

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 20 printed pages.

SECTION A (50 Marks)

(Attempt all questions from this Section.)

Question 1

[20]

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

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

- (i) Enhancing the level of physical fitness is possible with the help of _____.
- (a) Coordination
 - (b) Strength
 - (c) Training
 - (d) Over nutrition
- (ii) The ability of a joint to move through a full range of motion is called _____.
- (a) Agility
 - (b) Speed
 - (c) Coordination
 - (d) Flexibility
- (iii) If you love a particular sport and have excellent verbal communication skills, then you can choose a career as a _____.
- (a) Sports person
 - (b) Sports manager
 - (c) Commentator
 - (d) Sports Official

- (iv) Which of the following helps to improve cardio-respiratory endurance?
- (a) Lifting weights
 - (b) Anaerobic exercises
 - (c) Pull-ups
 - (d) Aerobic exercises
- (v) Which of the following body types is characterised by pear-shaped structure?
- (a) Endomorph
 - (b) Mesomorph
 - (c) Ectomorph
 - (d) Pseudomorph
- (vi) **Assertion (A):** Poor physical fitness of players is the common cause of sports injuries.
- Reason (R):** Physically fit players are less likely to sustain injuries during sports.
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
 - (b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
 - (c) (A) is true and (R) is false.
 - (d) (A) is false and (R) is true.
- (vii) Which of the following is a component of physical fitness?
- (a) Variance
 - (b) Frequency
 - (c) Speed
 - (d) Individuality

(viii) Identify which component of physical fitness is being displayed in the given picture:



- (a) Stamina
- (b) Endurance
- (c) Flexibility
- (d) Power

(ix) Genetic disorder is caused by _____.

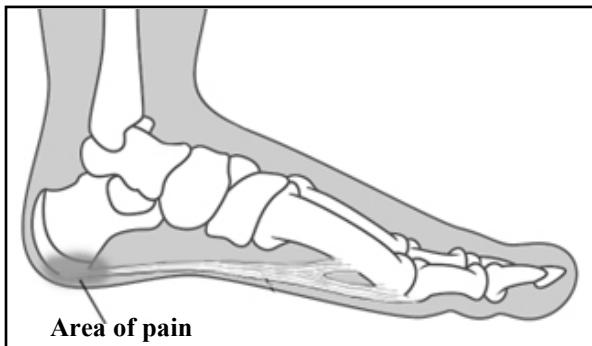
- (a) environmental factor
- (b) abnormality in genes
- (c) lifestyle
- (d) temperature of the area

(x) Maintaining a regular schedule of training with minimal interruption is called
_____.

- (a) principle of overload
- (b) principle of periodisation
- (c) principle of specificity
- (d) principle of continuity

- (xi) Mahipal is a trainer of the Kolkata Football Team. In order to improve the endurance of his team, Mahipal designs a training program. Which of the following training methods should he follow?
- (a) Increase intensity and duration of the training gradually
(b) Focus on high-intensity interval training only
(c) Incorporate strength training exercise only
(d) Ignore proper warm-up and cool-down procedures
- (xii) Match the following:
- | | |
|-------------------------|----------|
| I. Abrasion | 1. Head |
| II. Concussion | 2. Ankle |
| III. Torn ACL | 3. Skin |
| IV. Achilles tendonitis | 4. Knee |
- (a) I-3, II-1, III-4, IV-2
(b) I-3, II-4, III-2, IV-1
(c) I-4, II-3, III-1, IV-2
(d) I-2, II-3, III-4, IV-1
- (xiii) The qualification required for a physical education teacher to teach at the school level in India is:
- (a) PhD
(b) B.P.Ed.
(c) Sports management
(d) NIS

(xiv) Identify the sports injury shown in the image below:



- (a) Sprained Ankle
 - (b) Achilles Tendonitis
 - (c) Planter Fasciitis
 - (d) Tennis Elbow
- (xv) Which body type is characterised as long and lean, with low body fat and little muscle?
- (a) Endomorph
 - (b) Mesomorph
 - (c) Ectomorph
 - (d) Pseudomorph
- (xvi) Health related physical fitness components are:
- (a) Agility and Speed
 - (b) Cardiorespiratory endurance and Flexibility
 - (c) Balance and Coordination
 - (d) Power and Speed

- (xvii) The adulthood stage falls between the age of _____.
- (a) 10 to 17 years
(b) 14 to 18 years
(c) 12 to 19 years
(d) 19 to 65 years
- (xviii) An umpire, referee, scorer, linesmen etc. at a sporting event is known as a/an _____.
- (a) coach
(b) official
(c) manager
(d) commentator
- (xix) **Assertion (A):** A balanced diet depends on age; gender and the type of work that one is required to perform.
- Reason (R):** A balanced diet is composed of carbohydrates, proteins, fats, vitamins, minerals and water.
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
(c) (A) is true and (R) is false.
(d) (A) is false and (R) is true.
- (xx) What is the primary purpose of warm-up exercise before physical activity?
- (a) To improve performance
(b) To prevent injuries
(c) To increase strength
(d) To enhance flexibility

Question 2

- (i) Define *strength*. [2]
- (ii) Explain sports management as a career. [2]
- (iii) Name *any three* factors affecting physical fitness. [3]
- (iv) How does proper knowledge of rules of the games or sports help in the prevention of injuries? [3]

Question 3

- (i) Explain the principle of *reversibility*. [2]
- (ii) What is *overnutrition*? [2]
- (iii) John is a 15 year old boy who has a sedentary lifestyle. He studies in Class X and gives importance to academics and hardly plays any games. He gains weight easily. John decides to change his lifestyle. He wants to be physically fit. The coach prepares a training schedule exclusively for John to help him to achieve his goal.
 - (a) Which principle of sports training will the coach apply?
 - (b) What is the body type of John?
 - (c) Which factor of physical fitness does the case study of John highlight?
- (iv) Write *any three* objectives of Physical Education. [3]

Question 4

- (i) What is *agility*? [2]
- (ii) What do the letters I and C stand for in PRICER? [2]

- (iii) Sports Injuries can have an adverse effect on the performance of an athlete. Write [3]
any three causes of sports injuries.
- (iv) Write *any three* factors which effect a balanced diet. [3]

SECTION B (50 Marks)

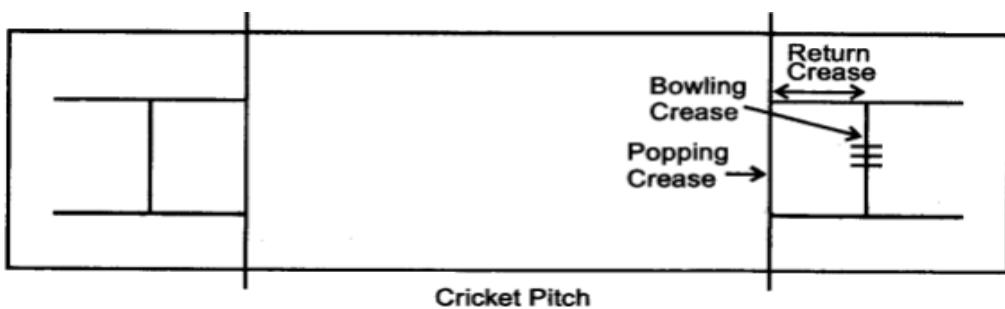
(Attempt two questions from this Section.)

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

CRICKET

Question 5

- (i) Explain the following terms used in cricket: [8]
- Hook shot
 - Beamer
 - Reverse sweep
 - Hit wicket
- (ii) (a) Write the measurements of the following: [9]
1. Popping crease
 2. Bowling crease
 3. Return crease



- (b) Who assists the main umpire in the field of play in a cricket match? List *any two* duties of the assisting umpire.
- (c) The captain feels satisfied with his/her team's scores in a test match and declares his/her team's innings. Explain *Declaration* in cricket.
- (iii) Name and explain the term: [8]
- (a) A fielder illegally **alters** the condition of the ball.
- (b) A batsman comes **late** to the crease after the fall of the previous wicket.
- (c) A bowler bowls a legal ball. It would have hit the stumps if the **batsman's leg** would not have come in the way of the delivery.
- (d) A person who sits behind a screen and clears all the doubts which are **referred to him** from the field, during the match.

Question 6

- (i) Explain in following terms: [8]
- (a) Yorker
- (b) Seam bowling
- (c) A Runner
- (d) Innings
- (ii) (a) State *any three* duties of a Match Referee. [9]
- (b) Mention *any three* fielding positions on “onside” of the field of play.
- (c) Gabbar Sharma opens the innings for his team Mumbai Riders. Rajasthan Kings were fielding and placed only two fielders outside the 30 yard circle while the remaining 9 are inside the 30 yard circle. Gabbar Sharma hits the

ball over the mid-off for an excellent four runs on one of the balls. The very next ball he steps out of the crease to hit a six but misses the ball. The wicket keeper catches the ball and dislodges the bails before Gabbar Sharma could get back to his crease.

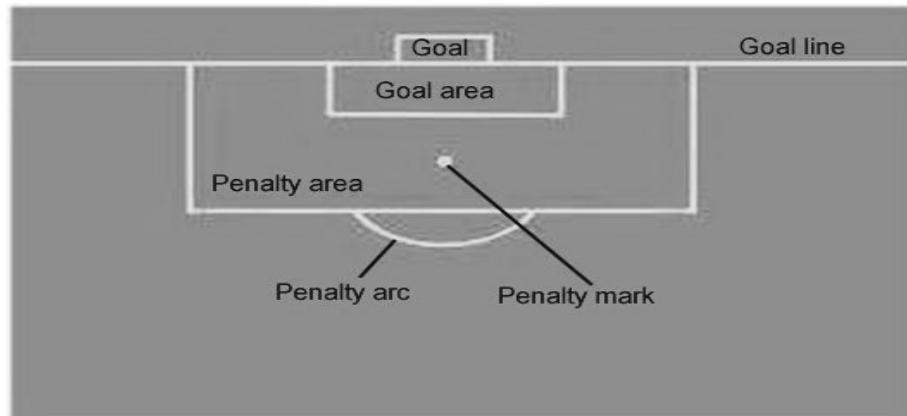
1. Is Gabbar Sharma out or not out? If out, what is the term used for the dismissal?
 2. Rajasthan Kings placed only 2 players outside the 30 yard circle. Why?
 3. Which umpire on the field will give the decision regarding Gabbar Sharma's dismissal?
- (iii) (a) State the full form of ICC and BCCI. [8]
- (b) What is the importance of the 30 yard circle?
- (c) Explain the term *overthrow*.
- (d) What is meant by *bodyline bowling*?

FOOTBALL

Question 7

- (i) Explain the following terms in Football: [8]
- (a) Trapping
 - (b) Advantage
 - (c) Defender
 - (d) Additional time

- (ii) (a) Explain the rule to be followed to take an indirect free kick in a football [9] match.
- (b) During a match between Delhi and Goa, Delhi's attacking player kicks the ball outside Goa's goal line. What is the procedure to restart the game?
- (c) Give *three* measurements of the following:
1. Penalty arc
 2. Penalty mark
 3. Goal area



- (iii) (a) What is *dribbling* in football? [8]
- (b) State the duration of the match and duration of extra time.
- (c) What is the importance of *Technical area*.
- (d) Explain the term *sudden death* in football.

Question 8

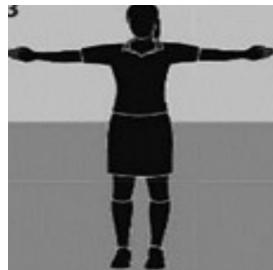
- (i) Explain the following terms in football: [8]
- (a) Dropped ball
 - (b) Corner kick
 - (c) Centre circle
 - (d) A through pass
- (ii) (a) Mention *three* fouls of a goalkeeper that results in an indirect free kick being awarded. [9]
- (b) Mention *any three* duties of an assistant referee.
- (c) To conduct a football match, the referee needs his personal kit. List *any three* items from the kit.
- (iii) (a) A team wins a match using their passing skills. List *any two* passing skills. [8]
- (b) When is a team awarded a goal kick?
- (c) Explain the term when the goalkeeper is *sent off* from the match.
- (d) In a local tournament, the organising committee installed goalposts with a distance of 6 metres between the two posts and a crossbar height of 2 metres from the ground.
A player from one team raised concerns about the size of the goal. As per rules, what should be the correct dimensions?

HOCKEY

Question 9

- (i) Explain the following terms in hockey: [8]
- (a) A Reverse hit
 - (b) Dangerous play
 - (c) Advantage
 - (d) Flick
- (ii) (a) List the *three* cards used by the umpire during a hockey match. [9]
- (b) Goalkeeper is the backbone of a team's success in a hockey match. Give *any three* responsibilities of a hockey goalkeeper.
- (c) Identify and name the *three* signals as given below:

(1)



(2)



(3)



- (iii) (a) When does the substitution of players take place in the game of hockey? [8]
- (b) What are shin-guards? Why are they used?
- (c) Who assists the two umpires during a hockey match?
- (d) How many defensive players are allowed to stand behind the backline during a penalty corner?

Question 10

- (i) Explain the following: [8]
- (a) Carried
 - (b) A bully
 - (c) Astroturf
 - (d) Playing distance
- (ii) (a) When is a goal awarded in hockey? [9]
- (b) Mention *any three* fouls committed by a goalkeeper.
 - (c) List *any three* equipment which the umpire should carry while conducting a match.
- (iii) Draw a neat diagram of the hockey field with its measurements. [8]

BASKETBALL

Question 11

- (i) Explain the following time rules: [8]
- (a) '5' seconds
 - (b) '3' seconds
 - (c) Playing Time
 - (d) Charged Timeout

- (ii) (a) In a match, players of Team A and Team B are not able to take clear possession of the basketball. What will be the referee's decision? [9]
- (b) Name *any three* international basketball tournaments.
- (c) Mention *any three* situations when the ball is considered live in a game of basketball.
- (iii) Give *two* differences between: [8]
- (a) 'Zone-Defense' and 'Man-to-Man Defense'.
- (b) 'Technical Foul' and 'Unsportsmanlike Foul'.

Question 12

- (i) Explain the following terms in Basketball: [8]
- (a) Violation
- (b) Double Dribble
- (c) Press
- (d) Held Ball
- (ii) (a) A coach plays a major role in a team's success. List *any three* duties of a coach. [9]
- (b) During a basketball match, the referee administers a jump ball. Give *any three* jump ball situations in the game of basketball.
- (c) To win a basketball match, list the types of baskets (goals or points) that can be credited to a team's win.
- (iii) (a) How is the tie broken in basketball when the score is tied at full time? [8]
- (b) List *any two* types of passes in the game of basketball.

- (c) Write the full form of BFI and FIBA.
- (d) Define the term *carry*.

VOLLEYBALL

Question 13

- (i) Explain the following terms in volleyball: [8]
 - (a) Attack line
 - (b) Rotational fault
 - (c) Service zone
 - (d) Triple block
- (ii) (a) Mention *any three* acts of breach which are punishable. [9]
 - (b) List *any three* delays in a volleyball match.
 - (c) State *any three* serving faults.
- (iii) Write the measurements of the following: [8]
 - (a) Playing field
 - (b) Length of service line
 - (c) Length of the net
 - (d) Height of the net for men
 - (e) Antenna
 - (f) Circumference of the ball
 - (g) Width of line
 - (h) Weight of the ball

Question 14

- (i) Explain the following: [8]
- (a) Assisted hit
 - (b) Consecutive contact
 - (c) Rotation
 - (d) Technical time-out
- (ii) (a) The first referee has an important role to play in a match. List the duties of a referee in the match. [9]
- (b) Name *any three* zones marked on the volleyball court.
 - (c) List *any three* penetration faults in a game of volleyball.
- (iii) (a) Explain *legal* and *illegal* substitution in volleyball. [8]
- (b) Draw a neat diagram of a volleyball court and mark the following:
- 1. Side line
 - 2. Service line
 - 3. Attack line
 - 4. Front zone

BADMINTON

Question 15

- (i) Explain the following terms in badminton: [8]
- (a) Rubber
 - (b) Net kill
 - (c) Push shot
 - (d) Tumbling net shot
- (ii) (a) Mention *any three* duties of the umpire in a game of badminton. [9]
- (b) In badminton, a player uses different types of shots in a match. Write *any three* shots that can be played by a player.
- (c) During an inter school badminton match, Rahul hits a smash to his opponent's court, but the shuttle goes out of the end line.
1. What will be the decision of the referee?
 2. What will be the role of line judges in the decision?
- (iii) Give measurements of the following: [8]
- (a) Size of the court (single)
 - (b) Size of the court (double)
 - (c) Width of the net
 - (d) Height of the net from centre
 - (e) Weight of the shuttle
 - (f) Length of the feathers
 - (g) Length of the racket
 - (h) Weight of the racket

Question 16

- (i) Explain the following terms in badminton: [8]
- (a) Baseline smash
 - (b) Flick
 - (c) Forecourt
 - (d) Hairpin net shot
- (ii) (a) Explain the procedure to be followed for performing the correct service. [9]
- (b) Mention *any three* faults committed by a player in a game of badminton.
 - (c) Explain *any three* basic skills in badminton.
- (iii) (a) How many points does a game consist of for singles and doubles? [8]
- (b) When do the players change ends?
 - (c) Name *any two* types of serve.
 - (d) Explain whether a player can strike the shuttle before it crosses the net.