

PHYSICAL EDUCATION

PAPER – 1

(THEORY)

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

They must **NOT** start writing during this time.)

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Answer **six** questions from **Section A**.

Section B comprises of one question on each game, with three subparts (a), (b) and (c). Select any two games from this section. Answer any **two** of the **three** subparts (a), (b) and (c) 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 [].

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SECTION A (60 Marks)

Answer *any six* questions.

Question 1

Explain the role of physical education in development of an individual through games and sports [10]

Question 2

Write short notes on the following:

- (i) Method of conducting interval training. [5]
- (ii) Advantages of weight training. [5]

Question 3

Mention *any four* career options in Physical Education. Write briefly on the functions of *any four* important institutions of Physical Education in India. [10]

Question 4

- (i) Write short notes on *types of tournaments*. [5]
 - (ii) Differentiate between *professional* and *amateur* players. [5]
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Question 5

Explain the meaning of the term '*Drug abuse*' and write the effects of drugs on a sports person. [10]

Question 6

Define *disability*. Explain the causes of disabilities. [10]

Question 7

- (i) Explain *five* soft tissue injuries in sports. [5]
- (ii) What is meant by *circuit training*? What are its advantages? [5]

Question 8

Explain the procedure of RICE in the treatment of sprain. [10]

SECTION B (40 Marks)

Select any two games from this section.

Answer any two of the three subparts (a), (b) and (c) from each of the two games selected by you.

FOOTBALL

Question 9

[10 x 2]

- (a)
 - (i) Draw a neat diagram of a standard football field with all specifications. [5]
 - (ii) Write the procedure of correct free throw in football. [3]
 - (iii) When is a *corner kick* awarded? [2]
- (b)
 - (i) List *any five* occasions on which the referee blows the whistle in the game. [5]
 - (ii) When is a goal scored in football? [3]
 - (iii) State *any four* duties of the linesman in football. [2]
- (c)
 - (i) What is the full form of FIFA? What is its importance for the game? [5]
 - (ii) List *any three* offences for which a player is cautioned and shown a yellow card in football. [3]
 - (iii) State *any four* ways of trapping the ball in football. [2]

CRICKET

- Question 10** **[10 x 2]**
- (a) (i) Draw a neat diagram of a pitch showing the bowling crease, popping crease and return crease with their specifications. **[5]**
- (ii) Give *any three* instances when a ball is declared *no ball*. **[3]**
- (iii) Explain the role of the third umpire in cricket. **[2]**
- (b) (i) List *any five* instances when a batsman is declared out. **[5]**
- (ii) Explain the following terms: **[3]**
- 1 Side screens
- 2 Maiden over
- 3 Follow on
- (iii) Give the full form of BCCI. **[2]**
- (c) (i) Explain the procedure of toss in cricket. **[5]**
- (ii) Define the term *over* in cricket. **[3]**
- (iii) When is a ball declared *wide* in cricket? **[2]**

HOCKEY

- Question 11** **[10 x 2]**
- (a) (i) Draw a neat diagram of the hockey field with all specifications. **[5]**
- (ii) List *six* important skills in the game of hockey. **[3]**
- (iii) Explain *two* occasions in hockey, when the ball is not in play. **[2]**
- (b) (i) Write *any five* duties of hockey umpires. **[5]**
- (ii) When is a *free hit* awarded in hockey? **[3]**
- (iii) What is the importance of the 25-yard line in hockey? **[2]**
- (c) (i) Explain the procedure of *start* and *restart* of play. **[5]**
- (ii) What is the procedure for scoring a goal in hockey? **[3]**
- (iii) State *any four* occasions when the hockey umpire blows the whistle in the game. **[2]**

BASKETBALL

Question 12 [10 x 2]

- (a) (i) Draw a neat and well-labeled diagram of a basketball court. [5]
(ii) Explain *jump ball* in basketball. [3]
(iii) Explain the *twenty-four seconds rule*. [2]
- (b) (i) Differentiate between *violations* and *foul*. [5]
(ii) What is the duration of the game and in how many periods is the game divided? [3]
(iii) Explain *personal foul* in basketball. [2]
- (c) (i) When is the ball considered *dead*? [5]
(ii) Write down *any three* duties of the captain. [3]
(iii) Explain how a game can be lost by *forfeit*. [2]

VOLLEYBALL

Question 13 [10 x 2]

- (a) (i) Draw a neat diagram of volleyball court with all its specifications. [5]
(ii) 1. List *two* regular game interruptions. [3]
2. Mention *one* occasion when a team is declared *in default*.
(iii) What is the purpose of *antennae* on the volleyball net? [2]
- (b) (i) State *any five* duties of the line judges and their location. [5]
(ii) Explain *block fault*. [3]
(iii) Name the trophy given for the *National Volleyball Championship* in India for Men. [2]
- (c) (i) List *any five* types of game delays. [5]
(ii) State *any three* duties of the first referee in the game of volleyball. [3]
(iii) When is a *rotational fault* committed? [2]

TENNIS

Question 14 [10 x 2]

- (a) (i) Draw a neat diagram of a tennis court with all its specifications. [5]
(ii) Define a *set* and mention the maximum number of sets in a match for men and women. [3]
(iii) What is the procedure followed during a *tie-break*? [2]
- (b) (i) State *any five* conditions when the service is considered to be a *Fault*. [5]
(ii) What is the method of scoring in the game? [3]
(iii) Explain the term *advantage* in tennis. [2]
- (c) (i) Explain *grand slam tournaments*. Name the countries organizing them. [5]
(ii) What is *good return*? [3]
(iii) Explain the term *Deuce*. [2]

BADMINTON

Question 15 [10 x 2]

- (a) (i) Draw a neat diagram of badminton racket and shuttlecock with all their specifications. [5]
(ii) State *any four* duties of service judge. [3]
(iii) When is the shuttle considered not in play? [2]
- (b) (i) List the officials who are appointed to conduct a tournament. [5]
(ii) Explain *Let* in badminton. [3]
(iii) List *any four* faults in badminton. [2]
- (c) (i) Explain the method of testing the speed of the shuttle. [5]
(ii) How is toss conducted? [3]
(iii) Write a short note on the *Indian Badminton League*. [2]

SWIMMING

Question 16

[10 x 2]

- (a) (i) State the standard pool specification required for the following: [5]
1. Length
 2. Width
 3. Depth
 4. Number of Lanes
 5. Width of lanes
- (ii) Explain *long distance swimming*. [3]
- (iii) Explain *any four* duties of inspectors of turns. [2]
- (b) (i) State *any five* duties of the referee in a swimming event. [5]
- (ii) What is *false start rope*? [3]
- (iii) Explain the *starting stance* of a swimmer in the backstroke event. [2]
- (c) (i) List the races in swimming which must begin with a dive. [5]
- (ii) What are the grounds on which a swimmer can be disqualified? [3]
- (iii) Give the full form of *SFI*. [2]

ATHLETICS

Question 17

[10 x 2]

- (a) (i) Draw a neat diagram of standard track with stagger, lane and straights distance. [5]
- (ii) What is meant by *track and field events*? [3]
- (iii) State the dimensions of the following: [2]
1. Minimum length of the runway in pole vault.
 2. Total distance of a Marathon race.
- (b) (i) Draw a diagram of a discus circle and sector with specifications. [5]
- (ii) Explain the term *race walking*. [3]
- (iii) Give the full form of *IAAF*. [2]
- (c) (i) What is a *decathlon*? List the events and their order in the decathlon competition. [5]
- (ii) Explain *cross country running*. [3]
- (iii) What are the duties of the marshal? [2]