match. [5]
- (b) What is the full form of the term BFI? What is its importance for the game? [4]
- (c) Explain the following terms in the game of Basketball: [4]
 - (i) Charging
 - (ii) Holding

Question 14

- (a) List *any five* occasions when the game clock is stopped during the game. [5]
- (b) State *any four* occasions when the ball becomes dead during the play. [4]
- (c) Explain the following terms in the game of Basketball: [4]
 - (i) Board-shot
 - (ii) Lay-up-shot

VOLLEYBALL

Question 15

- (a) List *any five* skills used by a player in the game of Volleyball. [5]
- (b) What is the full form of VFI? What is its importance for the game? [4]
- (c) Expand the following terms: [4]
 - (i) Setter
 - (ii) Rotation

Question 16

- (a) List *any five* duties of the team captain. [5]
- (b) Differentiate between a *smash* and a *serve*. [4]
- (c) List *any four* duties of the first referee. [4]

TENNIS

Question 17

- (a) What is the pattern of scoring in the game of Tennis? [5]
- (b) Explain the following terms in the game of Tennis: [4]
- (i) Ace
 - (ii) Deuce
- (c) Who won the Men and the Women Singles title in the Wimbledon Championship in the year 2012? [4]

Question 18

- (a) List *any five* ways when a player loses a point in the game. [5]
- (b) What does ATP stand for? What is Davis Cup? [4]
- (c) Differentiate between a *Slice shot* and an *Overhead smash*. [4]

BADMINTON

Question 19

- (a) Draw a neat diagram of a doubles badminton court with all dimensions. [5]
- (b) Name the trophy given for the National Badminton championship for men and women in India. [4]
- (c) Explain the following terms in the game of Badminton: [4]
- (i) Service
 - (ii) Drop shot

Question 20

- (a) State *any five* instances when a service court error is made by a player. [5]
- (b) State *any four* occasions when the shuttle is considered not in play. [4]
- (c) Explain the following: [4]
- (i) Short service
 - (ii) Cross court service

SWIMMING

Question 21

- (a) Explain the *Spearhead Principal*. [5]
- (b) What is synchronised swimming? [4]
- (c) Explain the following terms: [4]
 - (i) Individual medley
 - (ii) False start.

Question 22

- (a) List *any five* duties of the referee. [5]
- (b) List the races which start with a dive. [4]
- (c) Explain the following terms: [4]
 - (i) Springboard diving
 - (ii) Medley relay.

ATHLETICS

Question 23

- (a) Draw a diagram of a Javelin runway and sector with specifications. [5]
- (b) What is the importance of the following: [4]
 - (i) Starting blocks
 - (ii) Stagers
- (c) Explain the following terms: [4]
 - (i) Decathlon
 - (ii) Race walking.

Question 24

- (a) List *any five* events of the Heptathlon. [5]
- (b) What is the full form of IAAF? What is a steeplechase race? [4]
- (c) List *any four* duties of the chief time keeper. [4]