2023

QUESTION PAPER

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PHYSICAL EDUCATION

Maximum Marks: 100

Time allowed: Two hours

Answers to this Paper must be written on the paper provided separately.

*You will **not** be allowed to write during the first **15** minutes.*

This time is to be spent in reading the question paper.

The time given at the head of this Paper is the time allowed for writing the answers.

*Attempt **all** questions from **Section A** and **two** questions from **Section B.***

The intended marks for questions or parts of questions are given in brackets[ ].

SECTION A (50 Marks)

*(Attempt **all** questions from this **Section**.)*

Question 1 [20]

Choose the correct answers to the questions from the given options.

(Do not copy the questions, write the correct answers only.)

(i) Adulthood starts from _____ years onwards.

(a) 17

(b) 18

(c) 19

(d) 20

(ii) What is the full form of ACL?

(a) Anatomy Cruciate Ligament

(b) Anterior Cramp Ligament

(c) Anatomy Collateral Ligament

(d) Anterior Cruciate Ligament

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(iii) The passing of traits from parents to their offspring is known as _____.

(a) Puberty

(b) Infancy

(c) Childhood

(d) Heredity

(iv) The ability to stay upright in control of body movement:

(a) Balance

(b) Strength

(c) Power

(d) Agility

(v) To develop the ability to respect the attitudes and values of others is _____.

(a) Emotional development

(b) Physical development

(c) Social development

(d) Psychological development

(vi) Which body type can be characterised by a round body?

(a) Endomorph

(b) Ectomorph

(c) Mesomorph

(d) None of these

(vii) The ability to cover the maximum distance in minimum time is:

(a) Endurance

(b) Speed

(c) Strength

(d) Flexibility

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(viii) Which option is not a prevention of an injury?

(a) Warming up and cooling down to be done.

(b) Fitness of the participant.

(c) Proper Training of skills.

(d) Not resting between workout, using faulty skills and equipment.

(ix) A diet containing right amount of nutrients for efficient working of body is called:

(a) Food

(b) Diet

(c) Stapled diet

(d) Balanced diet

(x) Which of the following statements correctly defines strength?

(a) The power that helps to lift and carry objects.

(b) The capacity to move a body part or whole body at a faster rate.

(c) The ability to resist fatigue.

(d) The ability to stretch muscles using external help.

(xi) _____ is an important element which makes-up for almost 70% of our body weight.

(a) Water

(b) Fiber

(c) Minerals

(d) Fats

(xii) Training at an appropriate intensity and gradually increasing the amount of stress placed on the body is known as:

(a) Progressive Overload

(b) Intensity

(c) Adaptation

(d) Specificity

(xiii) _____ is not a factor which affects our diet.

(a) Age

(b) Gender

(c) Body weight

(d) Personality

(xiv) The body cannot repair itself without rest and _____.

(a) Continuity

(b) Adaptation

(c) Recovery

(d) Frequency

(xv) The full form of PRICE is:

(a) Provide, Rest, Infect, Compress, Elevate

(b) Protect, Rest, Ice, Compress, Elevate

(c) Protect, Rest, Ice, Compact, Elevate

(d) Provide, Rest, Ice, Compact, Elevate

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(xvi) The ability of the body to change direction quickly:

(a) Agility

(b) Co-ordination

(c) Flexibility

(d) Speed

(xvii) _____ means increase in size, height, length or weight.

(a) Growth

(b) Development

(c) Body types

(d) Obesity

(xviii) Periodization means:

(a) The regular training of sports and games.

(b) The irregular workout during sports and games.

(c) The specific process of training and work load every day.

(d) The systematic planning of athletic or physical training.

(xix) The physical strength decreases in _____ stage.

(a) Adolescence

(b) Infancy

(c) Old age

(d) Adulthood

(xx) Overstretching of ligament causes:

(a) Fracture

(b) Sprain

(c) Concussion

(d) Shin Splint

Question 2

(i) State *any two* differences between growth and development. [2]

(ii) What is first aid? [2]

(iii) List *any three* main objectives of physical education. [3]

(iv) State *any three* characteristics of Mesomorph body. [3]

Question 3

(i) What is flexibility? [2]

(ii) Explain the term sports training. [2]

(iii) State *any three* preventive measures to be taken in order to avoid Sports Injuries. [3]

(iv) Mention *any three* points on the importance of health education. [3]

Question 4

(i) Explain the term Physical Fitness. [2]

(ii) Define the term balanced diet. [2]

(iii) State *any three* responsibilities of a coach in physical education. [3]

(iv) List *any three* components of physical fitness. [3]

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SECTION B (50 Marks)

*(Attempt **two** questions from this Section.)*

*(You must attempt **one** question on each of the **two games** of your choice.)*

CRICKET

Question 5

(i) Explain the following terms: [8]

(a) Maiden Over

(b) Reverse sweep

(c) Substitute

(d) Declaration

(ii) (a) Give *any three* instances when the umpire can call and signal a 'Dead Ball'. [9]

(b) Explain the *three* types of formats played in cricket.

(c) State *any three* variations of pace bowling.

(iii) Explain the following terms in cricket: [8]

(a) Hat trick

(b) Bump ball

(c) Yorker

(d) Nick

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Question 6

(i) Explain the following terms in cricket: [8]

(a) Bouncer

(b) Golden duck

(c) Overthrow

(d) Dead Rubber

(ii) (a) State the full form of ICC, BCCI, LBW. [9]

(b) Write the following:

1. Weight of the Cricket ball.
2. Length of the Cricket pitch.
3. Height of the stumps.

(c) What is the inner circle on the cricket field called? What is its significance?

(iii) (a) List *any four* compulsory equipment used by the batsman in cricket. [8]

(b) Explain the term Dot ball in cricket.

(c) Give *any four* instances when an umpire can declare a batsman out.

(d) Explain the term Bodyline Bowling in cricket.

FOOTBALL

Question 7

(i) Write short note on: [8]

(a) Zonal marking

(b) Technical area

(c) Advantage

(d) Wall pass

(ii) (a) Name *any three* fundamental skills of football. [9]

(b) Write *any three* occasions when the ball is said to be out of play in the game of football.

(c) When is a goal kick awarded and from where is it taken?

(iii) Write the following: [8]

(a) Height of the corner flag.

(b) Height and width of the goal post.

(c) Weight and circumference of the football.

(d) Minimum and maximum number of players required to start a football match.

Question 8

(i) Explain the following terms in football: [8]

(a) Offside

(b) Throw-In

(c) Indirect Free kick

(d) Additional time

(ii) (a) How many substitutes are allowed in a football match? Write down the procedure of substitution during the game. [9]

(b) State *any three* ways of restarting the play.

(c) State *any three* fouls for which the referee can show a Red Card to the player.

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(iii) Draw a neat and labelled diagram of a football field showing the following measurements: [8]

(a) Length and breadth

(b) Penalty area

(c) Goal area

(d) Penalty mark

(e) Penalty arc

(f) Centre circle

(g) Corner arc

HOCKEY

Question 9

(i) Explain the following terms: [8]

(a) Push pass

(b) Flick

(c) Reverse stick

(d) Tackle

(ii) (a) What do you mean by Penalty corner in hockey? [9]

(b) Mention *any three* duties of the referee.

(c) Explain shooting circle along with its importance in the game of hockey.

(iii) (a) Write the full form of FIH and IHF. [8]

(b) Explain *any two* situations when a free hit is awarded to the opponent.

(c) Explain the term Centre pass.

(d) List *any four* equipment that a goalkeeper should wear during the game.

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Question 10

(i) Explain the following terms in hockey: [8]

(a) Scoop

(b) Long corner

(c) 16-yard hit

(d) Obstruction

(ii) (a) When is the ball out of play in the game of hockey? [9]

(b) Write *any three* duties of a captain in hockey.

(c) What is the method of scoring a goal in hockey?

(iii) (a) Explain how substitution is done in hockey. [8]

(b) What do you mean by Indian dribbling?

(c) Explain the term Give-and-Go in hockey.

(d) Explain the term Rebound.

BASKETBALL

Question 11

(i) Explain the following terms: [8]

(a) Fast break

(b) Held ball

(c) Man to man marking

(d) Fake

(ii) (a) Explain the '8' second rule in basketball. [9]

(b) Give *any three* jump ball situations in basketball.

(c) State *three* occasions when the ball becomes dead during play.

(iii) Explain the following terms: [8]

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(a) Double dribble

(b) Box out

(c) Twenty-four second rule

(d) Triple threat

Question 12

(i) (a) What happens when the match ends in a draw? [8]

(b) Name the types of Screening in basketball.

(c) When is time-out given? What is the duration of a time-out?

(d) Explain the term Zone defense.

(ii) (a) List *any three* technical equipment required for conducting a basketball match. [9]

(b) Name *any three* types of shots taken in basketball.

(c) Mention *any three* rules of throw in related to basketball.

(iii) Draw a neat and labelled diagram of the basketball field with the following measurements: [8]

(a) Length

(b) Breadth

(c) Centre circle

(d) Free throw line

(e) Restricted area

(f) Neutral zone

(g) No charge zone

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VOLLEYBALL

Question 13

(i) Explain the following terms in volleyball: [8]

(a) Block assist

(b) Floater

(c) Attack zone

(d) Quick set

(ii) Enumerate *any three* duties of: [9]

(a) First referee

(b) Assistant referee

(c) Captain

(iii) Explain the following terms: [8]

(a) Ball down

(b) Net violation

(c) Joust

(d) Jump float

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Question 14

(i) Explain the following terms in volleyball: [8]

(a) Extension roll

(b) Free ball

(c) Closing the block

(d) Trap set

(ii) (a) Mention *any three* fundamental skills of volleyball. [9]

(b) Name *any three* important tournaments of volleyball.

(c) List *any three* faults in the game of volleyball.

(iii) (a) What is the difference between time out and technical time out? [8]

(b) State *any two* types of delays in the game of volleyball.

(c) State the number of Libero players a team can include in the team list.

(d) Explain the term 'four hits'.

BADMINTON

Question 15

(i) Explain the following terms: [8]

(a) Follow through

(b) Wood shot

(c) An alley

(d) Mid court

(ii) (a) Write *any three* fundamental skills of badminton. [9]

(b) When is a shuttle not in play?

(c) Enlist the types of serve in badminton.

(iii) Explain the following: [8]

(a) Net lift

(b) Tumbling net shot

(c) Full smash

(d) Set

Question 16

(i) Explain the following terms: [8]

(a) Bird

(b) Half smash

(c) Wide serve

(d) Drop shot

(ii) (a) Mention *any three* duties of service judge in badminton. [9]

(b) Mention the difference between long service and short service.

(c) Explain the scoring system in badminton.

(iii) (a) Name *any four* tournaments of Badminton. [8]

(b) Explain the term Hairpin net shot.

(c) What is a rally?

(d) Explain the term Baseline smash.

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