

S-42-A

Roll No.....

Total No. of Questions : 30]

[Total No. of Printed Pages : 7

XIAPBASZJD22

7742-A

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 70

Section-A

(Multiple Choice Questions)

1 each

1. Which type of Kabaddi recognised by Kabaddi Federation of India ?

(A) Amar

(B) Sanjeevani

(C) Circle

(D) None of these

XIAPBASZJD22-7742-A

Turn Over

S-42-A

2. Who is the founder of Modern Olympic Games ?

(A) Baron Pierre-de-Coubertin

(B) Melius

(C) Crow and Crow

(D) None of these

3. What does Olympic Moto mean ?

(A) Stronger, Faster, Higher

(B) Swifter, Stronger, Higher

(C) Swifter, Higher, Stronger

(D) None of these

4. The blood is returned back to the heart by :

(A) Veins

(B) Capillaries

(C) Arteries

(D) All of these

5. Which of the following is a component of Balanced Diet ?
- (A) Sodium
 - (B) Calcium
 - (C) Iodine
 - (D) All of these
6. 'Uber Cup' is associated with which game ?
- (A) Hockey
 - (B) Kabaddi
 - (C) Badminton
 - (D) Handball
7. What is prize money of Rajiv Gandhi Khel Ratna Award ?
- (A) 3 Lakh
 - (B) 4 Lakh
 - (C) 7 Lakh
 - (D) None of these

8. Which Terminology is not of Handball ?

- (A) Fly Shot
- (B) Bouncing
- (C) On drive
- (D) Ceiling Shot

Section-B

(Very Short Answer Type Questions)

2 each

9. Explain any *two* fundamental skills of Badminton.

Or

How many officials regulate a match in Handball Game ?

10. Write any *three* effects of exercise on Respiratory System.

11. What is the role of a free zone in Kho-Kho field ?

XIAPBASZJD22-7742-A

S-42-A

12. Write down the two definitions of Physical Education.
13. Explain in brief the concept of Health.
14. What is Olympic Torch and March Past ?
15. Write the role of Diet on Sports Performance.
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 ?

XIAPBASZJD22-7742-A

S-42-A

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 ?