

S-42-C

Roll No.....

Total No. of Questions : 30]

[Total No. of Printed Pages : 7

XIAPBASZJD22

7742-C

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 70

Section-A

(Multiple Choice Questions)

1 each

1. The word 'ALTIUS' means :

(A) Higher

(B) Swifter

(C) Stronger

(D) None of these

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Turn Over

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2. Fats are made up of elements :

- (A) Carbon
- (B) Hydrogen
- (C) Oxygen
- (D) All of these

3. Which city of Andhra Pradesh hosted first Kho-Kho National Championship for men ?

- (A) Hyderabad
- (B) Sikandrabad
- (C) Vijayawada
- (D) None of these

4. At what distance penalty is taken in Handball ?

- (A) 4 m
- (B) 7 m
- (C) 6 m
- (D) 8 m

5. What is the length of Hockey Ground ?
- (A) 120 Yards
 - (B) 80 Yards
 - (C) 90 Yards
 - (D) None of these
6. In which year ancient Olympic Games were started ?
- (A) 876 B.C.
 - (B) 776 B.C.
 - (C) 976 B.C.
 - (D) None of these
7. Arjuna Award was introduced in the year :
- (A) 1956
 - (B) 1985
 - (C) 1961
 - (D) None of these

8. By regular exercise the muscle become :

- (A) Stronger
- (B) Gain in Strength
- (C) Develop Endurance
- (D) All of these

Section-B

(Very Short Answer Type Questions)

2 each

9. Explain the various objectives of Physical Education.

Or

What are the various aims of Physical Education ?

10. Mention the organs involved in the Digestive System.

11. What is Olympic Rings ?

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12. Write any *two* forms of Drugs used in Sports.
13. Define Balanced Diet.
14. What is Penalty Stroke in Hockey ?
15. Write down any *four* fundamental skills of Kho-Kho.
16. Write the harmful effect of Smoking.
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 History of Badminton.
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 ?