

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

Explain the role of physical education in the development of personality of an individual. [8]

Question 2

Explain briefly what is meant by *interval training*. Write the method of conducting interval training. [8]

Question 3

Write a note on the *Sports Authority of India* (SAI) giving its objectives. [8]

Question 4

What is meant by a *tournament*? Explain the various types of tournaments. Draw a fixture of 11 teams on the knock-out basis. [8]

Question 5

Explain the term *Disability*. State the various services available for the rehabilitation of the disabled, in India. [8]

Question 6

What is meant by *soft-tissue injury*? Explain the role of an individual in the prevention of sports related accidents. [8]

Question 7

Write short notes on the following: [8]

- (a) Splint
- (b) Personal hygiene

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) What is meant by *kick-off*, in the game of football? State *four* situations of a kick-off in the game. [5]
- (b) Explain the following terms: [5]
 - (i) Offside
 - (ii) Dropped-ball
- (c) Write *any five* duties of a referee during the game. [5]
- (d) In the game of football, what is meant by *added time*? State the difference between *added time* and *extra time*. [5]
- (e) What is meant by *throw-in*? Explain the process of throw-in. [5]

CRICKET

Question 9 [3 × 5]

- (a) Explain *follow-on* with reference to the game of cricket. [5]
- (b) Mention *any five* occasions when the umpire calls or signals for a no ball. [5]
- (c) Explain the following: [5]
 - (i) Sledging
 - (ii) IPL
- (d) Explain the techniques of wicket keeping. [5]
- (e) Mention *five* front foot drives played in cricket. [5]

HOCKEY

Question 10 **[3 × 5]**

- (a) Draw a neat diagram of a hockey field with all its dimensions. **[5]**
- (b) When is a penalty corner awarded? Write the procedure followed for taking a penalty corner. **[5]**
- (c) Write the procedure followed for the start and the restart of a match of hockey. **[5]**
- (d) Explain the following terms: **[5]**
 - (i) Penalty corner
 - (ii) Dribbling
- (e) Mention *any five* duties of a referee during the game. **[5]**

BASKETBALL

Question 11 **[3 × 5]**

- (a) List *any five* duties of a referee. **[5]**
- (b) Explain the following terms: **[5]**
 - (i) Travelling
 - (ii) Bounce pass
- (c) Mention *any five* occasions when the game clock is stopped during the game. **[5]**
- (d) List the equipment used in the game of basketball. **[5]**
- (e) Write *any five* skills a basketball player should possess. **[5]**

VOLLEYBALL

Question 12 **[3 × 5]**

- (a) Draw a neat diagram of a volleyball court. Mark the zones and the positions of the players. **[5]**
- (b) Write the basic equipment used by volleyball players. **[5]**
- (c) Explain the following terms: **[5]**
 - (i) Libero
 - (ii) Screening
- (d) Write *five* duties of the captain of a volleyball team. **[5]**
- (e) Explain the procedure to be followed when a match is interrupted by bad weather or dim light. **[5]**

TENNIS

- Question 13** **[3 × 5]**
- (a) Draw a neat diagram of a tennis racket with all its specifications. **[5]**
 - (b) Write *any five* duties of a referee. **[5]**
 - (c) Explain the following: **[5]**
 - (i) Deuce
 - (ii) Half volley
 - (d) State *any five* instances when a player loses a point during the game. **[5]**
 - (e)
 - (i) Name *four* important tournaments of Tennis. **[5]**
 - (ii) Expand the following:
 - (1) ATF
 - (2) NLTA

BADMINTON

- Question 14** **[3 × 5]**
- (a) Draw a neat diagram of a badminton court with all its specifications. **[5]**
 - (b) Explain the scoring system in the game of badminton. **[5]**
 - (c) Explain the following terms: **[5]**
 - (i) Short service line
 - (ii) Back gallery
 - (iii) Foot fault
 - (iv) Love all
 - (v) Rotation
 - (d) Write a short note on each of the following: **[5]**
 - (i) Thomas Cup
 - (ii) Uber Cup
 - (e) Expand the following: **[5]**
 - (i) BWF
 - (ii) SGFI
 - (iii) BAI
 - (iv) IBF
 - (v) IBL
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SWIMMING

- Question 15** **[3 × 5]**
- (a) List the equipment used in swimming competitions. **[5]**
 - (b) What is *false start rope*? **[5]**
 - (c) List *any five* swimming events. **[5]**
 - (d) Explain the following: **[5]**
 - (i) Control room supervisor
 - (ii) Individual medley
 - (e) Write a short note on FINA. **[5]**

ATHLETICS

- Question 16** **[3 × 5]**
- (a) List the events of Decathlon and Heptathlon, in athletics. **[5]**
 - (b) Draw a neat diagram of a discus throw sector, with all its specifications. **[5]**
 - (c) Explain the event *high jump*. Write the different techniques used in high jump. **[5]**
 - (d) Mention *five* important duties of a referee, in Athletics. **[5]**
 - (e) Explain the following terms: **[5]**
 - (i) Baton
 - (ii) Marathon
 - (iii) Hurdling
 - (iv) Take off area
 - (v) Approach run