

Series : 4YWZX



SET - 4

रोल नं.
Roll No.

प्रश्न-पत्र कोड
Q.P. Code

75

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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

- कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 15 हैं।
- कृपया जाँच कर लें कि इस प्रश्न-पत्र में 37 प्रश्न हैं।
- प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए प्रश्न-पत्र कोड को परीक्षार्थी उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें।
- कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, उत्तर-पुस्तिका में यथा स्थान पर प्रश्न का क्रमांक अवश्य लिखें।
- 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।
- Please check that this question paper contains 15 printed pages.
- Please check that this question paper contains 37 questions.
- 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.
- Please write down the serial number of the question in the answer-book at the given place before attempting it.
- 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 questions 1-18 carrying 1 mark each and are multiple choice questions. All questions are compulsory.*
- (iii) *Section-B consists of questions 19-24 carrying 2 marks each and are Very Short Answer Type and their answer should not exceed 60-90 words. Attempt any 5.*
- (iv) *Section-C consists of questions 25-30 carrying 3 marks each and are Short Answer Type and their answer should not exceed 100-150 words. Attempt any 5.*
- (v) *Section-D consists of questions 31-33 carrying 4 marks each and are case studies. There is an internal choice available.*
- (vi) *Section-E consists of questions 34-37 carrying 5 marks each and are Long Answer types and their answer should not exceed 200-300 words. Attempt any 3.*

SECTION - A

(All Questions are compulsory.)

1. Which one of the following is a post-competition responsibility of the technical committee ? 1
 - (A) Requisition to purchase equipment
 - (B) Arrangement of equipment and stationery
 - (C) Arrangement of officials
 - (D) Maintenance of the field
2. Which of the following is an objective of Intramural tournaments ? 1
 - (A) To achieve high performance at the highest level of the tournament.
 - (B) To develop the feeling of integration with other institutions.
 - (C) To provide opportunities for choosing a career in sports.
 - (D) To promote health and recreation at the institution.
3. Which of the following deformity is NOT related to lower extremities ? 1
 - (A) Knock-Knee
 - (B) Scoliosis
 - (C) Bow-legs
 - (D) Flat-foot
4. Brisk walking, running, bicycling and jumping are related to which activities ? 1
 - (A) Speed activities
 - (B) Strength activities
 - (C) Endurance activities
 - (D) Co-ordinative activities
5. As per prescribed syllabus, Suryabhedan Pranayam is recommended for 1
 - (A) Obesity
 - (B) Hypertension
 - (C) Asthma
 - (D) Back pain



6. Identify the asana :

1



(A) Chakrasana

(B) Dhanurasana

(C) Halasana

(D) Ushtrasana

(For Visually Impaired Candidates Only)

Which one of the following is the correct pose of Paschimottanasana ?

1

(A) Forward bending in a standing position.

(B) Forward bending in the sitting position.

(C) Head raised in the prone position.

(D) Head raised in the supine position.

7. Given below are two statements, one of which is labelled as Assertion (A) and other is labelled as Reason (R). Read both the statements carefully :

1

Assertion (A) : The International Paralympic Committee (IPC), has developed a classification process which can contribute "to sporting excellence for all athletes and sports in the Paralympic Movement, and provide equitable competition.

Reason (R) : The classification process serves two roles. The first is to determine who is eligible and the second is to grouping the sports people for the purpose of competitions.

In the context of the above two statements, which one of the following 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.

8. _____ are the colours, that represent the four regional confederation in the Deaflympic logo.

1

(A) Red, blue, black and yellow

(B) Blue, yellow, black and red

(C) Red, blue, yellow and green

(D) Blue, black, red and yellow

9. What type of lever has the load resistance between the fulcrum and the force ?

1

(A) First class lever

(B) Second class lever

(C) Both (A) and (B)

(D) Third class lever



10. The scientific name of Vitamin 'C' is _____ 1
(A) Betadine acid (B) Ascorbic acid
(C) Acetonic acid (D) Hydrochloric acid
11. Given below are two statements, one of which is labelled as Assertion (A) and other is labelled as Reason (R). Read both the statements carefully : 1
Assertion (A) : The risk of cancer can be reduced by eating more colourful vegetables, fruits and other plant-foods that have certain phytochemicals in them.
Reason (R) : Non-nutritive components of diet are part of balance diet.
In the context of the above two statements, which one of the following 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.
12. In which test, score is recorded to the nearest centimetre between the initial and final score ? 1
(A) Partial curl-up (B) Back stretch test
(C) Sit and reach test (D) Chair sit and reach test
13. Given below are types of fractures in List – I with their features in List – II : 1

| List – I | List – II |
|--------------------|---|
| Types of Fractures | Features |
| (a) Transverse | i. Bone breaks diagonally |
| (b) Oblique | ii. Bone is crushed into number of pieces |
| (c) Green stick | iii. Straight break right across a bone. |
| (d) Comminuted | iv. Soft bone, in which bone bends |

Match the items of List – I with List – II and choose the correct option from the following :
(a) (b) (c) (d)
(A) iii iv ii i
(B) iii i iv ii
(C) i ii iii iv
(D) ii iii iv i
14. "The golf ball remains at rest until it is struck by a golf club." This statement indicates – 1
(A) Law of Inertia (B) Law of Acceleration
(C) Law of Gravity (D) Law of Reaction



15. Given below are traits of the big five theories of personality in List – I with their characteristics in List – II : 1

| List – I | | List – II | |
|-------------------|------|--|--|
| Traits of Big 5 | | Characteristics | |
| (a) Openness | i. | Active, optimistic and social | |
| (b) Extroversion | ii. | Insecure, nervous and anxious | |
| (c) Neuroticism | iii. | Creative, focused on tackling new challenges and curious | |
| (d) Agreeableness | iv. | Friendly, helpful and trustworthy | |

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

- | | | | | | |
|-----|-----|-----|-----|-----|--|
| | (a) | (b) | (c) | (d) | |
| (A) | iii | i | iv | ii | |
| (B) | iii | i | ii | iv | |
| (C) | iv | ii | iii | i | |
| (D) | iv | i | ii | iii | |
16. The concept of _____, generally refers to a person's evaluation of, or attitude towards, him or herself. 1
- | | |
|--------------------|------------------|
| (A) Mental-imagery | (B) Self-esteem |
| (C) Self-talk | (D) Goal-setting |
17. The Swedish word speed play is also known as _____. 1
- | | |
|-----------------------|---------------------|
| (A) Fartlek training | (B) Interval method |
| (C) Continuous method | (D) Pace method |
18. In which type of exercises movement can NOT be seen directly ? 1
- | | |
|----------------|-----------------|
| (A) Iso-tonic | (B) Iso-kinetic |
| (C) Iso-metric | (D) Plyometric |

SECTION – B

(Attempt any 5 questions.)

19. Suggest any two corrective measures for each, bow legs and round shoulders. $1 + 1 = 2$
20. Enlist four benefits of participation in physical activities for children with special needs. $\frac{1}{2} \times 4 = 2$
21. Enumerate any two myths related to food items with their respective facts. $1 + 1 = 2$
22. Mention the fitness index score formula and its norms for the Harvard Step Test. $1 + 1 = 2$
23. Mention any two strategies for enhancing adherence to exercise. $1 + 1 = 2$
24. When wrestlers fall on the mat, why they spread their arms, knee and legs ? Justify your answer. 2

SECTION – C

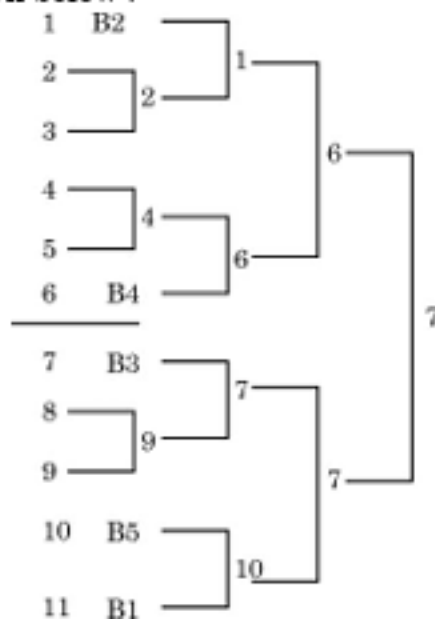
(Attempt any 5 questions.)

25. "The organisation of its community sports reflects the progress of any country." In the context of this statement, outline 'Run for a specific cause' and 'Run for unity'. $1\frac{1}{2} + 1\frac{1}{2} = 3$
26. Describe the physical and psychological benefits of women's participation in sports. $1 \times 3 = 3$
27. Define flexibility. Explain the methods to improve flexibility for a gymnast. $1 + 2 = 3$
28. Mention any three importance of diet during competition. $1 \times 3 = 3$
29. Describe the following : $1\frac{1}{2} + 1\frac{1}{2} = 3$
(a) Residual Volume (b) Stroke Volume
30. Compare and contrast the hostile and instrumental aggression. 3

SECTION – D

(Internal choices available)

31. Aarti prepared a fixture of 11 teams to conduct Kho-Kho tournament in her locality as shown below :



Based on the above given fixture, answer the following questions :

- (i) What is the number of Non-bye teams in this tournament ?
 (A) 06 (B) 07
 (C) 08 (D) 09
- (ii) If the above fixture had been of 48 teams, then the number of byes would have been _____.



- (iii) 7th match will be played between team number _____ and _____.

OR

Write the formula to calculate byes in lower half.

- (iv) The provision in which good teams are placed in different half or pool, based on their ranking or previous performance not by allotment of draw, so that they do not play with other teams in the first round is known as _____.
- (A) Bye (B) British method
(C) Seeding (D) American method

(For Visually Impaired Candidates Only)

Tarun's physical education teacher gave him the responsibility of organizing a Kabaddi competition in school. Tarun along with his classmates formed several committees and prepared a knockout fixture of 17 teams for the Kabaddi tournament. He faced many challenges in organizing the match, but finally, he was successful.

4

Answer the following questions based on the above case and your prior knowledge :

- (i) How many matches will be played in this tournament ?
- (ii) _____ saves cost and time and makes each match intensive because of fear of elimination.
- (A) Knockout tournament (B) League tournament
(C) Round robin tournament (D) Combination tournament
- (iii) Two team players got injured during the match, which committee will manage it ?
- (A) Logistics committee (B) Technical committee
(C) Finance committee (D) Marketing committee
- (iv) Which formula was used to allot byes to the above teams in the lower half ?

OR

Which formula was used to allot byes to the above teams in the upper half ?

32. During the Physical Education class, Vivek's physical education teacher provided information about sports for children with special needs. He explained, how they are catered for the Paralympics, Deaflympics and Special Olympics. Additionally, he advised them to motivate such children to participate in physical activities to improve their performance.

4

Answer the following questions based on the above case and your prior knowledge :

- (i) To participate in Special Olympic, minimum age should be _____ years old.
- (A) 7 (B) 6
(C) 8 (D) 9



- (ii) The first Deaflympics was held in the year _____.
- (iii) Who was the founder of the Paralympics ?
- (iv) Write any two strategies to make physical activities accessible for special children.
33. Diya went to sports training centre for the first time. Her coach informed her that participation in sports not only promotes physical growth but also has social and psychological benefits. He highlighted numerous physical benefits for muscles, heart and respiratory systems. He advised her to continue daily practice to improve her health related and skill related fitness. 4
- Answer the following questions based on the above case and your prior knowledge :
- (i) Which is not a long-term effect of exercises on the muscular system ?
(A) Hypertrophy of muscle
(B) Increase in glycogen stored
(C) Ligament and tendon strengthen
(D) Accumulation of lactate
- (ii) What is cardiac output ?
- (iii) Choose the correct statement related to tidal volume :
(A) Amount of air inhaled and exhaled in one breath.
(B) Amount of air inhaled in one breath
(C) Amount of blood pumped out by heart in one stroke.
(D) Amount of air exhaled in one breath
- (iv) Lactic acid tolerance relates to _____.
(A) Strength (B) Speed
(C) Flexibility (D) Endurance

SECTION - E

(Attempt any 3 questions.)

34. Describe the procedure and benefits of Mandukasana and Makrasana to control hypertension. $2\frac{1}{2} + 2\frac{1}{2} = 5$
35. What do you mean by Equilibrium ? Explain how Equilibrium increases with the influence of various factors by giving suitable examples from sports. $1 + 4 = 5$
36. What do you understand by circuit training ? How a coach will plan circuit training sessions with 6 stations to develop fitness of his new trainees ? Explain. $2 + 3 = 5$
37. Write in detail the procedure and scoring of 'Flamingo Balance Test' and 'Plate Taping Test' recommended for the age group 5 – 8 years by SAI Khelo India. $2\frac{1}{2} + 2\frac{1}{2} = 5$