

PHYSICAL EDUCATION
PAPER – 1 (THEORY)

(Maximum Marks: 70)

(Time allowed: Three hours)

(Candidates are allowed additional 15 minutes for **only** reading the paper.
They must **NOT** start writing during this time.)

Answer **any five** questions from **Section A**.

Section B comprises 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 [].

SECTION A (40 Marks)

Answer **any five** questions.

Question 1

Briefly explain the role of physical education in national integration. [8]

Question 2

What is meant by *Sports Training*? Explain its importance. [8]

Question 3

Write a short note on Netaji Subhas National Institute of Sports (NSNIS) and list its aims and objectives. [8]

Question 4

Explain the advantages and disadvantages of knock-out tournaments. Name the other *three* types of tournaments. [8]

Question 5

- [8]
- (a) What is meant by *drug abuse*?
 - (b) Discuss the various objectives of health education.

Question 6

- [8]
- (a) State the various causes of disability.
 - (b) Discuss first aid treatment for sprains and strains.
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Turn over

Question 7

[8]

- (a) Briefly discuss the importance of correct posture.
- (b) With regard to First Aid, what does RICE stand for?

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

[3 × 5]

- (a) Explain *any five* offences committed by a football player for which a Red card is shown. **[5]**
- (b) Explain the following terms associated with the game of football: **[5]**
 - (i) Corner kick
 - (ii) Throw in
- (c) What is *time lost*? State the various situations under which time is lost during the game. **[5]**
- (d) List *any five* occasions when the referee blows the whistle during the game. **[5]**
- (e)
 - (i) When is a penalty kick awarded in a game of football? **[5]**
 - (ii) From which spot is a penalty kick taken?

CRICKET

Question 9

[3 × 5]

- (a) Mention the role of a match referee. **[5]**
- (b) Draw *any five* fielding positions in a 30 yards circle. **[5]**
- (c) Explain the *five* situations when a *no ball* is called by an umpire. **[5]**
- (d) Explain the terms *leg bye* and *leg before wicket*. **[5]**
- (e) Explain the *Duckworth rule* in the game of cricket. **[5]**

HOCKEY

- Question 10** **[3 × 5]**
- (a) Explain the following: **[5]**
 - (i) Flick
 - (ii) Long corner
 - (b) List *any five* international tournaments of hockey. **[5]**
 - (c) Mention the basic compulsory equipment used by hockey players. **[5]**
 - (d) Write *any four* fundamental skills of hockey and briefly explain *any one* of them. **[5]**
 - (e) Write the full form of IHF and mention *any three* duties of IHF. **[5]**

BASKETBALL

- Question 11** **[3 × 5]**
- (a) What is the difference between *charging* and *blocking*? **[5]**
 - (b) List *any five* technical equipment used by the table officials. **[5]**
 - (c) Explain the *Five Second Rule* and the *Eight Second Rule*. **[5]**
 - (d) Explain the following terms with reference to the game of Basketball: **[5]**
 - (i) Time out
 - (ii) Pivot
 - (e) Differentiate between *foul* and *team foul*. **[5]**

VOLLEYBALL

- Question 12** **[3 × 5]**
- (a) Explain the following: **[5]**
 - (i) Round-arm service
 - (ii) Tennis service
 - (b) Differentiate between a *smash* and a *serve*. **[5]**
 - (c) Name *five* international tournaments of Volleyball. **[5]**
 - (d) List *five* types of game delay. **[5]**
 - (e) Explain the following terms: **[5]**
 - (i) Rally
 - (ii) Spike

TENNIS

Question 13 [3 × 5]

- (a) List the various situations under which a player, while serving during a game of tennis may make foot fault. [5]
- (b) What is the pattern of scoring in a tie-breaker? [5]
- (c) Mention *any four* fundamental skills required in the game of tennis and briefly explain *any one* of them. [5]
- (d) Name the officials who are required to conduct a tennis match. [5]
- (e) (i) When is an *advantage* given in a game of tennis? [5]
(ii) What is a *cross court shot*?

BADMINTON

Question 14 [3 × 5]

- (a) List the duties of the line judge and the service judge. [5]
- (b) Mention *any five* faults a badminton player may commit during the game. [5]
- (c) Describe the scoring system in a game of Badminton. [5]
- (d) State *any five* duties of a service judge. [5]
- (e) Mention *any five* important tournaments of Badminton. [5]

SWIMMING

Question 15 [3 × 5]

- (a) Mention *any three* duties of the starter and *any two* duties of the chief inspector of turns. [5]
- (b) Mention the rules related to the conduct of races. [5]
- (c) List the order of strokes in the medley relay events. [5]
- (d) Write a short note on SFI. [5]
- (e) Name the events which start with a dive and the events which start from within the water. [5]

ATHLETICS

Question 16 [3 × 5]

- (a) What is the diameter of a shotput circle? What are the measurements of a stop board? [5]
- (b) Differentiate between *sector* and *lane* in athletics. [5]
- (c) Draw a diagram of a javelin runway and sector with *any three* specifications. [5]
- (d) Describe fundamental skills required for long jump. [5]
- (e) Mention *any five* international competitions in athletics. [5]