

PHYSICAL EDUCATION

PAPER – 1 (THEORY)

(Maximum Marks: 70)

(Time allowed: Three hours)

(Candidates are allowed additional 15 minutes for **only** reading the paper.
They must **NOT** start writing during this time.)

Answer **any five** questions from **Section A**.

Section B comprises of one question on each game, with five subparts (a), (b), (c), (d) and (e). Select **any two** games from this Section.

Answer **any three** of the **five** subparts (a), (b), (c), (d) and (e) from **each** of the two games selected by you in this section.

The intended marks for questions or parts of questions are given in brackets [].

SECTION A (40 Marks)

Answer **any five** questions.

Question 1

What is meant by *warming up*? Write the advantages of warming up. [8]

Question 2

(a) Explain the *merits* and *demerits* of league tournament. [8]

(b) Draw a league fixture for eight teams according to cyclic method.

Question 3

Discuss the importance of health education for adults and younger generation. [8]

Question 4

Mention the causes and corrective measures for the following: [8]

(a) Lordosis

(b) Flat foot

Question 5

Write in detail the effects of insufficient sleep, on human body. [8]

Question 6

List the various ill effects of alcohol on an individual. [8]

Question 7

Explain what is *contusion*. Mention the steps to be followed for its prevention. [8]

SECTION B (30 Marks)

Select **any two** games from this Section.

Answer **any three** of the **five** subparts (a), (b), (c), (d) and (e) from **each** of the **two** games selected by you. Each subpart is for **5 marks**.

FOOTBALL

Question 8 [3 × 5]

- (a) List *any five* fundamental skills which a football player must possess. [5]
- (b) What decision is to be taken by the referee if the ball bursts or becomes defective during the course of a match? [5]
- (c) Explain the difference between *flicking* and *trapping*. [5]
- (d) Mention the basic compulsory equipment used by a referee while conducting a match. [5]
- (e) Mention *any five* duties of Assistant Referees. [5]

CRICKET

Question 9 [3 × 5]

- (a) Explain the following: [5]
 - (i) Dolly Catch
 - (ii) Gully
 - (iii) Seam
 - (iv) Hook shot
 - (v) Half-volley
- (b) Differentiate between *popping crease* and *bowling crease*. [5]
- (c) Explain the following terms: [5]
 - (i) Ball tampering
 - (ii) Sweep

- (d) (i) Write the full forms of ICC and BCCI. [5]
(ii) State the functions of ICC and BCCI.
- (e) Under which conditions can an umpire change the ball? [5]

HOCKEY

- Question 10** [3 × 5]
- (a) Write a short note on Hockey Stick. [5]
(b) Mention *any five* duties of the captain of a Hockey team. [5]
(c) Write the equipment used by a Goal Keeper. [5]
(d) When is a penalty stroke awarded? [5]
(e) State the difference between a *scoop* and a *stroke*. [5]

BASKETBALL

- Question 11** [3 × 5]
- (a) Explain *Three Second Rule* and *Twenty-four Second Rule*. [5]
(b) What is *free throw*? State the steps to be followed for taking a free throw. [5]
(c) Mention the violations in the game of Basketball. [5]
(d) What is a *double foul* in the game of basketball? What is the penalty for this foul? [5]
(e) Explain *technical foul* and *multiple foul*. [5]

VOLLEYBALL

- Question 12** [3 × 5]
- (a) Write the duties of a Volleyball coach. [5]
(b) Write the service faults in Volleyball. [5]
(c) (i) What is the procedure adopted to start a game? [5]
(ii) List *any two* National level tournaments in Volleyball.
- (d) Differentiate between: [5]
(i) *Service zone* and *substitution zone*
(ii) *Positional fault* and *rotational fault*
- (e) Mention the duties of a line judge. [5]

TENNIS

Question 13

[3 × 5]

- (a) Explain the following: [5]
- (i) Double fault
 - (ii) Chip shot
- (b) List *any five* types of strokes in the game of Tennis. [5]
- (c) What are the duties of a coach in Tennis? [5]
- (d) Explain the following: [5]
- (i) Set
 - (ii) Ace
 - (iii) Slice
 - (iv) Down the line
 - (v) Drive
- (e) Explain how a *forehand shot* is taken. [5]

BADMINTON

Question 14

[3 × 5]

- (a) Discuss the rule of service in doubles. [5]
- (b) What happens if the shuttlecock gets stuck on the net? [5]
- (c) (i) What is meant by *bird* in the game of Badminton? [5]
(ii) Name the different types of strokes played by a badminton player.
- (d) Explain the following terms: [5]
- (i) Side out
 - (ii) Waist fault
- (e) (i) Explain the following shuttle grips: [5]
- (1) Out of hand grip
 - (2) Mid grip
 - (3) Base grip
- (ii) What is the weight of a shuttle cock? How many feathers are there in a shuttle cock?

SWIMMING

Question 15

[3 × 5]

- (a) List the freestyle events for men. [5]
- (b) (i) What is the position of backstroke turn indicators? [5]
(ii) Which lane is given to the best swimmer?
- (c) Explain the starting stance of a swimmer in the backstroke event. [5]
- (d) (i) What is a *Dolphin kick*? [5]
(ii) Describe *any two* duties of the judges of stroke.
- (e) Explain the following terms: [5]
 - (i) Tapper
 - (ii) Peddler

ATHLETICS

Question 16

[3 × 5]

- (a) Explain the event *triple jump*. [5]
- (b) What is the difference between *marking radius* and *running radius*? [5]
- (c) Draw a neat diagram of a Shot-Put sector with all its specifications. [5]
- (d) List the fundamental skills required by an athlete, for the event of Discus throw. [5]
- (e) Explain the following terms: [5]
 - (i) Stagger
 - (ii) Athlete
 - (iii) Shoulder Shrug
 - (iv) Heat
 - (v) Lane