

**PHYSICAL EDUCATION**  
**PAPER – 1 (THEORY)**

(Maximum Marks: 70)

(Time allowed: Three hours)

(Candidates are allowed additional 15 minutes for **only** reading the paper.  
They must **NOT** start writing during this time.)

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Answer **any five** questions from **Section A**.

**Section B** comprises of one question on each game, with five subparts (a), (b), (c), (d) and (e). Select **any two** games from this Section.

Answer **any three** of the **five** subparts (a), (b), (c), (d) and (e) from **each** of the **two** games selected by you in this section.

The intended marks for questions or parts of questions are given in brackets [ ].

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**SECTION A (40 Marks)**

Answer **any five** questions.

**Question 1**

What is meant by *warming up*? Write the advantages of warming up. [8]

**Question 2**

(a) Explain the *merits* and *demerits* of league tournament. [8]

(b) Draw a league fixture for eight teams according to cyclic method.

**Question 3**

Discuss the importance of health education for adults and younger generation. [8]

**Question 4**

Mention the causes and corrective measures for the following: [8]

(a) Lordosis

(b) Flat foot

**Question 5**

Write in detail the effects of insufficient sleep, on human body. [8]

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**Question 6**

List the various ill effects of alcohol on an individual. [8]

**Question 7**

Explain what is *contusion*. Mention the steps to be followed for its prevention. [8]

**SECTION B (30 Marks)**

Select **any two** games from this Section.

Answer **any three** of the **five** subparts (a), (b), (c), (d) and (e) from **each** of the **two** games selected by you. Each subpart is for **5 marks**.

**FOOTBALL****Question 8** [3 × 5]

- (a) List *any five* fundamental skills which a football player must possess. [5]
- (b) What decision is to be taken by the referee if the ball bursts or becomes defective during the course of a match? [5]
- (c) Explain the difference between *tackling* and *trapping*. [5]
- (d) Mention the basic compulsory equipment used by a referee while conducting a match. [5]
- (e) Mention *any five* duties of Assistant Referees. [5]

**CRICKET****Question 9** [3 × 5]

- (a) Explain the following: [5]
  - (i) Dolly Catch
  - (ii) Gully
  - (iii) Seam
  - (iv) Hook shot
  - (v) Half-volley
- (b) Differentiate between *popping crease* and *bowling crease*. [5]
- (c) Explain the following terms: [5]
  - (i) Ball tampering
  - (ii) Sweep

- (d) (i) Write the full forms of ICC and BCCI. [5]  
(ii) State the functions of ICC and BCCI.  
(e) Under which conditions can an umpire change the ball? [5]

### HOCKEY

- Question 10** [3 × 5]  
(a) Write a short note on Hockey Stick. [5]  
(b) Mention *any five* duties of the captain of a Hockey team. [5]  
(c) Write the equipment used by a Goal Keeper. [5]  
(d) When is a penalty stroke awarded? [5]  
(e) State the difference between a *scoop* and a *stroke*. [5]

### BASKETBALL

- Question 11** [3 × 5]  
(a) Explain *Three Second Rule* and *Twenty-four Second Rule*. [5]  
(b) What is *free throw*? State the steps to be followed for taking a free throw. [5]  
(c) Mention the violations in the game of Basketball. [5]  
(d) What is a *double foul* in the game of basketball? What is the penalty for this foul? [5]  
(e) Explain *technical foul* and *multiple foul*. [5]

### VOLLEYBALL

- Question 12** [3 × 5]  
(a) Write the duties of a Volleyball coach. [5]  
(b) Write the service faults in Volleyball. [5]  
(c) (i) What is the procedure adopted to start a game? [5]  
(ii) List *any two* National level tournaments in Volleyball.  
(d) Differentiate between: [5]  
(i) *Service zone* and *substitution zone*  
(ii) *Positional fault* and *rotational fault*  
(e) Mention the duties of a line judge. [5]

## TENNIS

- Question 13** **[3 × 5]**
- (a) Explain the following: **[5]**
- (i) Double fault
  - (ii) Chip shot
- (b) List *any five* types of strokes in the game of Tennis. **[5]**
- (c) What are the duties of a coach in Tennis? **[5]**
- (d) Explain the following: **[5]**
- (i) Set
  - (ii) Ace
  - (iii) Slice
  - (iv) Down the line
  - (v) Drive
- (e) Explain how a *forehand shot* is taken. **[5]**

## BADMINTON

- Question 14** **[3 × 5]**
- (a) Discuss the rule of service in doubles. **[5]**
- (b) What happens if the shuttlecock gets stuck on the net? **[5]**
- (c) (i) What is meant by *bird* in the game of Badminton? **[5]**
- (ii) Name the different types of strokes played by a badminton player.
- (d) Explain the following terms: **[5]**
- (i) Side out
  - (ii) Waist fault
- (e) (i) Explain the following shuttle grips: **[5]**
- (1) Out of hand grip
  - (2) Mid grip
  - (3) Base grip
- (ii) What is the weight of a shuttle cock? How many feathers are there in a shuttle cock?

## SWIMMING

- Question 15** **[3 × 5]**
- (a) List the freestyle events for men. **[5]**
  - (b) (i) What is the position of backstroke turn indicators? **[5]**  
(ii) Which lane is given to the best swimmer?
  - (c) Explain the starting stance of a swimmer in the backstroke event. **[5]**
  - (d) (i) What is a *Dolphin kick*? **[5]**  
(ii) Describe *any two* duties of the judges of stroke.
  - (e) Explain the following terms: **[5]**
    - (i) Tapper
    - (ii) Peddler

## ATHLETICS

- Question 16** **[3 × 5]**
- (a) Explain the event *triple jump*. **[5]**
  - (b) What is the difference between *marking radius* and *running radius*? **[5]**
  - (c) Draw a neat diagram of a Shot-Put sector with all its specifications. **[5]**
  - (d) List the fundamental skills required by an athlete, for the event of Discus throw. **[5]**
  - (e) Explain the following terms: **[5]**
    - (i) Stagger
    - (ii) Athlete
    - (iii) Shoulder Shrug
    - (iv) Heat
    - (v) Lane