

# **SENIOR SCHOOL CERTIFICATE EXAMINATION**

## **MARKING SCHEME – 2018**

### **PHYSICAL EDUCATION**

#### **Outside Delhi**

#### **Instructions**

**code – 75**

1. Marking Scheme carries only suggested value points for the answers. These are only Guidelines and do not constitute the complete answer. The students can have their own expression and if the expression is correct, the marks be awarded accordingly.
2. As per orders of the Hon'ble Supreme Court, the candidates would now be permitted to obtain photocopy of the Answer Book on request on payment of the prescribed fee. All examiners/Head Examiners are once again reminded that they must ensure that evaluation is carried out strictly as per value points for each answer as given in the Marking Scheme.
3. All the Head Examiners/Examiners are instructed that while Evaluating the answer scripts, if the answer is found to be totally incorrect, the (X) should be marked on the incorrect answer and awarded '0' marks.

### Physical Education (Marking Scheme-2018-outside region)

1. What do you mean by 'Seeding'? 1

Ans: Seeding is such a method in which a strong team / players are selected to keep them at appropriate place in the fixture so that they do not meet in the earlier round. The organizer must be well aware regarding the previous performance of the selected team/player.

2. What do you mean by food intolerance? 1

Ans: Food intolerance means the individual element of certain food that cannot be properly processed and absorbed by the digestive system.

3. What is the main physiological cause of Asthma? 1

Ans: Asthma is a disease of lungs in which the air-way swells up and produces extra mucus. As a result the airway become blocked or narrowed causing difficulty in breathing. It can be due to genetic factor or allergy.

4. What is Attention Deficit Hyperactivity Disorder (ADHD)? 1

Ans: Attention Deficit Hyperactivity Disorder is a group of behavioral symptoms that include inattentiveness, hyperactivity and impulsiveness. In fact it is a medical condition that indicates that the child cannot sit still, focus and pay attention.

5. What do you mean by Congenital Deformity? 1

Ans: Congenital Deformity is a deformity / defect that is present at the time of birth but it is not inherited.

6. What is Bulimia? 1

Ans: Bulimia is an eating disorder in which an athlete/person eats excessive amount of food and then vomits in order not to gain body weight.

7. Explain the meaning of cardiac output. 1

Ans: It is the amount/volume of blood pumped out by the heart in one minute.

8. What type of sports injury can 'be termed as 'Laceration' in sports? 1

Ans: Laceration is an irregular cut on the skin with a sharp object or sharp edged sports equipment.

9. Which field of study in sports is called 'Biomechanics'? 1

Ans: Biomechanics is the study of internal and external forces and their effects on living system or athlete.

10. What do you mean by the term 'Aggression' in sports? 1

Ans: The term aggression refers to a type of behavior that can result in both physical and psychological harm to one self/others or any object in the environment.

**(OR)**

Aggression is an assertive behavior where a player plays within the rules of sports at very high intensity but has no intention to harm an opponent.

11. What is coordinative ability? 1

Ans: Coordinative ability is the ability of the body to bring together different elements of a complex activity into an efficient relationship.

**OR**

Coordinative ability is an ability that enables the sportsman to do a group of movements with better quality and effect.

12. What are the advantages and disadvantages of food supplements for adolescents? Write briefly.  
(1.5+1.5= 3)

Ans: Advantages:-

- Play vital role in proper growth and development
- Energy booster
- Better sports performance
- Improves immunity
- Prevention of disease and ailments
- Short term health benefits

Disadvantages:-

- Excess of Iron and Magnesium can cause digestive problems.
- If excessive dosage is taken it can lead to diarrhea, fatigue and nerve damage.
- May have adverse effects.
- Fat soluble vitamins get accumulated in the fat tissues if not required by body.
- Supplements are less healthy than natural food. (explain any 3 points for each )

13. Sushant was a good athlete. He used to practice regularly to achieve a position at the State level. But he could not get success. He got frustrated with his poor performance and started misbehaving with his teachers and friends in school. Due to depression and anxiety, he started taking drugs. The Principal counseled Sushant and called his parents. They took him to a rehabilitation center for treatment. After a few months, he recovered and came back home.

On the basis of above passage answer the following questions: (1+1+1 = 3)

(a) Do you think that consuming drugs is a solution to emotion-focused problems? 1

Ans. No (Explain briefly)

(b) What values are shown by the Principal? 1

Ans. Concern, sympathy, Faith, Helpful, Caring, professionalism, affection. (Any two)

(c) What should be the attitude of the teachers and the parents after his recovery? 1

Ans. Positive attitude, caring supportive, helpful, vigilant, friendly (Any two)

(14)What are the types of disability? Explain briefly. (1+1+1 =3)

Ans:

- Cognitive Disability 1
- Intellectual Disability 1
- Physical Disability 1

(Explain)

(15) What are the major muscles involved in running, jumping and throwing? Explain.

Ans:

(1+1+1 =3)

<u>Running</u>	<u>Jumping</u>	<u>Throwing</u>
<ul style="list-style-type: none"> <li>• Gluteus</li> <li>• Quadriceps</li> <li>• Calves</li> <li>• Hamstrings</li> <li>• Core Muscles</li> <li>• Biceps</li> </ul>	<ul style="list-style-type: none"> <li>• Gluteus</li> <li>• Calves</li> <li>• Hamstrings</li> <li>• Quadriceps</li> <li>• Tibialis Anterior</li> </ul>	<ul style="list-style-type: none"> <li>• Pectoralis major</li> <li>• Latissimus dorsi</li> <li>• Anterior deltoid</li> <li>• Trapezius</li> <li>• Teres major</li> <li>• Biceps</li> <li>• Triceps</li> <li>• Deltoid</li> <li>• External Abdominal oblique</li> </ul>
(Mention any two)	(Mention any two)	(Mention any two)

(16) Keeping in view the Indian ideology, critically analyze the sociological aspect of participation by women athletes in sports.  
( 1+1+1=3 )

Ans: Women athletes in sports

- Family
- School
- culture
- lack of facility
- Lack of role model
- Less of coaches

(Explain any three)

(17) What do you understand by 'First Aid'? Discuss briefly about the aims and objectives of First Aid. (1+1+1=3)

Ans: **First Aid** First aid is the first help given to the wounded (or) accidental victim before the arrival of the doctor. 1

**Aim:**

The main aim of first aid is to try to save the precious life of wounded person. 1

**Objective**

- To preserve life
  - To prevent the condition from worsening
  - To alleviate pain and suffering
  - To promote recovery
  - To procure early medical aid.
- 1

(18) Mention briefly about the common sports injuries and their prevention. (1.5+1.5 =3)

Ans: Common Sports injuries

-Soft tissue injuries	-Bone injuries	- Joint Injuries
<b>Soft tissue injuries</b> <ul style="list-style-type: none"> <li>• Contusion</li> <li>• Strain</li> <li>• Sprain</li> <li>• Abrasion</li> <li>• Bruises</li> </ul> <p>(Mention all the injuries only and describe any one)</p>	<b>Bone Injuries</b> <ul style="list-style-type: none"> <li>• simple fracture</li> <li>• compound fracture</li> <li>• complicated fracture</li> <li>• communicated fracture</li> <li>• impacted fracture</li> <li>• Greenstick fracture</li> </ul> <p>(Mention all the injuries only and describe any one)</p>	<b>Joint Injuries</b> <ul style="list-style-type: none"> <li>• dislocation of lower jaw</li> <li>• dislocation of shoulder joint</li> <li>• dislocation of Hip joint</li> <li>• dislocation of wrist</li> </ul> <p>(Mention all the injuries only and describe any one)</p>

**Prevention**

- Warming up
- Proper conditioning

- Discontinue to play during the state of fatigue
- Good officiating (Any three in brief)
- Sports equipment
- Playfield/count
- Scientific knowledge of game
- Protective equipment
- Equipment of good quality
- Protective equipment should be used

(19) Explain the “Eight Foot Up and Go” Test for measuring agility and dynamic balance.  
(1.5+1.5 =3)

Ans: “Eight foot up and go”

- purpose

This test helps to evaluate speed, agility and dynamic balance

- Equipment required

A chair about 44 inch high, a stop watch, cone, marker, measuring tape, and an area without any hindrance.

#### **Procedure**

Keep a chair next to the wall and place the cone / marker 8 feet away in front of the chair. The participant is initially completely seated, hands resting on the knees and feet. Feet on the ground. On the command go stop watch is switched on and the participant starts walking (no running at all) as quickly as possible towards the cone, turns around and returns to the chair to sit down . Time is noted as he sit down on the chair. Two trials are given per participants.

(20) Define Combination Tournament. Draw a fixture of 16 teams using Knock-out cum League Method.

Ans:

#### **Combination of Tournament**

(2+3=5)

Combination Tournament are those tournament in which initial round of tournament are played on particular basis (knock-out or league) and rest of the tournament played on another particular basis  
( Knock - out/ league) (2)

## Fixtures

**(3)**

No. of teams = 16

For combination tournament teams are divided into four equal parts.

$$\text{Group} = \frac{16}{4} = 4$$

Group A (First four teams.)

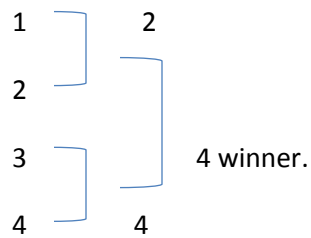
Group B (Second four teams)

Group C (Third four teams)

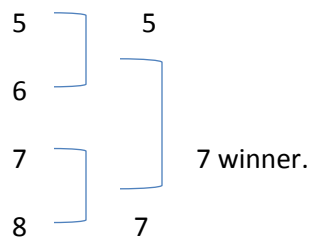
Group D (Last four teams)

**(Attempting any one fixture either knock out or  
League can be considered for full 3 marks)**

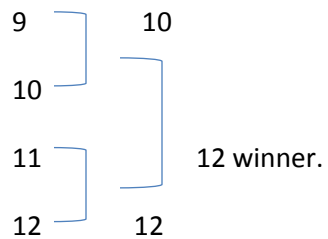
Round I-- Group A



Round I -- Group B

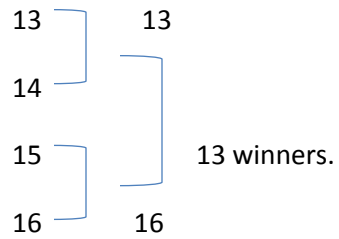


Round I -- Group C





Round I -- Group D



Winner of each Team will participate in league tournament.

League Tournament

4, 7, 12, 13

- No of matches for league tournament

$$\frac{n(n-1)}{2} = \frac{4 \times 3}{2} = \frac{12}{2} = 06$$

Fixture of league tournament by stair case method

4 – 7		
4 – 12	7 – 12	
4 – 13	7 – 13	12 – 13

**(Or)**

Cyclic method

I	II	III
4 – 13	4 – 12	4 – 7
7 – 12	13 – 7	12 – 13

(21)What are the causes of back pain ? Explain the procedure, benefits and contra-indications of any two asanas recommended to cure back pain. (2+3=5)

Ans: **Causes of back pain**

- Over weight
- Lack of exercise
- Bad Sitting/ sleeping posture
- Lack of Flexibility.
- Undue Stress on back
- Improper warming up and cooling down (Explain any two )

**Asanas to be Explained** (Procedure , benefits and contraindications of any 2 )

- Ardhamatsyendrasana
- Vakrasana
- Salabhasana
- Tadasana
- Bhujangasana

(22) Describe exercise guidelines at different stages of growth in children. Give suitable examples for every stage. (1+2+2=5)

Ans: Different Stages of growth in children.

**Infancy - (1-2 years)**

- Gross motor developmental skills
  - Head Control
  - Sitting
  - Crawling
  - Moving arms, legs
  - Reaching to various object
  - Infants should be provided with objects, toys and games
  - Throwing, Catching and kicking a ball
- Explain any one (1)

**Early Childhood (3 to 7 years)**

- Fine motors developmental skills i.e. coordinative activities.

- Movement skills(throwing, jumping, catching or kicking the ball)
- Emphasis on participation and not on competition.
- Structured as well as unstructured physical activities should be performed daily for at least sixty minutes daily.
- They may be allowed to watch quality programmes on T.V. for one to two hours.

Explain any two (2)

### **Later Childhood – (8 TO 12 years)**

- Stunts, throwing, jumping,. Catching, running etc so that they can acquire body control, strength and coordination.
- Participation in organized or team games which aim to develop social consciousness in them.
- Children should be introduced to competitive sports and taught the basic rules of sports competition.
- Introduction of concept of endurance, strength, agility, coordination and balance.

Explain any two (2)

(23)Write in detail about the various test items and their administration of the American Alliance for Health, Physical Education and Recreation (AAPER) Test.

Ans: (A) Administration of AAPER motor Fitness Test:- The test is administered on school student of around 17 years of age. It includes.

(B) Pull up for boys:-

(C) Sit-up

(D) Shuttle run

(E) Standing long jump

(F) 50 mts. dash

(G) 600 Yards run/walk

(5)

(24)What are the long term effects of regular exercise on the cardio-vascular system? Explain.

Ans: **Cardio – Vascular system**

(5 X 1 = 5)

- Increase in of heart rate
- Decrease in Resting Heart rate

- Stroke Volume Increases at rest
- Increase in Cardiac output
- Increase in Blood Flow
- Decrease in Blood pressure
- Increase in Blood Volume
- Quicker Recovery Rate
- Reduced Risk of Heart Disease

( Any five to be explained)

(25)What is Aerodynamics? Describe the basic forces of aerodynamics.

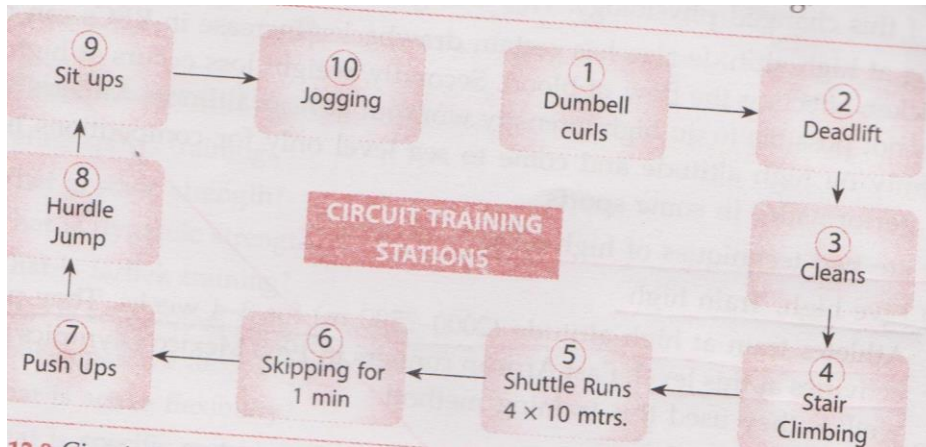
Ans: The word 'Aerodynamics' is originated from the Greek word aerio means related to air and dynamics means motion. So, collectively aerodynamics means the study of motion of air. It is the way air moves around things. In simple words, aerodynamics is related to the flow of air around a projectile which can influence speed and direction of the object.

#### **Basic forces of Aerodynamics**

- 1) **Lift /Air resistance** It is the force that pushes the object to move upward.
- 2) **Weight /Head Wind** It is the force generated by the gravitational attraction of the earth.
- 3) **Drag /Tail wind** It is a force that tries to slow the object down
- 4) **Thrust** – It is the force that is opposite of drag. (5)

(26)What is circuit training? Draw a diagram of 10 stations to improve general fitness. How can load be increased in circuit training?

Ans: - Circuit training is the training method in which exercise of various kinds are performed with or without apparatus with given dosage. (1)



(2)

(Any other relevant 10 stations as per requirement of the game/sport)

How to increase the load in circuit training?

- 1) Number of repetition can be increased per exercise
- 2) Frequency can be increased.
- 3) Additional load can be increased.
- 4) Interval between exercises can be reduced
- 5) Number of rounds can be increased.

(2)

(1+2+2=5)