

**PHYSICAL EDUCATION**

**Time 3 hrs**

**Max. Marks : 70**

**General Instructions :**

1. The question paper consists of **5 sections** and **34 Questions**.
2. **Section A** consists of **question 1-18** carrying **1 mark** each and is **multiple choice questions**. All questions are compulsory.
3. **Sections B** consist of **questions 19-23** carrying **2 marks** each and are **very short answer types** and should not exceed **60-90 words**. There is internal choice available.
4. **Sections C** consist of **question 24-28** carrying **3 marks** each and are **short answer types** and should not exceed **100-150 words**. There is internal choice available.
5. **Sections D** consist of **question 29-31** carrying **4 marks** each and are **case studies**. There is internal choice available.
6. **Section E** consists of **question 32-34** carrying **5 marks** each and are **short answer types** and should not exceed **200-300 words**. There is internal choice available.

**SECTION-A**

1. What is the formula for calculating the number of teams in lower half? [1]  
(a)  $\frac{N-2}{2}$  (b)  $\frac{N+2}{2}$   
(c)  $\frac{N+1}{2}$  (d)  $\frac{N-1}{2}$
2. School organized a volleyball tournament on knockout basis. Management found that the spectators were losing interest in the tournament because two good teams were out of the tournament as they were defeated in the beginning.  
Which provision could have avoided this kind of situation? [1]  
(a) Bye (b) Seeding  
(c) Pools (d) Halves
3. Minimum duration of physical activity should be \_\_\_\_\_ per day of moderate to vigorous intensity in children and youth, 5-17 years age. [1]  
(a) 75 minutes (b) 60 minutes  
(c) 120 minutes (d) 90 minutes

4. Menarche is usually considered the point of \_\_\_\_\_ for girls. [1]

- (a) Sexual immaturity (b) Sexual maturity  
(c) Maturity (d) Immaturity

5. Identify the asana: [1]



- (a) Ushtrasana (b) Vakrasana  
(c) Halasana (d) Gomukhasana

6. Joint pain and stiffness are the symptoms of - [1]

- (a) Osteoporosis (b) Back pain  
(c) Arthritis (d) All the above

7. Given below are the two statements labelled Assertion (A) and Reason (R). [1]

**Assertion (A) :** Macronutrients are the main source of energy.

**Reason (R) :** Vitamin B Complex are required in a very small amount in the body.

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

- (a) (A) is true, but (R) is false.  
(b) (A) is false, but (R) is true  
(c) Both (A) and (R) are true, but (R) is not the correct explanation of (A).  
(d) Both (A) and (R) are true and (R) is the correct explanation of (A).

8. "Let me win. But if I cannot win, let me be brave in the attempt." This oath is associated with: [1]

- (a) Olympic (b) Paralympic  
(c) Deaflympic (d) Special Olympic

9. Fats and oils come under: [1]

- (a) Protective or regulatory foods (b) Energy giving foods  
(c) Bodybuilding group (d) Routine foods

10. What is the height of the bench or wooden block for male in Harvard Step Test? [1]
- (a) 16 Inches (b) 30 cm  
(c) 40.64 cm (d) 50.8 cm
11. Vo<sub>2</sub> max is related to \_\_\_\_\_. [1]
- (a) Muscular system (b) Respiratory system  
(c) Cardiovascular system (d) Energy production system
12. In what type of fracture do bones break into three or more pieces, seen often in cycling and motorcycling? [1]
- (a) Oblique fracture (b) Green stick fracture  
(c) Comminuted fracture (d) Compound fracture
13. When the body or an object is moving with a constant velocity - that is with no change in speed or direction it is said to be in \_\_\_\_\_. [1]
- (a) Equilibrium (b) Static equilibrium  
(c) Dynamic equilibrium (d) Zero force
14. Identify, the type of lever in diagram : [1]



- (a) Second - class lever (b) First - class lever  
(c) Third - class lever (d) Both a & b
15. Which of the following is NOT a feature of Intrinsic Motivation? [1]
- (a) goals (b) feedback  
(c) needs (d) attitudes

16. Match List – I with List – II and select the correct answer from the code given below: [1]

List – I		List - II	
1	Psychological attribute	A	Challenge
2	Instrumental Aggression	B	Reward
3	Goal setting	C	Self-talk
4	Extrinsic motivation	D	Non-legitimate

Code

	1	2	3	4
(a)	B	D	A	C
(b)	D	C	A	B
(c)	C	D	B	A
(d)	C	D	A	B

17. Given below are the two statements, one labelled as Assertion (A) and the other labelled as Reason (R): [1]

**Assertion (A):** Static stretching method is used to improve flexibility.

**Reason (R):** In this method the joint is over- stretched to the maximum limit

Which one of the following statements is correct?

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).  
 (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).  
 (c) (A) is true, but (R) is false.  
 (d) (A) is false, but (R) is true.
18. Isometric Exercise was first introduced by: [1]
- (a) HC Buck (b) Hettinger and Muller  
 (c) J.J. Perrine (d) J.J. Coubertin

**SECTION-B**

19. Create a flow chart of various sports injuries according to nature of injuries. [2]
20. Briefly describe the Cardiorespiratory factor in our body. [2]
21. Define personality? List four way or functions used by people. [1+1=2]
22. What is the relationship between load and adaptation during training programme? [2]
23. List down any four functions of balanced diet. [0.5 × 4=2]

OR

Write down the purpose of any four tests that form a part of Rikli and Jones Test. [0.5 × 4=2]

**SECTION-C**

24. Explain any three steps to be followed for organizing a Health Run in your school. [1+1=1=3]
25. How can you make physical activity accessible to children with special needs? [3]
26. Write briefly about some considerations of fluid intake pre, during and post competition that affects the sportsperson's performance. [1+1+1=3]
27. What does OCEAN represent according to Big Five Theory of Personality? Describe any one trait with their behavior. [1+2=3]
28. Discuss the physiological factors determine the endurance as a component of physical fitness? [3]

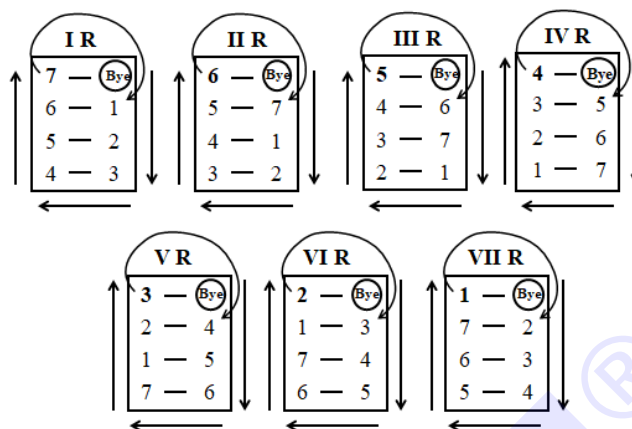
OR

What is Osteoporosis? Explain factors, those lead to osteoporosis in women. [1+2=3]

**SECTION-D**

29. Below given is the Tournament fixture of a CBSE Football National competition.

[4]



Based on the above fixture, answer the following questions:

- \_\_\_\_\_ matches played in the Tournament.
  - \_\_\_\_\_ is the formula for calculating the total number of matches.
  - \_\_\_\_\_ imagined above tournament?
  - \_\_\_\_\_ is another name of above tournament.
- 30 The Deaflympics also known as Deaflympiad (previously called World Games for the Deaf, and International Games for the Deaf) are a periodic series of multi-sport events sanctioned by the International Olympic Committee (IOC) at which Deaf athletes compete at an elite level. These games are held every four years and are the longest running multi-sport event in history after the Olympics.

[4]



- The first Deaflympics Games were held in the year \_\_\_\_\_.
- The Deaflympic Winter Games was added in \_\_\_\_\_.
- A sports person is eligible to participate in Deaflympics who is having hearing loss of \_\_\_\_\_.
- In \_\_\_\_\_ year the name of Deaflympics came into existence.

31.



During her gymnastics practice, Pooja was finding it difficult to maintain her balance on the balancing beam. Her coach tried to explain to her about basic principles of equilibrium.

According to the principles of equilibrium centre of gravity plays a very important role.

- (a) \_\_\_\_\_ C.G helps in increasing stability.
- (b) \_\_\_\_\_ base more stability.
- (c) In basketball and volleyball game, high defense players spread their legs to \_\_\_\_\_ towards the base to occupy a better position against the offensive player.
- (d) Centre of gravity is the intersection point of all the \_\_\_\_\_.

**OR**

A jumper's centre of gravity must lie on the base of support for \_\_\_\_\_ while take-off

### **SECTION-E**

- 32. List down any four asanas used for prevention Back pain and Arthritis. Explain the procedure and benefits of Gomukhasana with the help of a stick diagram. [1+1½+1½+1=5]
- 33. What do you know about Harvard Step Test? Explain its administrative procedure along with advantages. [1+3+1=5]
- 34. Define Strength? What are the various methods for developing strength? Write in detail. [1 + 4=5]

**OR**

Discuss various types of friction. With suitable example from sports and games discuss, friction is advantageous or disadvantageous? [2+3=5]