



Series EF1GH



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।
Please check that this question paper contains 15 printed pages.
- (ii) प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए प्रश्न-पत्र कोड को परीक्षार्थी उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें।
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.
- (iii) कृपया जाँच कर लें कि इस प्रश्न-पत्र में 37 प्रश्न हैं।
Please check that this question paper contains 37 questions.
- (iv) कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, उत्तर-पुस्तिका में प्रश्न का क्रमांक अवश्य लिखें।
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।
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 is 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. Identify the Asana :

1



- (a) Bhujangasana
- (b) Halasana
- (c) Vajrasana
- (d) Dhanurasana

(Question for Visually Impaired candidates)

_____ pose is like cobra.

- (a) Bhujangasana
- (b) Dhanurasana
- (c) Vajrasana
- (d) Ardhmatsyendrasana



2. Traits like sadness, mood swings and emotional instability are related with _____. 1
(a) Extroversion (b) Agreeableness
(c) Conscientiousness (d) Neuroticism

3. Which of the following is NOT the factor affecting projectile trajectory ? 1
(a) Gravity (b) Angle of Release
(c) Buoyant Force (d) Air Resistance

4. Which of the following factors, does NOT determine flexibility ? 1
(a) Joint Structure (b) Previous Injury
(c) Efficiency of Lungs (d) Age and Gender

5. Fartlek Training is used to develop _____. 1
(a) Endurance (b) Strength
(c) Flexibility (d) Speed

6. Which type of coordinative ability is required in games like judo and wrestling ? 1
(a) Orientation ability (b) Coupling ability
(c) Adaptation ability (d) Differentiation ability

7. The ability to tolerate higher concentration of _____ can help in improving endurance performance. 1
(a) Lactic acid (b) Hydrochloric acid
(c) Acetic acid (d) Sulphuric acid

8. Centre of Gravity is the average location of an object's _____. 1
(a) Weight (b) Force
(c) Resistance (d) Velocity



9. Given below are the two statements labelled Assertion (A) and Reason (R). 1
- Assertion (A) :** Aggression is part of human behaviour and is necessary for an individual to live and struggle for higher achievements.
- Reason (R) :** Aggression is inevitable and inseparable in sport activities.
- In the context of the above two statements, which one of the following is correct ?
- (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, but (R) is false.
(d) (A) is false, but (R) is true.
10. Role of water in human body is to _____ 1
- (a) regulate body temperature (b) give energy
(c) repair cell (d) protect from disease
11. Which of the following are water soluble vitamins ? 1
- (a) Vitamin D & K (b) Vitamin B & C
(c) Vitamin A & E (d) Vitamin A & C
12. Which of the following asana is NOT used to cure Asthma ? 1
- (a) Tadasana (b) Dhanurasana
(c) Parvatasana (d) Bhujangasana
13. How many total matches will be played in a knock-out fixture of 19 teams ? 1
- (a) 18 (b) 17
(c) 20 (d) 16
14. Knock-out tournament is also known as _____. 1
- (a) Elimination tournament (b) Round-robin tournament
(c) League tournament (d) Challenge tournament



15. First Deaflympic Games was organized in the year _____. 1
(a) 1896 (b) 1960
(c) 1924 (d) 1951

16. Match the following : 1

List – I

- I. Knock Knee /
Genu Valgum
II. Kyphosis
III. Lordosis
IV. Bow legs

List – II

1. Increase exaggeration of backward curve
2. Wide gap between the knees when standing with feet together
3. Knees touch each other in normal standing position.
4. Inward curvature of the spine

Choose the correct option from the following :

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

17. Match the following : 1

List – I

- I. Plate Tapping Test
II. Push-up
III. Partial Curl up
IV. Modified push up

List – II

1. Upper body strength endurance of boys
2. Speed and coordination of limb movement
3. Upper body strength endurance of girls
4. Abdominal strength

Choose the correct option from the following :

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

18. Menarche is related to : 1

- (a) Ending of menstrual period in women
(b) Beginning of menstrual period in women
(c) Time of pregnancy
(d) Spinal deformity



SECTION – B

(Attempt any 5 questions)

19. Briefly explain any two factors determining endurance. 1+1
20. What do you understand by “Goal Setting” ? 2
21. Define Flexibility and list down its types. 1+1
22. Elucidate any four types of fractures. 2
23. What is BMI ? Calculate BMI of a child whose weight is 72 kg and height 1.68 mt. 1+1
24. Differentiate between Macro and Micro Nutrients. 2

SECTION – C

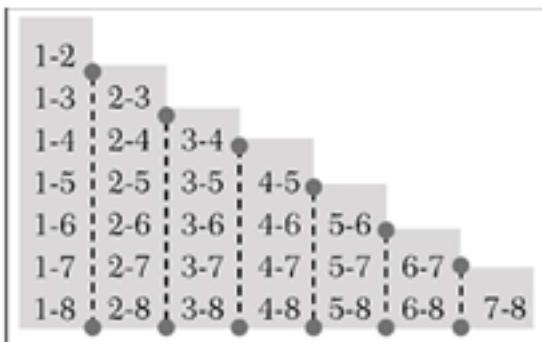
(Attempt any 5 questions)

25. “Participation in physical activities is advantageous for children with special need.” Briefly explain any six advantages. 3
26. Write the functions of Vitamin D and Vitamin K and mention their sources. 1.5+1.5
27. Briefly explain the functions of Directing and Controlling to organize sports event. 1.5+1.5
28. How can we enhance the sports performance with the help of self-talk and self-esteem ? Explain. 1.5+1.5
29. Elucidate any six effects of exercise on muscular system. 3
30. What do you understand by Round shoulders deformity ? Suggest any four corrective measures for round shoulders. 1+2



SECTION – D (Internal choices available)

31.



On the basis of above fixture, answer the following questions :

4

- (a) Which method is shown in the picture to draw fixture in league tournament ?
- (b) What is the formula to calculate number of matches ?
- (c) In league or Round Robin Tournament winner will be decided on the basis of _____.
- (d) If 7 teams participate in a league Tournament, _____ number of matches will be played.

(For Visually Impaired Candidates)

Explain the responsibilities of any four committees required to organize a sports event.

32. Study the pictures given below :



(A)
Stationary Ball



(B)
Moving Ball

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

4

- (a) Which law of motion will be applied to initiate motion of the ball as depicted in the illustration (A) ?
- (b) In illustration (B) which force is acting upon the ball to slow it down ?
- (c) Which law of motion will determine the quality of bounce ?
- (d) _____ of an object directly depends upon the mass of the object and net force applied on it.

OR

"When a cricket ball is moving with a certain velocity, the player has to apply retarding force to bring the ball at rest in his hands." Which Newton's Law is applied in this illustration ?

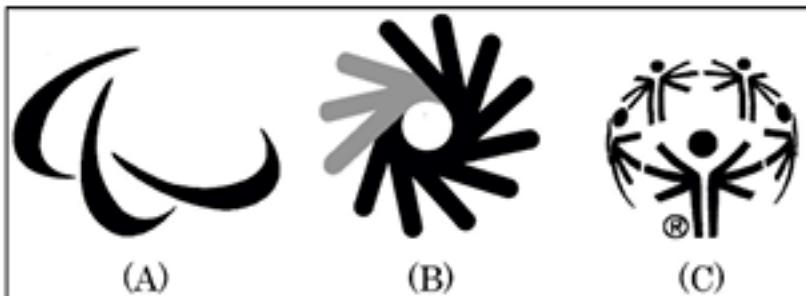
(For Visually Impaired Candidates)

By giving suitable examples from sports, explain any two Newton's Laws of Motion in detail.



33. In relation to the pictures, answer the following questions :

4



- (a) Logo shown in picture _____ refers to Special Olympic.
- (b) Who was the founder of Special Olympics ?
- (c) According to figure 'B', the hand shapes of 'OK', 'Good' and 'Great' that overlap each other in a circle, represent the original sign for _____.
- (d) How many countries participated in the first Paralympic Games in Rome (Italy) in 1960 ?

OR

The moto of Paralympics is _____.

(For Visually Impaired Candidates)

Explain any four strategies to make physical activities accessible for children with special needs.

SECTION – E

(Attempt any 3 questions)

- 34. List down any four asanas used for prevention of Hypertension. Explain the procedure and contraindication of any one of them with help of a stick diagram. 1+4
- 35. What is the purpose of Riklli and Jones fitness test ? Explain the procedure of its any two test items in detail. 1+4
- 36. Define strength and explain any two methods to develop it. 1+4
- 37. What is Friction ? Write the advantages and disadvantages of friction by giving suitable examples from sports. 1+4