

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 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

Briefly explain the role of physical education in national integration. [8]

Question 2

What is meant by *Sports Training*? Explain its importance. [8]

Question 3

Write a short note on Netaji Subhas National Institute of Sports (NSNIS) and list its aims and objectives. [8]

Question 4

Explain the advantages and disadvantages of knock-out tournaments. Name the other *three* types of tournaments. [8]

Question 5

- (a) What is meant by *drug abuse*? [8]
(b) Discuss the various objectives of health education.

Question 6

- (a) State the various causes of disability. [8]
(b) Discuss first aid treatment for sprains and strains.
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Turn over

Question 7

[8]

- (a) Briefly discuss the importance of correct posture.
- (b) With regard to First Aid, what does RICE stand for?

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) Explain *any five* offences committed by a football player for which a Red card is shown. **[5]**
- (b) Explain the following terms associated with the game of football: **[5]**
 - (i) Corner kick
 - (ii) Throw in
- (c) What is *time lost*? State the various situations under which time is lost during the game. **[5]**
- (d) List *any five* occasions when the referee blows the whistle during the game. **[5]**
- (e) (i) When is a penalty kick awarded in a game of football? **[5]**
 - (ii) From which spots a penalty kick taken?

CRICKET

Question 9

[3 × 5]

- (a) Mention the role of a match referee. **[5]**
- (b) Draw *any five* fielding positions in a 30 yards circle. **[5]**
- (c) Explain the *five* situations when a *no ball* is called by an umpire. **[5]**
- (d) Explain the terms *leg bye* and *leg before wicket*. **[5]**
- (e) Explain the *Duckworth rule* in the game of cricket. **[5]**

HOCKEY

- Question 10** [3 × 5]
- (a) Explain the following: [5]
 - (i) Flick
 - (ii) Long corner
 - (b) List *any five* international tournaments of hockey. [5]
 - (c) Mention the basic compulsory equipment used by hockey players. [5]
 - (d) Write *any four* fundamental skills of hockey and briefly explain *any one* of them. [5]
 - (e) Write the full form of IHF and mention *any three* duties of IHF. [5]

BASKETBALL

- Question 11** [3 × 5]
- (a) What is the difference between *charging* and *blocking*? [5]
 - (b) List *any five* technical equipment used by the table officials. [5]
 - (c) Explain the *Five Second Rule* and the *Eight Second Rule*. [5]
 - (d) Explain the following terms with reference to the game of Basketball: [5]
 - (i) Time out
 - (ii) Pivot
 - (e) Differentiate between *foul* and *team foul*. [5]

VOLLEYBALL

- Question 12** [3 × 5]
- (a) Explain the following: [5]
 - (i) Round-arm service
 - (ii) Tennis service
 - (b) Differentiate between a *smash* and a *serve*. [5]
 - (c) Name *five* international tournaments of Volleyball. [5]
 - (d) List *five* types of game delay. [5]
 - (e) Explain the following terms: [5]
 - (i) Rally
 - (ii) Spike

TENNIS

Question 13

[3 × 5]

- (a) List the various situations under which a player, while serving during a game of tennis may make foot fault. [5]
- (b) What is the pattern of scoring in a tie-breaker? [5]
- (c) Mention *any four* fundamental skills required in the game of tennis and briefly explain *any one* of them. [5]
- (d) Name the officials who are required to conduct a tennis match. [5]
- (e) (i) When is an *advantage* given in a game of tennis? [5]
(ii) What is a *cross court shot*?

BADMINTON

Question 14

[3 × 5]

- (a) List the duties of the line judge and the service judge. [5]
- (b) Mention *any five* faults a badminton player may commit during the game. [5]
- (c) Describe the scoring system in a game of Badminton. [5]
- (d) State *any five* duties of a service judge. [5]
- (e) Mention *any five* important tournaments of Badminton. [5]

SWIMMING

Question 15

[3 × 5]

- (a) Mention *any three* duties of the starter and *any two* duties of the chief inspector of turns. [5]
- (b) Mention the rules related to the conduct of races. [5]
- (c) List the order of strokes in the medley relay events. [5]
- (d) Write a short note on SFL. [5]
- (e) Name the events which start with a dive and the events which start from within the water. [5]

ATHLETICS

Question 16

[3 × 5]

- (a) What is the diameter of a shotput circle? What are the measurements of a stop board? [5]
- (b) Differentiate between *sector* and *lane* in athletics. [5]
- (c) Draw a diagram of a javelin runway and sector with *any three* specifications. [5]
- (d) Describe fundamental skills required for long jump. [5]
- (e) Mention *any five* international competitions in athletics. [5]