

PHYSICAL EDUCATION

PAPER – 1

(THEORY)

(Three hours)

Maximum Marks: 70

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

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

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Answer **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 [].

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SECTION A (40 Marks)

Answer *any five* questions.

Question 1

Explain how modern games and sports are the outcome of our culture. [8]

Question 2

Explain the procedure of conducting interval training. Write *any four* advantages of the training. [8]

Question 3

Explain the coaching system of Netaji Subhash National Institute of Sports (N.S.N.I.S). [8]
Write any *four* function of N.S.N.I.S.

Question 4

Define *tournament*. Write any *five* merits of tournament. [8]

Question 5

Briefly explain the following:

(a) Rehabilitation [4]

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- (b) Knock-Knees [4]

Question 6

Write short notes on the following:

- (a) Disability [4]
(b) Warming up [4]

Question 7

Briefly explain the meaning of the term *first aid*. Write the steps to be taken for giving first aid for cuts. [8]

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

- (a) Explain the term *off-side*. Write *any three* conditions when a player is given off-side. [5]
(b) State *any five* occasions when a red card is shown to a player by the referee. [5]
(c) Explain the procedure of conducting penalty shoot outs. [5]
(d) Write *any five* duties of an assistant referee. [5]
(e) Explain the following terms: [5]
(i) Dropped ball
(ii) Throw-in

CRICKET

Question 9

- (a) Draw a neat diagram of a cricket pitch showing all dimensions. [5]
(b) List *any five* batting skills required by a batsman in cricket. [5]
(c) Explain the following terms: [5]
(i) Leg before wicket (lbw)
(ii) Leg bye

- (d) Write *any five* fielding positions on the *off-side* and *leg-side* of the pitch. [5]
- (e) Explain the term *follow-on* in the game of cricket. [5]

HOCKEY

Question 10

- (a) Draw a neat diagram of the hockey field showing all dimensions. [5]
- (b) Explain the procedure of taking a penalty corner in the game of hockey. [5]
- (c) Explain the following: [5]
- (i) Reverse flick
 - (ii) Scoop
- (d) Explain the procedure of *starting* and *restarting* in the game of hockey. [5]
- (e) Write *any five* duties of a referee in hockey. [5]

BASKETBALL

Question 11

- (a) Explain the terms *charging* and *blocking* in the game of basketball. [5]
- (b) Draw a neat diagram of a basketball court with all specifications. [5]
- (c) Explain the following: [5]
- (i) Lay-up shot
 - (ii) Time-out
- (d) Write *any five* duties of the referee. [5]
- (e) List *any five* conditions when a ball is considered to be dead in the game of basketball. [5]

VOLLEYBALL

Question 12

- (a) State *any five* duties of a coach in the game of volleyball. [5]
- (b) List *any five* service faults committed by a player while doing service. [5]
- (c) Define the following: [5]
- (i) The Setter
 - (ii) Libero

- (d) Draw a neat diagram of volleyball court with its dimensions. [5]
- (e) Write *any five* duties of the captain of the team. [5]

TENNIS

Question 13

- (a) Mention *any five* fundamental skills required in the game of tennis. [5]
- (b) Draw a neat diagram of a tennis racket with all dimensions. [5]
- (c) Explain the following terms: [5]
- (i) Deuce
 - (ii) LOB
- (d) Explain the rule of tie-break in the doubles game. [5]
- (e) State *any five* instances when a player loses a point during the game. [5]

BADMINTON

Question 14

- (a) Mention *any five* fundamental skills required by a player in the game of badminton. [5]
- (b) Draw a neat diagram of a badminton court with all its dimensions. [5]
- (c) Explain the following terms: [5]
- (i) Love all
 - (ii) Backhand shot
- (d) Explain *any two* types of grips used to hold the racket. [5]
- (e) Give *any five* instances when a shuttle is considered to be *not in play*. [5]

SWIMMING

Question 15

- (a) Mention *any five* duties of the starter. [5]
- (b) Write *any five* reasons why a life-guard is required in a swimming pool. [5]
- (c) Write a short note on FINA. [5]
- (d) Explain the following: [5]

- (i) Back Stroke
- (ii) False start rope
- (e) Write *any two* skills required in swimming and their importance. [5]

ATHLETICS

Question 16

- (a) Explain *Marathon* race. List *any three* exercises to improve performance in marathon races. [5]
- (b) What is a *decathlon*? List the events and their order in the decathlon competition. [5]
- (c) Explain the following: [5]
 - (i) Relay
 - (ii) Block clearance
- (d) Give the standard weight of the following equipment used in the *men's event*. [5]
 - (i) Hammer.
 - (ii) Javelin.
 - (iii) Shot Put
 - (iv) Discus
 - (v) Pole vault crossbar
- (e) What is a *crouch-start*? Write the commands used for a *sprint -start*. [5]