

PHYSICAL EDUCATION

PAPER - 1

(THEORY)

(Three hours)

*(Candidates are allowed additional 15 minutes for **only** reading the paper.*

They must NOT start writing during this time.)

*Answer **all** questions from Section A and **four** questions on **two** of the sports
from Section B.*

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

SECTION A (48 Marks)

*Answer **all** questions.*

Question 1

Explain how Physical Education helps in the all-round development of an individual. [8]

Question 2

Define *interest*. Differentiate between *inborn* and *acquired* interest, giving examples. [8]

Question 3

Define *attitude*. Explain the various methods of forming attitude. [8]

Question 4

Explain the procedure of conducting circuit training. State *any two* advantages of this training method. [8]

Question 5

Differentiate between *isotonic* and *isometric* exercises. [8]

Question 6

Define *First aid*. Explain the procedure of giving the first aid to a person suffering from a sprain. [8]

SECTION B (52 Marks)

Answer **four** questions on any **two** sports.

FOOTBALL

Question 7

- (a) What is the full form of FIFA? What is its importance for the game? [5]
- (b) Explain the following terms: [4]
- (i) Dropped ball
 - (ii) Penalty kick
- (c) Answer the following: [4]
- (i) What is the name of the National trophy in India instituted for Football (for men)?
 - (ii) Name the oldest Football tournament in India.

Question 8

- (a) State *any five* occasions on which a yellow card can be shown to a player by the referee. [5]
- (b) Name the national body which governs the game of football in India. [4]
- (c) What is the importance of penalty arc in the game? [4]

CRICKET

Question 9

- (a) Draw a neat diagram of a cricket field and mark any four fielding positions behind the striker's wickets. [5]
- (b) What is the full form of : [4]
- (i) ICC
 - (ii) MCC
- (c) What is the name of the national trophy for cricket in India? Name the winner of this national trophy in the year 2010. [4]

Question 10

- (a) Explain the following terms: [5]
- (i) Leg bye
 - (ii) Bouncer

- (b) Give the full forms of the following: [4]
(i) MCC
(ii) BCCI
- (c) What is the importance of the 30-yard circle, in the game of cricket? [4]

HOCKEY

Question 11

- (a) State *any five* duties of the field umpire in the game. [5]
- (b) Give full forms of the following: [4]
(i) IHF
(ii) FIH
- (c) State *any four* fouls for which a yellow card is shown by the referee in the game of Hockey. [4]

Question 12

- (a) State *any five* equipments which a referee must carry while conducting a match. [5]
- (b) Explain the following terms in the game of Hockey: [4]
(i) Bully
(ii) Scoop
- (c) Answer the following: [4]
(i) Name the trophy given for the national hockey championship for men in India.
(ii) What do you understand by the term *manufactured foul*?

BASKETBALL

Question 13

- (a) What is the importance of the three point field goal area on the court? [5]
- (b) What is meant by the term FIBA? Who was the winner of the FIBA World Basketball Championship in the year 2010? [4]
- (c) Explain the following terms: [4]
(i) Eight seconds rule
(ii) Back court violation

Question 14

- (a) State *any five* duties of the time keeper. [5]
- (b) Differentiate between a *foul* and a *violation*. [4]
- (c) Differentiate between *disqualifying foul* and *technical foul* in the game of Basketball. [4]

VOLLEYBALL**Question 15**

- (a) Explain the procedure for starting a Volleyball match. [5]
- (b) What is the full form of the following terms in Volley ball: [4]
 - (i) FIVB
 - (ii) VFI
- (c) What is the importance of *attack line* in the game? [4]

Question 16

- (a) List *any five* faults that a player is likely to commit during a game of Volleyball. [5]
- (b) Name the trophy given for the National Volleyball Championship in India for: [4]
 - (i) Men
 - (ii) Women
- (c) Explain the following terms in the game of Volleyball: [4]
 - (i) Held ball
 - (ii) Blocking.

TENNIS**Question 17**

- (a) State *any five* permanent fixtures present on the Tennis court. [5]
- (b) Name the Grand slam tournaments along with their venues. [4]
- (c) State the dimensions of a tennis racket with reference to its frame and the strung surface. [4]

Question 18

- (a) What is the pattern of scoring in a Tennis match? [5]
- (b) What is the difference between the Davis Cup and the Federation Cup? [4]
- (c) In the game of Tennis, what is the difference between a *volley* and a *drop shot*? [4]

BADMINTON

Question 19

- (a) Mention *any five* duties of the umpire in the game of Badminton. [5]
- (b) Explain the following terms in the game: [4]
- (i) Let
 - (ii) Short service
- (c) In the game of Badminton, when is the shuttle considered *not in play*? [4]

Question 20

- (a) Draw a neat diagram of a singles badminton court with all dimensions. [5]
- (b) State the full forms of the following in the game of Badminton: [4]
- (i) BWF
 - (ii) BAI
- (c) State the dimensions of a Badminton racket with reference to the length and width of the following: [4]
- (i) Frame of the racket
 - (ii) Stringed area

SWIMMING

Question 21

- (a) State *any five* duties of the chief finish judge in a Swimming competition. [5]
- (b) Give the full forms of the following terms: [4]
- (i) FINA
 - (ii) SFI
- (c) (i) What is the length, width and depth of an Olympic size swimming pool? [4]
- (ii) How many lanes does an Olympic size swimming pool have?

Question 22

- (a) State *any five* duties of the starter, in swimming. [5]
- (b) State the sequence of strokes in the swimming individual medley event. [4]
- (c) What is meant by the term *open water swimming*? [4]

ATHLETICS

Question 23

- (a) Draw a diagram of the short-put circle and sector with specifications. [5]
- (b) State the full forms of the following in Athletics: [4]
 - (i) IAAF
 - (ii) AAFI
- (c) Explain the advantages of using a starting block for running. [4]

Question 24

- (a) State the importance of the take-off board in long jump event. [5]
- (b) Give the dimensions of the following: [4]
 - (i) Length of the cross bar used in the high jump.
 - (ii) Width of the track lanes.
 - (iii) Height of the hurdle in 100 m hurdle.
 - (iv) Height of the hurdle, at the water jump in a Steeplechase race for men.
- (c) State *any four* duties of the starter in athletics. [4]