

A-39-C

Roll No

Total No of Questions: 211

[Total No of Printed Pages 4

X1RKDO18

20839-C

PHYSICAL EDUCATION

Time 3 Hours]

[Maximum Marks : 70

(Long Answer Type Questions)

5 each

- 1 Define Physical Education Explain its aims and objectives in detail

Or

Describe need and significance of physical education in present era

- 2 Explain the mechanism of gas movement in respiratory zone

Or

How respiratory system works with other systems to supply food and oxygen in living cells of the body ? Discuss.

- 3 What is the importance of sports psychology in the field of physical education ? Explain

Or

Elucidate the significance of achievement and motivation in the games and sports

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Turn Over

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4. Describe main characteristics of a school health educator.

Or

Enumerate the evil effects of tobacco on the performance of sports persons

(Short Answer Type Questions)

3 each

5. Briefly explain the placement avenues in the field of physical education.
6. What are the educational requirements for entering in a physical education career ? Explain.
7. Write down the significance of Independence day and Republic day in brief.
8. Mention various prestigious sports awards and explain any one award.
9. Draw and label the kho-kho field with required measurements.
10. Give a brief account of modern olympic games.
11. Write short notes on olympic flag and olympic torch.
12. Briefly explain the important components of balanced diet.

(Very Short Answer Type Questions)

2 each

13. Define Obesity. Give causes.
14. What do you mean by Fracture ? Write its types.
15. Explain briefly symptoms of a muscle-pain.
16. State a list of fundamental skills of Handball.

17. What do you understand by the term physical education?
18. Write a short note on lymphatic system.
19. Give definitions of psychology and sports psychology.
20. What are the evil effects of tobacco on the performance of sports persons?

(Multiple Choice Type Questions)

21. (A) Fill in the blanks with appropriate answers of the following questions. 1 each
- (i) A sports person work needs and physical conditioning.
- (ii) Mini Handball is adapted for the children upto the age of
- (iii) In Kabaddi is called a raider.
- (iv) The forthcoming olympic games are to be played in
- (v) Drona Chand award was instituted in the year
- (B) Choose the most appropriate answers of the following questions. 1 each
- (i) A balanced diet should contain
- (A) Mixture of water and milk
- (B) Mixture of protein and carbohydrates
- (C) Mixture of carbon and hydrogen
- (D) None of these

(*) The food value of apple is

(A) 50 cal/100 gm

(B) 60 cal/100 gm

(C) 65 cal/100 gm

(D) None of these

(ii) Abrasion is the injury of

(A) Ligament

(B) Bone

(C) Muscle

(D) None of these

(iv) Contusion is the injury of :

(A) Muscle

(B) Tissue

(C) Tendon

(D) None of these

(v) Dislocation is the separation of two bones at :

(A) End

(B) Middle

(C) Centre

(D) None of these