

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 all questions in Section A and Section B.

Answer all questions on any two games in Section C.

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

SECTION A – 15 MARKS

Question 1

- (i) One of the causes for chronic respiratory diseases is _____ pollution. [1]
- (ii) Sejal is an athlete of 400 m race. After an intense session of practice, her coach makes her do stretching to ease and relax her body. [1]
The type of exercise that Sejal's coach makes her do is _____ exercise.
- (iii) _____ is a method by which strong teams are placed in the fixture in such a way that they do not compete against each other in the beginning of the competition. [1]
- (iv) _____ are hard and thick layers of skin that develop from the skin's response to friction and pressure. [1]
- (v) During a cricket match, a batsman gets injured on his shoulder (deltoid) after getting hit by the ball. The injury causes acute pain and discoloration of skin. This soft tissue injury that the player suffers from is known as _____. [1]
- (vi) Which one of the following chemicals is formed in the body while engaging in sports activities? [1]
- (a) Chloric acid
 - (b) Lactic acid
 - (c) Acetic acid
 - (d) Hydrochloric acid

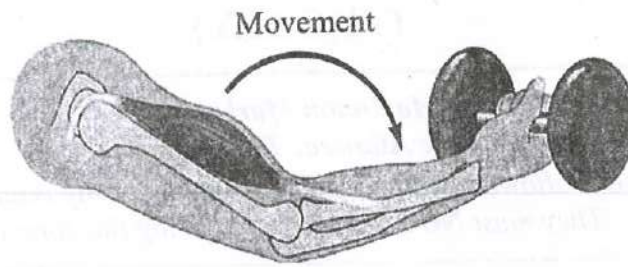
This Paper consists of 9 printed pages and one blank page.

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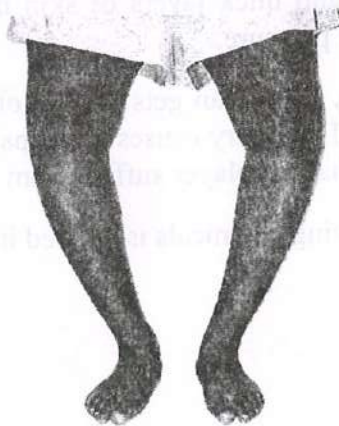
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Turn over

- (vii) The image given below shows a type of contraction in which the length of the muscle increases when it is under load. Identify the type of contraction shown below. [1]



- (a) Concentric
(b) Decentric
(c) Extrinsic
(d) Eccentric
- (viii) In _____ method, games are arranged in a sequential pattern and no bye is given to any team as there is no requirement for an odd or even number of teams. [1]
- (a) Staircase
(b) Tabular
(c) Cyclic
(d) Knock-out
- (ix) The image given below shows a physical condition in which legs curve outward keeping the knees apart. Identify the physical condition shown below. [1]



- (a) Flat foot
(b) Scoliosis
(c) Bowleg
(d) Lordosis

- (x) **Statement 1:** Isometric exercises are recommended to people going through the process of Rehabilitation. [1]

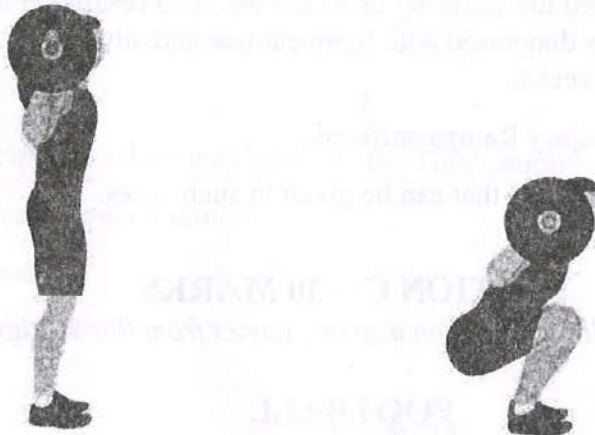
Statement 2: Isometric exercises involve rigorous physical activities.

- (a) Statement 1 is true and Statement 2 is false.
(b) Statement 1 is false and Statement 2 is true.
(c) Both the Statements are true.
(d) Both the Statements are false.
- (xi) What is meant by *culture*? [1]
(xii) Give the meaning of *posture*. [1]
(xiii) What is a *round robin tournament*? [1]
(xiv) Expand IOC. [1]
(xv) State *any one* objective of SAI. [1]

SECTION B – 25 MARKS

Question 2 [5]

Identify the training method shown below. Write *any four* advantages of this method.



Question 3 [5]

- (i) Answer the following questions.
- (a) Discuss the role of Physical Education in National Integration.
- (b) What is *rehabilitation*? Name *any three* organisations working in the field of rehabilitation in India.

OR

- (ii) Write short notes on the following.
- (a) Continuous Training Method
 - (b) Fracture

Question 4

[5]

- (i) Show a League tournament fixture consisting of nine teams by using the Cyclic Method.

OR

- (ii) Which sports institute is located at Patiala? Write *any four* functions of this institute.

Question 5

[5]

What is *sports training*? Explain *any four* points on the importance of Sports Training.

Question 6

[5]

Ramya is a badminton player. She used to practice vigorously every day. In one of her practice sessions, she skipped the warming up exercises. As a result, her ankle twisted during the practice. She was diagnosed with ligament tear and advised by the doctor to take complete rest for few weeks.

- (i) Identify the type of injury Ramya suffered.
- (ii) Write the steps of First Aid that can be given in such cases.

SECTION C – 30 MARKS

Attempt all questions on any two games from this section.

FOOTBALL

Question 7

- (i) Answer the following questions.
 - (a) Explain *dropped ball*. [3]
 - (b) During a match, if the goalkeeper collects the ball directly by a throw-in by his teammate, what will be the referee's decision? [1]
 - (c) During a kick-off, the player touches the ball a second time before it is touched by another player. What will be the referee's decision? [1]

- (ii) (a) What is meant by *wall formation*? Explain the procedure of Wall Formation in the game of football. [5]

OR

- (b) State *any five* circumstances under which time is lost during a game of football.
- (iii) Explain the following terms: [5]
- (a) VAR
- (b) Sudden death

CRICKET

Question 8

- (i) Answer the following questions:
- (a) Write *any three* situations when an umpire adds a penalty of five runs to the opponent team. [3]
- (b) During a match, there is a close call for a run-out. The umpire on the field is unable to take a decision. What should the umpire on the field do in this situation? [1]
- (c) If an umpire touches his right shoulder with his right hand during a game, what signal is he giving? [1]
- (ii) (a) List *any five* variations of Spin-bowling. [5]

OR

- (b) List *any five* decisions taken by the Third umpire in the game of cricket.
- (iii) Explain the following terms: [5]
- (a) Appeal
- (b) Bump Ball

HOCKEY

Question 9

- (i) Answer the following questions:
- (a) Enlist *any three* International and *any three* National Tournaments of Hockey. [3]
- (b) A player strikes the ball with the rounded back of the hockey stick during the match. What will be the decision of the umpire? [1]

- (c) What will be the decision of the umpire if a defender commits a foul within the striking circle that prevents an attacker from having a clear goal-scoring opportunity? [1]
- (ii) (a) Name the different types of Penalty Cards shown during the game of hockey. Explain *any two* of these cards. [5]

OR

- (b) State *any five* duties of the Captain of a Hockey team.
- (iii) Explain the following terms: [5]
- (a) Substitution
- (b) 16-yard hit

BASKETBALL

Question 10

- (i) Answer the following questions:
- (a) Explain Game Clock and Shot Clock. [3]
- (b) What will be the decision of the referee if a technical foul is committed by a team's coach? [1]
- (c) What decision will be given by the referee if a player deliberately scores a basket on his own side? [1]
- (ii) (a) List *any ten* equipment used in the game of Basketball. [5]

OR

- (b) State *any five* conditions for scoring in the game of Basketball.
- (iii) Explain the following terms: [5]
- (a) Screening
- (b) 3 seconds rule

VOLLEYBALL

Question 11

- (i) Answer the following questions:
- (a) Explain the different types of blocking during the game of Volleyball. [3]
- (b) During a serve, the server serves the ball without tossing it. What will be the referee's decision? [1]

- (c) A server serves the ball, and the opponents are not even able to touch the ball when it is within the court. What is the term used to denote this situation? [1]
- (ii) (a) Explain rotation with the help of a diagram. [5]

OR

- (b) State *any five* duties of the Line Judge in the game of Volleyball.
- (iii) Explain the following: [5]
- (a) Double Contact
- (b) Procedure of Substitution

TENNIS

Question 12

- (i) Answer the following questions:
- (a) Briefly explain *match point* and *set point*. [3]
- (b) If the racket breaks during rally, what will be the Chair Umpire's decision? [1]
- (c) During a match, a player deliberately wastes time which breaks the flow of the game and makes the opponent lose focus. What will be the decision of the Chair Umpire? [1]
- (ii) (a) Mention *any five* fundamental skills that a Tennis player must possess. [5]

OR

- (b) State the following dimensions:
- (1) Height of the net at the pole in the Tennis court
- (2) Size of Single's tennis court
- (3) Distance between Base line and Service line
- (4) Minimum distance between the net post and the side line
- (5) Weight of the ball
- (iii) Explain the following terms: [5]
- (a) Drive
- (b) Chip Shot

BADMINTON

Question 13

- (i) Answer the following questions:
- (a) Mention *any three* duties of a Service judge. [3]
 - (b) If a player serves the shuttle cock from the wrong side of the court, what will be the decision of the umpire? [1]
 - (c) What will be decision of the umpire if a server serves above the waistline? [1]
- (ii) (a) Enlist *any five* International Badminton tournaments. [5]

OR

- (b) Answer the following questions:
- (1) State the dimensions of the badminton court in a Double's game.
 - (2) What is the number of points in each set in a game of Badminton?
 - (3) What is the weight of the shuttle cock?
 - (4) Mention the height of the net at the centre of the court.
 - (5) Name *any two* officials present during a match of Badminton.
- (iii) Explain the following terms: [5]
- (a) Testing mark
 - (b) Net drop

SWIMMING

Question 14

- (i) Answer the following questions:
- (a) Explain *synchronized swimming*. [3]
 - (b) In a swimming event, a swimmer makes an early start before the signal is given by the starter. What will be the decision of the judge? [1]
 - (c) In a swimming event, two swimmers touch the finish wall almost at the same time, making it difficult for the judge to determine the winner. [1]
How will the judge decide the winner?
- (ii) (a) State *any five* rules of Diving. [5]

OR

- (b) Name *any five* International Swimming Tournaments.

- (iii) Explain the following terms: [5]
- (a) Escort craft
 - (b) Marathon swimming

ATHLETICS

Question 15

- (i) Answer the following questions:
- (a) Explain *marking radius* and *running radius*. [3]
 - (b) After release, the discus touches the pole of safety case and lands inside the sector. What will be the decision of the judge? [1]
 - (c) What will be the decision of the judge if an athlete falls back after landing in a long jump event? [1]
- (ii) (a) Draw a neat diagram of a standard 400 m track with all its dimensions and specifications. [5]

OR

- (b) What is meant by *decathlon*? List the events and their correct order in the decathlon competition.
- (iii) Explain the following terms: [5]
- (a) Shoulder shrug
 - (b) Straddle jump