• कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 5 हैं।
• प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए कोड नम्बर को छात्र उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें।
• कृपया जाँच कर लें कि इस प्रश्न-पत्र में 26 प्रश्न हैं।
• कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, प्रश्न का क्रमांक अवश्य लिखें।
• इस प्रश्न-पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है। प्रश्न-पत्र का वितरण पूर्वांद्र में 10.15 बजे किया जाएगा। 10.15 बजे से 10.30 बजे तक छात्र केवल प्रश्न-पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर-पुस्तिका पर कोई उत्तर नहीं लिखेंगे।
• Please check that this question paper contains 5 printed pages.
• 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.
• Please check that this question paper contains 26 questions.
• Please write down the Serial Number of the question before attempting it.
• 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.

शारीरिक शिक्षा (सैद्धान्तिक)
PHYSICAL EDUCATION (Theory)

निर्धारित समय : 3 घण्टे
Time allowed : 3 hours

अधिकतम अंक : 70
Maximum Marks : 70
General Instructions:

(i) The question paper contains 26 questions.

(ii) All questions are compulsory.

(iii) Questions no. 1 to 11 carry 1 mark each. Answers to these questions should be in approximately 10 – 20 words each.

(iv) Questions no. 12 to 19 carry 3 marks each. Answers to these questions should be in approximately 30 – 50 words each.

(v) Questions no. 20 to 26 carry 5 marks each. Answers to these questions should be in approximately 75 – 100 words each.

1. Round-Robin Tournament is of two types. Name them and give one major difference between them.

2. Define leadership.

3. What do you mean by food intolerance?

4. State the common postural deformities.

5. Name the motor development stages in children.
6. Your grandmother feels that she has reduced her upper body flexibility and therefore she wants to test herself. Which test would you suggest to her?

7. What is oxygen uptake?

8. What is incision?

9. An object thrown into the space either horizontally or at an acute angle under the action of gravity is called a projectile. Name the two forces which act on a projectile.

10. What do you mean by body image?

11. What does the term ‘Partleek’ mean and who developed this training method?

12. What are specific sports programmes? Explain with suitable example.

13. Write in brief about the leadership qualities that one inculcates by participating in adventure sports.

14. How can women’s participation in sports and games be encouraged in India? Explain.
15. Write in brief about osteoporosis. What are the causes of osteoporosis in women?

16. Explain the Rockport test.

17. A famous cricket star Phillip Hughes was struck behind the ear by a ball while batting and died two days after the injury. He was wearing a helmet but the possible reason mentioned was that even when using a helmet, possibly a significant part of the neck remained exposed and the ball hit him there. And now most of the top cricketers across the world use deeper protection.

   (a) Do you feel protective gears are important? Lay stress on your views.

   (b) What first aid should be provided during injury at the superficial layer of the skin?

18. ‘अभिप्रेयः’ से क्या अभिप्राय है? खेलों में उत्तम प्रदर्शन के लिए अभिप्रेय की विभिन्त तकनीकों को स्पष्ट कीजिए।

   What is meant by ‘motivation’? Explain the different techniques of motivation to achieve high goals in sports.

19. ‘अन्तराल प्रशिक्षण विधि की व्याख्या कीजिए।

   Explain Interval training method.

20. आहार के पोषक एवं गैर-पोषक तत्त्व क्या हैं? स्पष्ट कीजिए।

   What are the Nutritive and Non-nutritive components of diet? Explain.
21. What do you mean by correct posture? Explain the standing and sitting postures. What are the causes of bad posture?

22. Explain 'weight training' as one of the oldest methods for development of strength. Describe its advantages and disadvantages.

23. Explain the physiological factors determining speed.


25. What is personality? Explain its different dimensions.

26. What are the various types of friction? How is friction advantageous or disadvantageous in the field of games and sports? Explain with suitable examples.