

PHYSICAL EDUCATION

Maximum Marks: 100

Time allowed: Two hours

1. *Answers to this Paper must be written on the paper provided separately.*
2. *You will **not** be allowed to write during the first 15 minutes.*
3. *This time is to be spent in reading the question paper.*
4. *The time given at the head of this Paper is the time allowed for writing the answers.*

5. *Attempt all questions from Section A and two questions from Section B.*
6. *The intended marks for questions or parts of questions are given in brackets[].*

Instruction for the Supervising Examiner

Kindly read aloud the Instructions given above to all the candidates present in the Examination Hall.

This paper consists of 19 printed pages and 1 blank page.

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Turn Over

SECTION A (50 Marks)

(Attempt all questions from this Section.)

Question 1

[20]

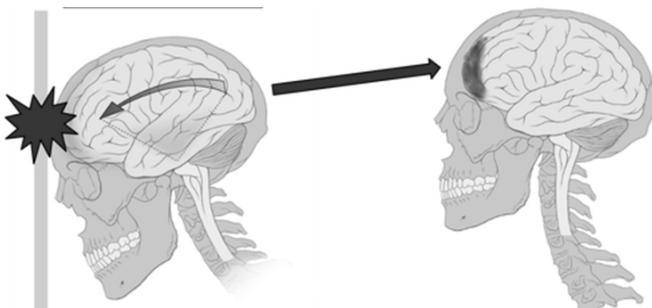
Choose the correct answers to the questions from the given options.

(Do not copy the questions, write the correct answers only.)

(i) _____ is the ability to stay upright in control of body movement:

- (a) Balance
- (b) Strength
- (c) Power
- (d) Agility

(ii) Identify the sports injury shown in the image given below.



- (a) Plantar Fasciitis
- (b) Achilles Tendonitis
- (c) Concussion
- (d) Strain

- (iii) Health education is primarily concerned with:
- (a) promoting medical treatment to individuals
 - (b) promoting healthy behaviour and lifestyle
 - (c) promoting medical research
 - (d) promoting new medical technologies
- (iv) **Assertion:** Development is the sequence of age-related changes that occur as a person progresses in his life.
- Reason:** Development includes both the biological and behavioural changes that take place as people grow older.
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A)
 - (b) Both (A) and (R) are true and (R) is not the correct explanation of (A)
 - (c) (A) is true and (R) are false
 - (d) (A) is false and (R) are true
- (v) What is the symptom of muscle strain injury?
- (a) A loud ‘pop’ or ‘popping’ sensation in the knee
 - (b) Swelling around the effected part
 - (c) Pain over the inside lower part of tibia or shin bone
 - (d) A feeling of instability or giving way with weight bearing
- (vi) Sprain is an injury of:
- (a) Bone
 - (b) Skin
 - (c) Ligament
 - (d) Tendon

- (vii) Principle of _____ is important to achieve performance through the years.
- (a) Adaption
 - (b) Variance
 - (c) Reversibility
 - (d) Continuity
- (viii) Which physical trait is associated with an Ectomorph?
- (a) Thin build
 - (b) Large Frame
 - (c) Broad shoulder
 - (d) Small feet
- (ix) The body type most suitable for wrestling is _____.
- (a) Pseudomorph
 - (b) Ectomorph
 - (c) Mesomorph
 - (d) Endomorph
- (x) The common sign of an ankle sprain injury is:
- (a) bruising on the toes
 - (b) pain along the shin bone
 - (c) swelling around the ankle joint
 - (d) numbness in the heel

(xi) Match the following:

- | | | | |
|------|-------------|----|-------------------------------------------------|
| I. | Recovery | 1. | Become better at a particular exercise or skill |
| II. | Progression | 2. | There should be greater than normal load |
| III. | Specificity | 3. | Body regenerates during rest |
| IV. | Overload | 4. | Overload should not be increased rapidly |
- (a) I-3, II-4, III-1, IV-2
(b) I-3, II-2, III-1, IV-4
(c) I-1, II-2, III-4, IV-3
(d) I-3, II-1, III-2, IV-4

(xii) How does a stress fracture occur?

- (a) Repetitive pressure on the hip
(b) It is caused by repetitive over-stretching of the plantar fascia
(c) Direct blow to the epicondyle
(d) Sudden change in training and increased physical stress

(xiii) Stretching exercise improves _____.

- (a) Strength
(b) Power
(c) Coordination
(d) Flexibility

- (xiv) Sports psychology deals with:
- (a) Adolescence
 - (b) Body and its organ
 - (c) Behaviour of sports person
 - (d) Forces acting on body
- (xv) What is the main purpose of fibre in the diet?
- (a) To provide energy to the body
 - (b) To help build and repair muscles
 - (c) To aid in digestion and prevent constipation
 - (d) To boost the immune system
- (xvi) Development is a _____ process that occurs in an orderly predictable pattern.
- (a) temporary
 - (b) static
 - (c) continuous
 - (d) random
- (xvii) During a basketball game, a player twists his ankle. What is the immediate first aid response?
- (a) Apply ice and elevate the ankle
 - (b) Have the player to continue playing in order to avoid stiffness
 - (c) Massage the ankle vigorously
 - (d) Administer anti-inflammatory medication

- (xviii) A gymnastics coach notices that one of his athletes is consistently landing incorrectly while performing a routine exercise and putting excessive stress on his joints. Which of the following actions should the coach take to rectify the problem?
- (a) Encourage the athlete to continue practising to "toughen up"
 - (b) Work with the athlete to correct his technique and reduce the impact on his joints
 - (c) Tell the athlete to stop performing the routine to avoid injury
 - (d) Ask the athlete to continue performing the routine with breaks at regular intervals
- (xix) Which stage of life involves rebellion against parents and the society?
- (a) Childhood
 - (b) Adulthood
 - (c) Adolescence
 - (d) Elderhood
- (xx) The ability of the muscle to exert maximum force is:
- (a) Muscular endurance
 - (b) Flexibility
 - (c) Agility
 - (d) Muscular strength

Question 2

- (i) Explain *heredity* as a factor affecting human growth and development. [2]
- (ii) Explain the term *warming up* exercise. [2]
- (iii) State *any three* emotional development objectives of Physical Education. [3]
- (iv) What first aid should be given to a person suffering from lower back pain? [3]

Question 3

- (i) What is *Sports Training*? [2]
- (ii) What do you understand by *undernutrition*? [2]
- (iii) Explain the term *self-motivation*. [3]
- (iv) State *any three* responsibilities of Physical Education teacher. [3]

Question 4

- (i) What is the aim of Physical Education as a subject? [2]
- (ii) Explain the term Posture as a factor affecting physical fitness. [2]
- (iii) During a basketball game, Priyanka, while running, twists her knee and hears a loud pop in her knee followed by severe pain and swelling. She has difficulty moving her knee and feels it is unstable.
 - (a) What is the recommended first aid treatment for Priyanka's injury?
 - (b) From the given information, which injury did Priyanka suffer according to you?
- (iv) Write down *any three* typical traits of a mesomorph body. [3]

SECTION B (50 Marks)

(Attempt two questions from this Section.)

(You must attempt one question on each of the two games of your choice.)

CRICKET

Question 5

Answer the following questions:

- (i) (a) What is *sledging* in cricket? [8]
 (b) Explain the term *overthrow*.
 (c) What is meant by obstructing the field, by the batsman in cricket?
 (d) List *any four* compulsory equipment used by a batsman in cricket.
- (ii) (a) State *any three* variations of spin bowling. [9]
 (b) A batting team was given a free hit during a match. Give *any three* situations wherein a batsman gets a free hit in the game of cricket.
 (c) The physical education teacher takes his class to play a game of Cricket. He forms two teams to play the match. Most of the players are new to this game. The teacher hands the ball over to Chandramukhi to start the game. She bowls the first ball and is a little unsure of the ball size. Basanti strikes the ball and goes to take the runs and after taking the runs she was a little confused.
 1. Help Chandramukhi by stating the *standard circumference of the ball*.
 2. Basanti who was little confused while running between the wickets felt that the pitch was short. Help Basanti by stating the *standard size of the pitch*.
 3. The teacher asked the children about the size of the bat. What should it be according to you?

(iii) (a) Draw a diagram of cricket field and mark the following fielding positions: [8]

1. Long on
2. Mid off
3. Square leg
4. Mid wicket

(b) Name the correct terms used in the game of cricket for the following:

1. A bowler takes three consecutive wickets in an over in the cricket match.
2. A batsman strikes the ball which lands directly outside the pavilion.
3. When a bowler oversteps the popping crease.
4. A batsman while trying to hit a shot, hits his own wicket.

Question 6

(i) Explain the following terms: [8]

- (a) Night watchman
- (b) Seam bowling
- (c) Leg bye
- (d) Test match

(ii) (a) In a cricket match, a player scores runs for his team. List *any three* ways of scoring runs. [9]

- (b) Explain the term *extra*.
- (c) Mention *any three essential skills* of players in cricket.

- (iii) (a) What do you mean by *bump ball*? [8]
- (b) Explain the term *appeal*.
- (c) What do you mean by *handling the ball*?
- (d) List *any four* compulsory equipment used by a wicket keeper in cricket.

FOOTBALL

Question 7

- (i) Explain the following terms in football: [8]
- (a) Injury time
- (b) Sliding tackle
- (c) Penalty area
- (d) Corner kick
- (ii) (a) Write the importance of Technical area. [9]
- (b) Mention *any three* duties of the referee before the match.
- (c) During a football match, a team is compelled to change the player. Give the procedure to be followed to change the player.
- (iii) (a) Explain the term *kicking* in football. [8]
- (b) Explain the term *sudden death* in football.
- (c) What do you mean by *heading* in football?
- (d) Explain *Abandoned match*.

Question 8

- (i) Explain the following terms in Football: [8]
- (a) Advantage
 - (b) Banana kick
 - (c) Thigh trap
 - (d) Penalty arc
- (ii) (a) State *any three* duties of an assistant referee. [9]
- (b) How is a goal scored in the game of football?
 - (c) Under which *three* situations is a player not considered off-side?
- (iii) Draw a well labelled diagram of football field and mark the following dimensions: [8]
- (a) Touch line
 - (b) Goal line
 - (c) Centre circle
 - (d) Penalty mark
 - (e) Penalty arc
 - (f) Goal area
 - (g) Penalty area

HOCKEY

Question 9

- (i) Explain the following terms in hockey: [8]
- (a) A Tackle
 - (b) A goal line
 - (c) A cross
 - (d) A scoop
- (ii) (a) Explain the execution of *dribbling* in hockey. [9]
- (b) State *any three* responsibilities of an umpire in a game of hockey.
- (c) Mention *three* situations when a penalty stroke is awarded.
- (iii) Answer the following: [8]
- (a) A hockey team consists of how many players? How many players play in a match?
 - (b) When is a player substituted in a game of hockey?
 - (c) Name *any two* types of dribbling in hockey.
 - (d) List *any two* points of importance of dodging.

Question 10

- (i) Explain the following terms in hockey: [8]
- (a) Dangerous play
 - (b) A Raised ball
 - (c) Back stick
 - (d) Playing distance

- (ii) (a) Which signal shall the umpire give for the following? [9]
1. Goal scored
 2. Obstruction
 3. Penalty corner
- (b) The Umpire is responsible for any decision in a hockey match. List *any three* situations in which the umpire awards a *penalty stroke* in a hockey match.
- (c) To win a hockey match, the team has to score maximum goals. What is the method of scoring a goal in hockey?
- (iii) State the following: [8]
- (a) Height of the corner flag post.
 - (b) Duration of the match for men and women.
 - (c) The dimensions of the goal post.
 - (d) Weight of the ball and weight of the stick.

BASKETBALL

Question 11

- (i) Explain the following terms in basketball: [8]
- (a) Violation
 - (b) A pivot foot
 - (c) A lay-up shot
 - (d) Alternating possession arrow

- (ii) (a) Shooting is an important skill for a team's success in a basketball match. [9]
Name *any three* types of shooting techniques a team must possess in basketball.
- (b) What is a *Cylinder Principle* in basketball?
- (c) During a basketball match, a team must follow the rule of Throw-in. Write *any three* rules to be followed during throw-in.
- (iii) (a) Explain the term *air ball*. [8]
- (b) Explain the term *Twenty-four second rule*.
- (c) What is the weight and circumference of the ball?
- (d) When is time-out given? What is the duration of a time-out?

Question 12

- (i) Explain the following terms: [8]
- (a) Travelling
- (b) Rebounding
- (c) Board shot
- (d) A substitution
- (ii) (a) Give the signals for the following: [9]
1. Jump ball
 2. Double foul
 3. Time in
- (b) Explain the term *alternating possession*.

(c) In a basketball match, Ankur School is playing against Ajit Karam Singh Public School. Both the teams have equal number of scores, with 15 seconds remaining on the game clock. A player from Ankur School dribbles the ball and stops to make a pass. Finding no one free to make a pass, he dribbles the ball again. The referee blows the whistle.

1. What was the violation according to the referee?
2. How will the referee signal this violation?

- (iii) (a) When is the ball considered to be out of bounds? [8]
- (b) List *any four* types of passing in basketball.
- (c) What is *zone defense*?
- (d) Name *two* status of the ball in basketball.

VOLLEYBALL

Question 13

- (i) Explain the following terms in volleyball: [8]
- (a) Back zone
 - (b) Warming up area
 - (c) Technical time out
 - (d) Smash
- (ii) (a) What is *blocking*? Who is allowed to do the blocking? [9]
- (b) Is hand passing over the net a fault? Explain.

- (c) A volleyball team has a specialised libero player during a match. Mention *any three* rules related to him.
- (iii) State the following: [8]
- (a) The length and breadth of the playfield.
 - (b) The height of the net for men and women.
 - (c) Weight and circumference of the ball.
 - (d) The dimension of free zone area and service line.

Question 14

- (i) Briefly explain the following: [8]
- (a) Number of contacts
 - (b) A collective block
 - (c) Center line
 - (d) Booster
- (ii) (a) List *any three* duties of First Referee. [9]
- (b) Write in detail the procedure of substitution during game.
 - (c) Name *any three* National based volleyball tournaments.
- (iii) (a) Write the dimensions and characteristics of the ball used in a game of volleyball. [8]
- (b) Name *any four* faults related to the game of volleyball.

BADMINTON

Question 15

- (i) Explain the following terms: [8]
- (a) Net lift
 - (b) Set
 - (c) Love all
 - (d) Single footwork base
- (ii) (a) When is a player permitted to leave the court to take advice during a match? [9]
- (b) Mention *any three* instances when shuttle is considered not in play.
- (c) What are the different techniques required for a good service?
- (iii) Answer the following questions: [8]
- (a) What is the length and breadth of a badminton court for doubles?
 - (b) What is the height of the pole from the ground?
 - (c) How many feathers are there in a shuttle?
 - (d) What is the measurement of mesh of a badminton net?

Question 16

- (i) Explain the following terms: [8]
- (a) Deuce
 - (b) Half Smash
 - (c) Wide Serve
 - (d) Wood shot

- (ii) (a) The match between Chennai and Bangalore will be played in Mumbai. State [9]
any three conditions under which this play can be suspended.
- (b) Give the differences between singles match and doubles match in badminton.
- (c) In an inter-house badminton match, a player is sanctioned by the referee in the match. List *any three* instances this player should avoid so that he/she is not penalised by the referee.
- (iii) (a) Write full form of BWF and BAI. [8]
- (b) Name *any two* national tournaments.
- (c) Explain the term *lunge*.
- (d) Write the weight and diameter of the base of a shuttle.