

Series &RQPS**Set-4****प्रश्न-पत्र कोड
Q.P. Code****75**

रोल नं.

Roll No.

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परीक्षार्थी प्रश्न-पत्र कोड को उत्तर-पुस्तिका के मुख-पृष्ठ पर अवश्य लिखें।

Candidates must write the Q.P. Code on the title page of the answer-book.

शारीरिक शिक्षा (सैद्धान्तिक)**PHYSICAL EDUCATION (Theory)**

निर्धारित समय : 3 घण्टे

Time allowed : 3 hours

अधिकतम अंक : 70

Maximum Marks : 70

नोट	NOTE
(I) कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 15 हैं।	(I) Please check that this question paper contains 15 printed pages.
(II) कृपया जाँच कर लें कि इस प्रश्न-पत्र में 37 प्रश्न हैं।	(II) Please check that this question paper contains 37 questions.
(III) प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए प्रश्न-पत्र कोड को परीक्षार्थी उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें।	(III) Q.P. Code given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
(IV) कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, उत्तर-पुस्तिका में प्रश्न का क्रमांक अवश्य लिखें।	(IV) Please write down the serial number of the question in the answer-book before attempting it.
(V) इस प्रश्न-पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है। प्रश्न-पत्र का वितरण पूर्वाह्न में 10.15 बजे किया जाएगा। 10.15 बजे से 10.30 बजे तक परीक्षार्थी केवल प्रश्न-पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर-पुस्तिका पर कोई उत्तर नहीं लिखेंगे।	(V) 15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the candidates will read the question paper only and will not write any answer on the answer-book during this period.

General Instructions :

- (i) The question paper consists of 5 sections and 37 questions.
- (ii) **Section-A** consists of question 1-18 carrying 1 mark each and are multiple choice questions. All questions are compulsory.
- (iii) **Section-B** consists of question 19-24 carrying 2 marks each and are Very Short Answer Types and should not exceed 60-90 words. Attempt any 5.
- (iv) **Section-C** consists of question 25-30 carrying 3 marks each and are Short Answer Types and should not exceed 100-150 words. Attempt any 5.
- (v) **Section-D** consists of question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
- (vi) **Section-E** consists of question 34-37 carrying 5 marks each and are Long Answer types and should not exceed 200-300 words. Attempt any 3.

SECTION – A

(All Questions are compulsory)

1. Which of the following pranayama is helpful to reduce obesity ? 1
(a) Kapalbhati Pranayama (b) Anulom Vilom Pranayama
(c) Suryabhedan Pranayama (d) Sitili Pranayama
2. International Paralympic Committee was formed in _____. 1
(a) 1985 (b) 2003
(c) 1989 (d) 2001
3. Which of the following is NOT the cause of Food Intolerance ? 1
(a) Toxins formation due to food poisoning
(b) Absence of an enzyme
(c) Roughage
(d) Gluten
4. Given below are two statements labelled Assertion (A) and Reason (R). 1
Assertion (A) : The Basal Metabolic Rate (BMR) is the number of calories needed to maintain body function at resting condition.
Reason (R) : A person who does not engage in any work, still requires energy for the functioning of their internal organs.
In the context of the above two statements, which of the following option is correct ?
(a) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).
(b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
(c) Assertion (A) is true, but Reason (R) is false.
(d) Assertion (A) is false, but Reason (R) is true.

5. Given below are functions of Sports Management in List-I and their Explanation in List-II :

1

List - I

List - II

- | | |
|-----------------|--|
| I. Planning | 1. It is a function of guiding, inspiring and instructing people to accomplish organizational goals. |
| II. Controlling | 2. Preparing a layout for the future course of action. |
| III. Directing | 3. Ensuring that proper talent is serving that specific job. |
| IV. Staffing | 4. Establishing performance standards, measuring actual performance and comparing them for irregularities. |

Match the items of List-I with List-II and choose the correct option from the following :

- | | I | II | III | IV |
|-----|---|----|-----|----|
| (a) | 1 | 2 | 3 | 4 |
| (b) | 1 | 2 | 4 | 3 |
| (c) | 2 | 4 | 1 | 3 |
| (d) | 2 | 4 | 3 | 1 |

6. Given below are two statements labelled Assertion (A) and Reason (R).

1

Assertion (A) : In a normal standing posture, both knees touch each other, while there is a gap of 3-4 inches between the ankles.

Reason (R) : It is due to Genu Valgum and it can develop due to an injury or infection in the knee or leg, rickets, severe lack of vitamin D and calcium, obesity, or arthritis in the knee.

In the context of the above two statements, which one of the following option is correct ?

- (a) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).
(b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
(c) Assertion (A) is true, but Reason (R) is false.
(d) Assertion (A) is false, but Reason (R) is true.
7. In which of the following fitness component an athlete gives better performance, if he/she has more slow twitch fibre in comparison to fast twitch fibres.

1

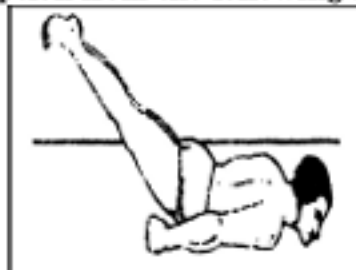
- | | |
|---------------|-----------------|
| (a) Speed | (b) Strength |
| (c) Endurance | (d) Flexibility |

8. Identify the factor which decreases equilibrium.

1

- | | |
|-----------------------------|------------------------------|
| (a) Larger base | (b) Greater weight |
| (c) Lower centre of gravity | (d) Higher centre of gravity |

9. Identify the characteristic of introvert personality. 1
 (a) Meet unknown people easily (b) Self-centered
 (c) Highly socialized (d) Expressive nature
10. Jump for smash in volleyball is an example of _____. 1
 (a) Static strength (b) Maximum strength
 (c) Explosive strength (d) Strength endurance
11. Which of the following is the objective of Intramural competition ? 1
 (a) To achieve high performance
 (b) To provide career opportunities
 (c) To promote health and fitness
 (d) To promote cultural and economic development
12. According to W.H.O. (World Health Organisation) recommendations, children of _____ should be engaged in physical activities for 180 minutes and should have 10-13 hours of good quality sleep per day. 1
 (a) Less than 1 year (b) 1 – 2 year
 (c) 3 – 4 year (d) 5 – 17 year
13. Identify the asana shown in the picture given below and choose the correct option from the following : 1



- (a) Bhujangasana (b) Katichakrasana
 (c) Pawanmuktasana (d) Shalabhasana

(For Visually Impaired Candidates Only)

Which of the following asana is useful for relaxation and removing fatigue ? 1

- (a) Chakrasana (b) Shavasana
 (c) Makarasana (d) Uttanpadasana

14. Which is the main governing body responsible for the organization of Deaflympics ? 1
 (a) World Deaf Champions Committee
 (b) National Sports Federation
 (c) International Co-ordinating Committee Sports for Disabled
 (d) International Committee of Sports for the Deaf

15. Body Mass Index is one of the common way of assessing healthy body weight. Which of the following BMI range is considered for healthy weight ? 1
- (a) 25.0 – 29.0 (b) 30.0 – 34.9
(c) 18.5 – 24.9 (d) 35.0 – 39.9
16. In partial curl up test the difference between two parallel lines is _____. 1
- (a) 8 inches (b) 4 inches
(c) 6 inches (d) 10 inches
17. Goal setting is a _____ approach, under motivational technique. 1
- (a) Cognitive (b) Pedagogical
(c) Social (d) Facilitation
18. Which functional fitness component of senior citizens is determined in the test shown below ? 1



- (a) Physical Mobility (b) Upper Body Flexibility
(c) Lower Body Flexibility (d) Upper Body Strength

(For Visually Impaired Candidates Only)

Which of the following test determines the upper body strength of a senior citizen ? 1

- (a) Chair Stand Test (b) Back Scratch Test
(c) Arm-Curl Test (d) Chair sit and Reach test

SECTION – B

(Attempt any 5 questions)

19. Describe the second class lever with suitable example from sports. 2
20. Enlist four test items of Johnson – Metheny Test of Motor Educability. $\frac{1}{2} \times 4$

21. Write a short note on 'Menarche'. 2
22. Enlist four asanas those help to control asthma. $\frac{1}{2} \times 4$
23. Write any two advantages of physical activities for Children With Special Needs (CWSN). 1+1
24. Mention any two types of friction by giving suitable examples from sports. 1+1

SECTION - C

(Attempt any 5 questions)

25. Mr. X performs the Harvard step test for 275 seconds and his pulse in 1 – 1.5 min after exercise was 100. Write the formula of fitness index score for Harvard step test and calculate the fitness index score of Mr. X. 1+2
26. Comment on the concept of Talent Identification and Talent Development. $1\frac{1}{2}+1\frac{1}{2}$
27. Explain the responsibilities of any two committees during sports competition. $1\frac{1}{2}+1\frac{1}{2}$
28. Explain the procedure and benefits of any one asana for back pain. 2+1
29. Write short note on Female Athlete Triad. 3
30. Describe any three physiological changes due to ageing. 1+1+1

SECTION - D

(Internal choices available)

31. A survey in an inclusive school setup found the discrepancies between the participation of normal and special child during annual sports meet. Study the table given below carefully – $4 \times 1 = 4$

S. No.	Event	Normal Child (150)	Special Child (10)
1.	100 Mtr.	40	5
2.	400 Mtr.	25	2
3.	Long Jump	20	0
4.	High Jump	15	1
5.	Relay Race	8	4

Based on the above study and your knowledge, answer the following questions :

- (a) As per the above table, in _____ event, there is no participation of Special Child.
- (b) Participation of students with disabilities in regular physical education classes is known as _____.
- (c) Enlist any two strategies to make physical activities accessible for children with special needs.
- (d) Motto of Special Olympic is _____.

OR

- (d) The motto of Paralympic is _____.

(For Visually Impaired Candidates Only)

Write short notes on 'Paralympics' and 'Special Olympic'.

32. Study the pictures given below :

4 × 1 = 4



Image-1 Image-2 Image-3

Based on the above study and your knowledge, answer the following questions :

- (a) Which type of fracture you see in image-1 ?
- (b) When a bone breaks diagonally as shown in image-2, it is known as _____.
- (c) _____ fracture occurs when the broken ends of the bones are jammed together by the force of the injury.
- (d) In which type of fracture bone is broken, splinted, or crushed into number of pieces ?

(For Visually Impaired Candidates Only)

Describe types of fracture. (Any Four)

33. Study the fixture given below :

$$4 \times 1 = 4$$



On the basis of the above study and your knowledge, answer the following questions :

- According to the above fixture total number of rounds will be _____.
- As shown in the fixture if the winner team plays least number of matches, then which number of team is the winner ?
- What is the formula for calculating number of matches in a knockout tournament ?
- If 16 teams are participating in a knockout tournament, then how many byes will be given to draw a knockout fixture ?

OR

- What is the formula for calculating total number of byes in a knockout tournament ?

(For Visually Impaired Candidates Only)

How 'Sports Day' and 'Health Run' contribute to spread health awareness and harmony ? Explain.

SECTION - E

(Attempt any 3 questions)

- What do you understand by Aggression in sports ? Explain any 2 types of Aggression by giving suitable examples from sports. 1+2+2
- What is Balanced Diet ? What is the significance of pre and post competition meals for an athlete ? Explain. 1+2+2
- What do you understand by projectile trajectory ? Explain the factors affecting projectile trajectory in sports. 1+4
- What is Endurance ? Explain any two types of Endurance on the basis of duration of the activity with suitable examples from sports. 1+2+2