

**SEMESTER 2 EXAMINATION**  
**PHYSICAL EDUCATION PAPER 1**  
**(THEORY)**

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**Maximum Marks: 35**

**Time allowed: One and a half hours**

*Candidates are allowed an additional 10 minutes for only reading the paper.*

*They must **NOT** start writing during this time.*

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*Answer **all** questions in Section A and Section B.*

*Attempt **all** questions on **any two** games in Section C.*

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

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**SECTION A – 7 MARKS**

**Question 1**

- (i) Write the full form of WADA. [1]
- (ii) Which type of injury is usually the result of an encounter with a sharp object, such as a knife or a razor blade? [1]
- (iii) What are the diseases transmitted through direct contact with an infected individual or indirectly transmitted through a vector, called? [1]
- (iv) \_\_\_\_\_ is the exaggeration or an increase in the amount of normal convexity of the thoracic region of the spine. [1]
- (v) A \_\_\_\_\_ is a piece of medical equipment used to prevent an injured body part from moving and to protect it from any further damage. [1]

- (vi) Which of the following is **NOT** the principle of Health Education? [1]
- (a) Interest
  - (b) Participation
  - (c) Motivation
  - (d) Agility
- (vii) Which of the following is **NOT** a cause of Disability? [1]
- (a) Wars
  - (b) Accidents
  - (c) Academics
  - (d) Dangerous Working Conditions

## SECTION B – 8 MARKS

**Answer the following questions briefly.**

**Question 2** [2]

Write a note on *Occupational Health Hazards*.

**Question 3** [2]

Why do some people use drugs? Give *any two* reasons.

**Question 4** [2]

Explain the term *Dislocation*.

**Question 5** [2]

Discuss *any four* preventive measures against Soft Tissue Injuries.

## SECTION C – 20 MARKS

*Attempt all questions on **any two** games from this section.*

### FOOTBALL

#### Question 6

- (i) Mention *any four* situations when, during the game, a red card is shown to a player. [4]
- (ii) State the difference between *added time* and *extra time*. [4]
- (iii) What will be the referee's decision, when a player denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball in the penalty area. [1]
- (iv) A player indulges in misconduct even after receiving a yellow card. What will be the decision of the referee? [1]

### CRICKET

#### Question 7

- (i) Mention *any four* conditions when the ball is considered as dead ball by the umpire. [4]
- (ii) Draw a well labelled diagram of a cricket pitch with all specifications and dimensions. [4]
- (iii) What will be the decision of the umpire, when the ball touches a fielder's helmet kept behind the wicket keeper during the game? [1]
- (iv) In a cricket match, a wicket falls, and the next batsman does not reach the crease in time. What will be the decision of the umpire? [1]

## HOCKEY

### Question 8

- (i) Explain *forehand pass*. [4]
- (ii) State *any four* responsibilities of an Umpire in a game of Hockey. [4]
- (iii) A player behaves unsportingly and argues with the umpire. What will be the decision of the umpire? [1]
- (iv) What will be the decision of the umpire if a player obstructs his/her opponent player from playing the ball? [1]

## BASKETBALL

### Question 9

- (i) State *any four* duties of a Scorer. [4]
- (ii) Draw a neat diagram of a Basketball court, with all dimensions. [4]
- (iii) In a basketball match, two opponents commit personal fouls against each other, at the same time. What will be the decision of the referee? [1]
- (iv) What decision will be taken by the referee if during the game, a player does a double dribble? [1]

## VOLLEYBALL

### Question 10

- (i) Explain *any four* types of services in Volleyball. [4]
- (ii) Answer the following questions:
  - (a) What are *side bands*? [2]
  - (b) What is meant by *screening*? [2]

- (iii) What will be the decision of the referee if a server serves the ball at the 6<sup>th</sup> second after the first referee whistles for service? [1]
- (iv) During a volleyball match, a player hits the ball, and it lands on the line. What will be the decision of the referee? [1]

## TENNIS

### Question 11

- (i) Explain *forehand shot*. [4]
- (ii) State *any four* instances when a player loses a point during the game. [4]
- (iii) What happens if the ball touches the net during the serve but lands in the correct service area? [1]
- (iv) What will be the decision of the umpire, if a ball touches a player's racket two times, consecutively? [1]

## BADMINTON

### Question 12

- (i) Mention *any four* faults a player might commit during the game. [4]
- (ii) Draw a neat diagram of a shuttle with all specifications. [4]
- (iii) According to the rules of the game, what happens when a shuttle hits the body of a player during a rally or a service? [1]
- (iv) What will be the decision of the umpire if, during the game, the server serves before the receiver is ready? [1]

## SWIMMING

### Question 13

- (i) List the equipment required for a swimming event. [4]
- (ii) Discuss the basic strokes in swimming. [4]
- (iii) In a swimming event, a swimmer tries to obstruct the path of another swimmer by swimming into his/her lane. What will be the decision of the judge? [1]
- (iv) What will be the decision of the judge if a swimmer does an incorrect stroke in a swimming competition? [1]

## ATHLETICS

### Question 14

- (i) What is *high jump*? Name the different techniques of high jump. [4]
- (ii) What is meant by stagger distance? For a 400 m track race, state the stagger distance for each lane of a standard track. [4]
- (iii) What will be the decision of the judge when an athlete steps out of the throwing circle while attempting a throw in a discus event group? [1]
- (iv) What will be the decision of the judge if an athlete false starts in a 100m track event? [1]