

**S-42-B**

Roll No.....

Total No. of Questions : 30]

[Total No. of Printed Pages : 7

**XIAPBASZJD22**

**7742-B**

**PHYSICAL EDUCATION**

Time : 3 Hours]

[Maximum Marks : 70

**Section-A**

**(Multiple Choice Questions)**

1 each

1. What is the basic skill of Hockey ?

(A) Pushing

(B) Dribbling

(C) Scoop

(D) None of these

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Turn Over

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2. In which year Olympic Game was not held ?

(A) 1916

(B) 1921

(C) 1947

(D) None of these

3. The word 'CITIUS' means :

(A) Higher

(B) Swifter

(C) Stronger

(D) None of these

4. Cardiac muscles are found in :

(A) Kidney

(B) Liver

(C) Heart

(D) None of these

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5. Which of the following vitamins can be obtained from Sunlight ?

- (A) Vitamin C
- (B) Vitamin D
- (C) Vitamin B
- (D) Vitamin K

6. What is the another means 'Keep your Breath' ?

- (A) Kabaddi
- (B) Kho-Kho
- (C) Chess
- (D) None of these

7. Dronacharya Award carries a cash price of ₹ :

- (A) 5 Lakh
- (B) 10 Lakh
- (C) 12 Lakh
- (D) 15 Lakh

8. What is the dimension of Kho-Kho field ?

(A) 29 × 16 m

(B) 27 × 16 m

(C) 24 × 16 m

(D) None of these

**Section-B**

**(Very Short Answer Type Questions)**

2 each

9. Write down the *five* Terminologies related to Handball.

*Or*

Mention the *five* sports terminologies of Badminton.

10. What is Circulatory System ?

11. Explain what is Bonus Line and Baulk Line ?

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12. What is the need of Physical Education ?
13. Write the harmful effects of Smoking.
14. What is Olympic Flag ?
15. What are the causes of Obesity ?
16. Write the harmful effect of Alcohol on Sportsperson.
17. Name the various systems of Human Body.
18. What is the difference between Dislocation and Fracture ?

**Section-C**

**(Short Answer Type Questions)**

3 each

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

*Or*

What is Sports Psychology ? Define it.

20. Explain any *three* components of Balanced Diet.
21. What qualification is required in Physical Profession ?
22. Write down the *two* sports National Awards in detail.
23. Explain Sprain and Strain.
24. Give a brief details of Independence Day and Republic Day.
25. Give the history and origin of Olympic Game.
26. Discuss the Digestive System briefly.
27. Explain the concept of Health Education.

**Section-D**

**(Long Answer Type Questions)**

5 each

28. Define Motivation. What are the various methods of motivation in sports ?

*Or*

Define Sports Psychology. How does sports psychology help the Coaches ?

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

*Or*

What are the various career options in Physical Education ?

30. Describe the need and importance of Physical Education in present era.

*Or*

Define Physical Education. Why physical education is necessary in school ?