

# 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

Discuss the role of Physical Education in the development of an individual, through the medium of games and sports. [8]

### Question 2

Explain the procedure of conducting *circuit training*, with the help of a diagram. Explain *any four* benefits of circuit training. [8]

### Question 3

Explain the meaning of *weight training*. Write *any eight* weight training exercises. [8]

### Question 4

What is *International Olympic Committee (IOC)*? Write *any five* functions of the IOC. [8]

### Question 5

What is meant by *correct posture*? Explain *any two* common postural deformities. [8]

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**Question 6**

Explain the meaning of *Health Education*. Mention *any five* principles of health education. [8]

**Question 7**

Write short notes on the following: [8]

- (a) Cardiopulmonary resuscitation.
- (b) Stimulants.

**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) Draw a neat diagram of a football field, showing all its specifications. [5]
- (b) State *any five* ways of trapping the ball by various body parts. [5]
- (c) Mention the basic compulsory equipment used by a football player. [5]
- (d) Explain *goal-kick*. When is a goal-kick awarded? [5]
- (e) Explain the following terms: [5]
  - (i) IFAB
  - (ii) AIFF

**CRICKET****Question 9** [3 × 5]

- (a) State *any five* pre-match duties of the umpire. [5]
- (b) Name *any five* different variations of spin bowling, in cricket. [5]
- (c) Specify the measurement of the following: [5]
  - (i) Length and width of a bat
  - (ii) Circumference and weight of a ball
  - (iii) Length of wickets above the ground

- (d) Write *any five* instances when a ball becomes dead. [5]
- (e) Explain the following terms: [5]
- (i) An appeal
  - (ii) Bump ball

### HOCKEY

**Question 10** [3 × 5]

- (a) Draw a neat diagram of a hockey goal post, with all its dimensions. [5]
- (b) Explain the *rule of substitution* in the game of hockey. [5]
- (c) List *five* cups and trophies associated with the game of hockey in India. [5]
- (d) Explain the following: [5]
- (i) Shooting circle
  - (ii) Bully
- (e) Write *any five* occasions when the referee blows the whistle during a game. [5]

### BASKETBALL

**Question 11** [3 × 5]

- (a) Draw a neat diagram of the restricted area in basketball with all its dimensions. [5]
- (b) Explain the procedure of substitution in the game of basketball. [5]
- (c) Name *any five* types of passes, in the game of basketball. [5]
- (d) Mention *any five* duties of a scorer and an assistant scorer. [5]
- (e) Explain the following terms: [5]
- (i) Screening
  - (ii) Three Second Rule

**VOLLEYBALL**

- Question 12** **[3 × 5]**
- (a) Write *any five* skills a volleyball player should possess. **[5]**
- (b) Explain the following: **[5]**
- (i) Blocking faults
- (ii) Antennae
- (c) List *any five* important duties of a volleyball referee. **[5]**
- (d) State *any five* violations of rules that are punished by the referee. **[5]**
- (e) State the dimensions of the following: **[5]**
- (i) Circumference of the ball
- (ii) Height of the net for men and women
- (iii) Distance of attack line from the centre
- (iv) Length of the net
- (v) Length and breadth of the volleyball court.

**TENNIS**

- Question 13** **[3 × 5]**
- (a) Draw a neat diagram of the tennis court, with its dimensions. **[5]**
- (b) Explain the pattern of scoring in the game of tennis. **[5]**
- (c) Explain the following: **[5]**
- (i) Let
- (ii) Foot fault
- (d) State *any five* conditions when the service is considered to be a fault service. **[5]**
- (e) Write the instances when a player hinders the opponent. What are the penalties for it? **[5]**

**BADMINTON**

- Question 14** **[3 × 5]**
- (a) List *any five* duties of an umpire. **[5]**
- (b) Explain the method of testing the speed of a shuttle. **[5]**
- (c) List *any five* basic skills required by a player, in the game of badminton. **[5]**

- (d) Define the following: [5]
- (i) Smash shot
  - (ii) Drop shot
  - (iii) Drive shot
  - (iv) Clear shot
  - (v) Toss or lob shot
- (e) State the following dimensions: [3]
- (i) Height of the net at the centre
  - (ii) Length and width of the racket [2]
  - (iii) Weight of the shuttle
  - (iv) Number of feathers in a shuttle
  - (v) Width of the court lines.

### SWIMMING

- Question 15** [3 × 5]
- (a) Explain synchronised swimming and marathon swimming. [5]
- (b) State the duties of the following: [5]
- (i) Judges of stroke
  - (ii) Recorders
- (c) Classify the different types of races in swimming. [5]
- (d) Name *any five* important swimming tournaments. [5]
- (e) Explain the following: [5]
- (i) Lane ropes
  - (ii) Automatic officiating equipment.

### ATHLETICS

- Question 16** [3 × 5]
- (a) Draw a neat diagram of standard 400 m track, with all its dimensions. [5]
- (b) List the fundamental skills required by an athlete, for hammer throw. [5]
- (c) What is *false start*? Explain *any two* types of finishing techniques. [5]
- (d) Write *any five* duties of the call-room manager. [5]
- (e) Explain the following: [5]
- (i) Exchange zone
  - (ii) Starting blocks

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