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 [ ].

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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]

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This Paper consists of 5 printed pages and 1 blank page.

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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 tackling 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:
   (i) *Service zone* and *substitution zone* [5]
   (ii) *Positional fault* and *rotational fault*
(e) Mention the duties of a line judge. [5]

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TENNIS

Question 13
(a) Explain the following:
   (i) Double fault
   (ii) Chip shot
(b) List *any five* types of strokes in the game of Tennis.
(c) What are the duties of a coach in Tennis?
(d) Explain the following:
   (i) Set
   (ii) Ace
   (iii) Slice
   (iv) Down the line
   (v) Drive
(e) Explain how a *forehand shot* is taken.

BADMINTON

Question 14
(a) Discuss the rule of service in doubles.
(b) What happens if the shuttlecock gets stuck on the net?
(c) (i) What is meant by *bird* in the game of Badminton?
   (ii) Name the different types of strokes played by a badminton player.
(d) Explain the following terms:
   (i) Side out
   (ii) Waist fault
(e) (i) Explain the following shuttle grips:
   (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? [5]
(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. [5]
(e) Explain the following terms:
   (i) Tapper [5]
   (ii) Peddler [5]

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:
   (i) Stagger [5]
   (ii) Athlete
   (iii) Shoulder Shrug
   (iv) Heat
   (v) Lane