



Series HPK56I/C

SET~4



Code No. 75

Roll No.

Candidates must write the Code on the title page of the answer-book.

NOTE :

- (i) Please check that this question paper contains 7 printed pages.
- (ii) Code number given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- (iii) Please check that this question paper contains 30 questions.
- (iv) Please write down the serial number of the question in the answer-book before attempting it.
- (v) 15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the students will read the question paper only and will not write any answer on the answer-book during this period.



PHYSICAL EDUCATION (Theory)

Time allowed : 3 hours

Maximum Marks : 70

General Instructions :

Read the following instructions very carefully and strictly follow them :

- (i) *This question paper contains 30 questions.*
- (ii) *All questions are compulsory.*
- (iii) *Question nos. 1 to 12 carry 1 mark each and are multiple choice questions.*
- (iv) *Question nos. 13 to 16 carry 2 marks each. Answer to each question should not exceed 40 – 60 words.*
- (v) *Question nos. 17 to 26 carry 3 marks each. Answer to each question should not exceed 80 – 100 words.*
- (vi) *Question nos. 27 to 30 carry 5 marks each. Answer to each question should not exceed 150 – 200 words.*



1. League tournament is also known as : 1
- (A) Round robin
(B) Knock-out
(C) Consolation
(D) Challenge
2. Which of the following is a group of macro-nutrients ? 1
- (A) Carbohydrates, Fats, Protein
(B) Vitamins, Minerals, Water
(C) Fats, Fiber, Protein
(D) Minerals, Carbohydrates, Vitamins
3. A disease associated with respiratory tract is _____ . 1
- (A) Asthma
(B) Hypertension
(C) Diabetes
(D) Obesity

OR

- Which one of the following asanas is **not** performed in standing position ? 1
- (A) Chakrasana
(B) Tadasana
(C) Sukhasana
(D) Trikonasana
4. The full form of SPD is : 1
- (A) Sensory Personal Disorder
(B) Sensory Processing Disorder
(C) Sensory Personality Disorder
(D) Sensory Problem Disorder
5. Psychology is the study of : 1
- (A) Cardio-Respiratory system
(B) Behaviour
(C) Motor development
(D) Motion
6. The amount of blood pumped by the heart in one minute is called _____ . 1
- (A) Stroke volume
(B) Cardiac output
(C) Heart rate
(D) Cardiac arrest

OR



The aid we give before doctors arrive, is termed as :

1

- (A) Rescue
- (B) Treatment
- (C) First-aid
- (D) None of the above

7. Newton's second law of motion, is known as :

1

- (A) Law of inertia
- (B) Law of gravity
- (C) Law of acceleration
- (D) Law of reaction

8. Match List I with List II and select the correct answer from the code given below :

1

- | <i>List I</i> | <i>List II</i> |
|-------------------------|----------------|
| i. Sit and reach test | 1. Speed |
| ii. Standing broad jump | 2. Endurance |
| iii. 600 mt. run/walk | 3. Strength |
| iv. 50 mt. run | 4. Flexibility |

Code :

- | | i | ii | iii | iv |
|-----|----------|-----------|------------|-----------|
| (A) | 1 | 2 | 3 | 4 |
| (B) | 3 | 4 | 1 | 2 |
| (C) | 4 | 2 | 3 | 1 |
| (D) | 4 | 3 | 2 | 1 |

9. _____ is the range of motion of joints.

1

- (A) Endurance
- (B) Strength
- (C) Flexibility
- (D) Speed

10. Intrinsic motivation is related to :

1

- (A) money
- (B) certificate
- (C) prize
- (D) pleasure

11. Given below are two statements labelled Assertion (A) and Reason (R) :

1

Assertion (A) : Strength is the force that a muscle or group of muscles can exert against a resistance in one maximum effort.

Reason (R) : There are two types of strength — Dynamic and Static.

In the context of above two statements, which one of the following is correct ?

- (A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A).
- (B) Both Assertion (A) and Reason (R) are true, but Reason (R) is **not** the correct explanation of Assertion (A).
- (C) Assertion (A) is true, but Reason (R) is false.
- (D) Assertion (A) is false, but Reason (R) is true.

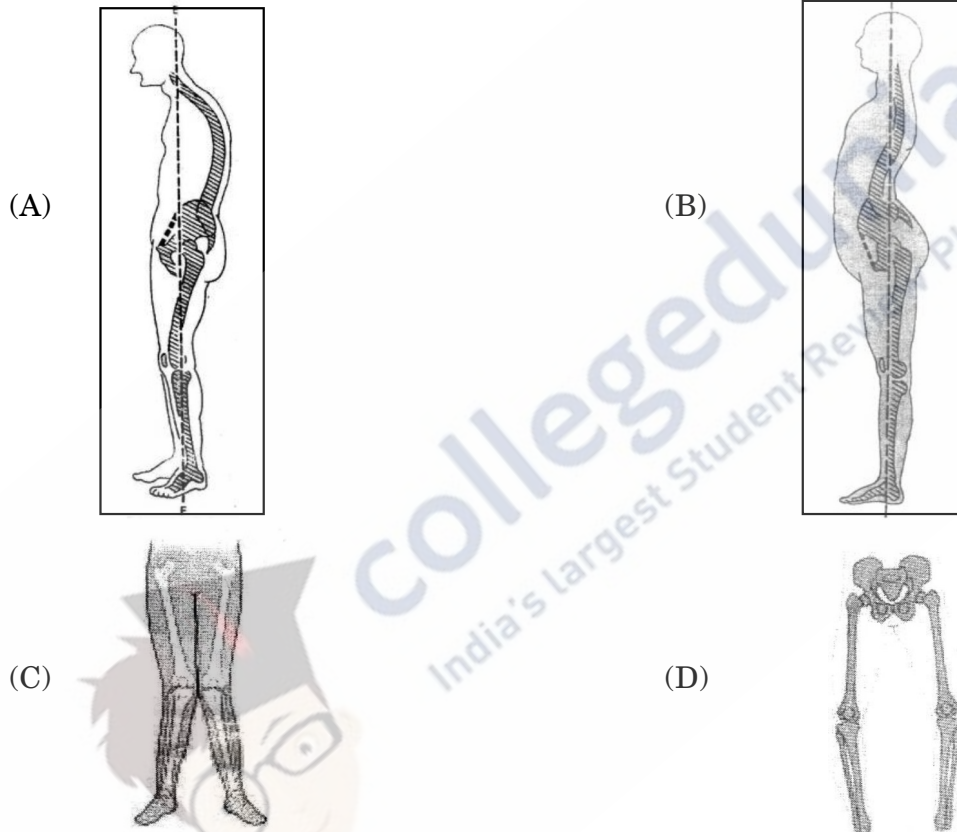


12. Behaving properly with divyang (disabled) is called _____ . 1
- (A) disability etiquettes
 - (B) disability strategies
 - (C) disability activities
 - (D) cognitive disability

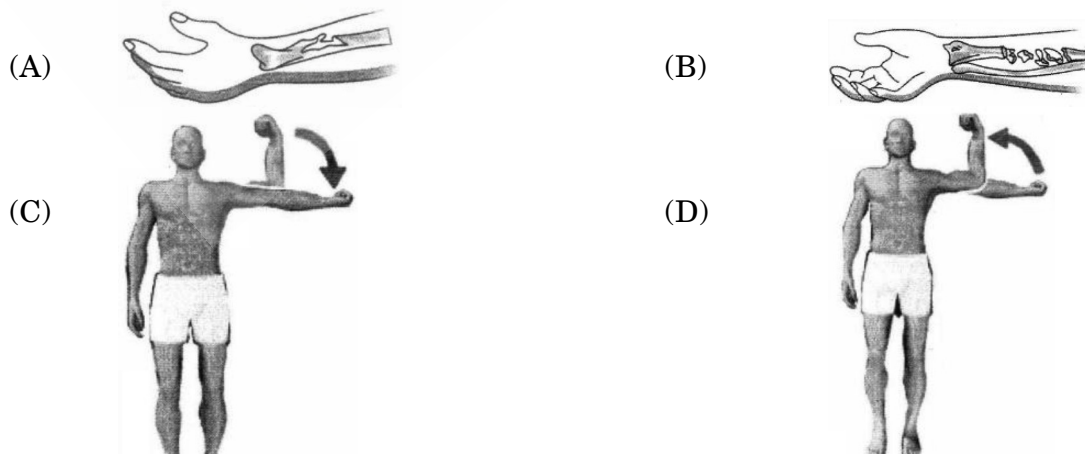
OR

- Which one of the following is **not** the corrective measure for Round shoulders ? 1
- (A) Hanging on horizontal bars
 - (B) Chakrasana
 - (C) Vajrasana
 - (D) Dhanurasana

13. Identify the following postural deformities and write their names : 2



14. Identify the following sports injuries and write their names : 2





Note : The following questions are for the **Visually Impaired Candidates** only, in lieu of Q. No. 13 and 14.

13. Give any four suggestions to encourage women's participation in games and sports in India. 2

14. Write any two advantages and two disadvantages of league tournament. 2

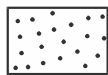
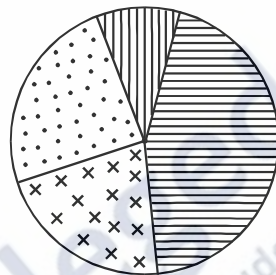
15. (a) According to the syllabus, suggest any four Asanas for curing 'Hypertension'. 2

OR

(b) According to the syllabus, suggest any four Asanas for curing 'Diabetes'. 2

16. Distinguish between cognitive disability and physical disability on the basis of their characteristics. (any **two**) 2

17. Given below is data of soft tissue injuries collected from a training centre after completion of training : 3



Strain



Abrasion



Sprain



Contusion

(i) From which injury were the players most affected ?

- (a) Abrasion
- (b) Contusion
- (c) Strain
- (d) Sprain

(ii) Sprain is related to :

- (a) muscle
- (b) ligament
- (c) skin
- (d) bone

(iii) From which injury were the players least affected ?

- (a) Sprain
- (b) Abrasion
- (c) Strain
- (d) Contusion



Note : The following question is for the **Visually Impaired Candidates** only, in lieu of Q. No. 17.

17. Write any six effects of regular exercise on our Muscular system. 3
18. Sunita is a State level Judo player, who reduces her diet to control her weight. Her coach advised her about pitfalls of dieting and recommended to her to take sufficient amount of simple carbohydrates, fats, proteins, vitamins and minerals.
- Based on this case, answer the following questions : 3
- (i) Glucose, fructose and lactose are _____ .
- (a) simple carbohydrates
 - (b) complex carbohydrates
 - (c) vitamins
 - (d) minerals
- (ii) _____ are known as body-building foods.
- (a) Carbohydrates
 - (b) Fats
 - (c) Proteins
 - (d) Minerals
- (iii) Following are pitfalls of dieting, except
- (a) loss of weight.
 - (b) anaemia.
 - (c) loss of energy.
 - (d) healthy weight.
19. (a) Illustrate the procedure to measure speed, agility and balance of a Senior Citizen. 3
- OR**
- (b) What is the height of a bench for men in Harvard step test ? By using short-term method, calculate the fitness index, if duration of exercise is 300 seconds and heart rate is 70 for 1 to 1.5 minutes. 3
20. Enlist any two stages of growth and development. Explain exercise guidelines for any one of them. 3
21. Explain any three corrective measures for 'Scoliosis'. 3
22. Knowledge of bio-mechanics helps to enhance the performance of sportspersons. Explain. 3
23. Describe any three disability etiquettes in detail. 3
24. (a) Explain the procedure of any one cardio-vascular fitness test in detail. 3
- OR**
- (b) Explain the procedure for administering chair sit and reach test and chair stand test in detail. 3



25. (a) Acceleration Run and Pace Run methods can be used to increase the speed of an athlete. Justify. 3
- OR**
- (b) State any three differences between isotonic and isometric exercises. 3
26. Differentiate between Abduction and Adduction by giving suitable example from sports. 3
27. (a) Briefly explain the following : 5×1=5
- (i) Vitamins
 - (ii) A healthy weight
 - (iii) The pitfalls of dieting
 - (iv) Food intolerance
 - (v) Food myths
- OR**
- (b) Enlist the nutritive and non-nutritive components of diet and write about any two nutritive components in detail. 5
28. Define Personality. Explain Sheldon's classification and its importance in sports. 5
29. (a) Explain the procedure, benefits and contraindications of any two Asanas to prevent asthma. 5
- OR**
- (b) Elaborate the procedure, benefits and contraindications of Trikonasana and Vajrasana to prevent obesity. 5
30. On the basis of knock-out tournament, prepare a fixture of 17 teams mentioning all the steps involved. 5