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
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]

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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:
   (i) Penalty corner [5]
   (ii) Dribbling [5]
(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:
   (i) Travelling [5]
   (ii) Bounce pass [5]
(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:
   (i) Libero [5]
   (ii) Screening [5]
(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:
   (i) Deuce  [5]
   (ii) Half volley  [5]
(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:
   (i) Short service line  [5]
   (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:
   (i) BWF
   (ii) SGFI
   (iii) BAI
   (iv) IBF
   (v) IBL

4

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SWIMMING

Question 15  [3 \times 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:
   (i) Control room supervisor
   (ii) Individual medley
(e) Write a short note on FINA.  [5]

ATHLETICS

Question 16  [3 \times 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:
   (i) Baton
   (ii) Marathon
   (iii) Hurdling
   (iv) Take off area
   (v) Approach run