

A-38-B

Roll No.....

Total No. of Questions : 30]

[Total No. of Printed Pages : 4

XIARKDD20

2738-B

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks :

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(Multiple Choice Questions)

1. What is the size of Badminton Court for doubles ?

(A) 44 m x 20 m

(B) 44 m 17 m

(C) 13.40 m x 6.10 m

(D) None of these

2. The dimension of Kabaddi play field for men is :

- (A) 10m x 8m
- (B) 12.50 m x 11 m
- (C) 5m x 10 m
- (D) None of these

3. Handball federation of India was formed in :

- (A) 1953
- (B) 1955
- (C) 1951
- (D) 1954

4. Which country originated the game of Hockey?

- (A) India
- (B) England
- (C) Australia
- (D) Spain

5. How many times a normal heart beat per minute is :

- (A) 70 times
- (B) 72 times
- (C) 82 times
- (D) None of these

6. Normal breathing rate of human being per minute is :

- (A) 12 to 30 breaths
- (B) 50 to 80 breaths
- (C) 10 to 15 breaths
- (D) 15 to 20 breaths

7. In which year ancient Olympic Games were started ?

- (A) 876 BC
- (B) 776 BC
- (C) 976 BC
- (D) None of these

8. Which among them is energy yielding food ?

- (A) Carbohydrate and fat
- (B) Proteins and fat
- (C) Minerals and cream
- (D) None of these

(Very Short Answer Type Questions)

9. Give two definitions of Physical Education.

OR

Why Physical Education is necessary in School ?

10. Briefly discuss the need of Physical Education.

11. What is the need of Psychology in the field of Physical Education ?

12. What is the general eligibility for B.P.E., B.P. Ed. and M.P. Ed. Courses ?
13. Write the effects of drugs on sports person.
14. What are the objectives of health education ?
15. Write down short note on Independence Day.
16. Write short note on Dronacharya Award.
17. Explain the treatment of muscle sprain.
18. Explain any two types of fracture.

(Short Answer Type Questions)

19. Explain the various aims and objectives of Physical Education.

OR

What the importance of Physical Education to our children ?

20. Write briefly the effects of Alcohol on sports person
21. Draw the diagram of Kho-Kho field showing all the measurement.
22. Briefly explain Rajiv Gandhi Khel Ratna Award.
23. What do you know about Modern Olympic Games ?
- 24 Briefly explain the term Olympic Rings and Olympic torch.
25. Briefly explain the components of balanced diet.
26. What are the functions of vitamins in our body ?
27. Briefly explain the difference between strain and sprain.

(Long Answer Type Questions)

28. Describe the effects of exercise on Muscular System.

OR

Draw the diagram of heart and explain the structure of heart in detail.

29. Describe role of motivation and achievement in games and sports.

or

Describe the role of sports psychology in achieving sports goal.

30. Explain in detail the avenues available in the field of Physical Education.

OR

What are the various career option in Physical Education ?