

PHYSICAL EDUCATION

Time: 3 Hours

Maximum Marks: 60

(Long Answer Type Questions)

1. Describe the importance of sociology in Physical Education and Sports. (5)
 Or
 How can you develop leadership qualities and group dynamics through Physical Education?
 * Explain how you can develop strength as well as edurance through circuit training. Write its advantages also.
 * Highlights the main features of Interval and Fartlek training.
 * What do you mean by Endurance? How can you prove it to be an ability to resist against fatigue?
 * Describe interval training in detail. Give its merits and demerits.
 * What is Physical Fitness? Explain the importance of physical fitness in sports.
 * What is the aim of circuit training method? Describe this method of training in detail.
 * Explain how can you develop speed through acceleration and pace run training methods.
 * Discuss in detail the various factors which influence the physical fitness.
 * Describe various components of Physical Fitness in detail.
 2. Describe the meaning and importance of Physical Fitness. (5)
 Or
 What is Cardio-vascular Endurance? Explain the components of Physical Fitness also.
 * Explain in detail the role of individual in improvement of enviornment for Prevention of sports related accident.
 * Highlights the meaning and need of environment. Explain why good environmental. Condition are essential for Physical Education Programme.
 * Explain how can social qualities be developed through medium of physical education and sports.
 * Write the significance of Sociology in the field of Physical Education.
 * Define Sociology. Explain how sociology can help in developing sports ethics.
 * Explain in detail the games and sports as man's cultural heritage.
 * What do you mean by Sociology? Describe the importance of Sociology in Physical Education and Sports.
 * Define strength. Explain isometric, isotonic and isokinetic strength exercises briefly.
 * What is circuit training? Prepare six-station programme and mention its benefits.
 * Explain essential elements of positive environment and give its importance in games and sports.
 * Discuss the need of environment in Physical Education Programme.
 * State the role of an individual for improvement of a Positive Environment.
 3. Mention the various Throwing and Jumping events. Draw and label the sector of Discus Throw with its measurements.
 Or
 Write the history of Cricket. Draw and label the arena of Cricket showing the various field positions. (5)
 * Give a brief history of Basketball. Explain the fundamental skills in detail.
 * Mention various Running events in Athletic. Explain any one events with Technique.
 * What is positive environment? Elaborate any three important elements of it.
 * Enumerate the role of an individual for improvement of positive environment.

- * Plot the sector of shot put with a brief explanation of its techniques.
- * Draw a labelled diagram of Basket-ball Court. Write its dimensions and historical background.
- * Explain the basic rules of cricket.
- * Make a list of the defensive strokes of Table Tennis and explain any three.
- * Mention various jumping events, Explain any one event with the help of diagram.
- * Plot the sector of Javellin throw with the explanation of its techniques.
- * Make a list of fundamental skills of cricket and explain any three skills in detail.

(Short Answer Type Questions)

3 marks each

4. Explain briefly the method of Circuit Training.
 5. What is periodization and how can you distribute the sports training for a year into periods?
 6. Describe briefly the Moral Enducation through Physical Education and Sports.
 7. How can individual help in preventing and minimising sports related accidents?
 8. Explain briefly the importance of Yoga in modern times.
 9. What is the importance of sports medicine in games and sports?
 10. Explain the man's cultural heritage of sports and games in India and Greece.
- * Enlist the elements of Yoga and explain any two elements in detail.
 - * Describe three components of Physical fitness.
 - * Discuss the need and importance of Moral Education.
 - * Explain any three sports related injuries.
 - * Discuss how you can develop leadership qualities through the medium of sports.
 - * How the culture heritage of game and sports is carried in various countries?
 - * Explain the method of using Acceleration Run for developing speed.
 - * Write down the factors affecting physical fitness.
 - * Mention various methods of endurance training with a brief explanation.
 - * Give important qualities of a good captain.
 - * Explain briefly some essential elements of sport environment.
 - * Give a brief account of Yoga.
 - * Briefly explain dehydration, heat stroke and exercise induced asthma.
 - * What do you mean by continuous training method?
 - * Explain the importaqnce of sociology in Physical Education.
 - * Write an essay on "Sports and Games" as man's cultural heritage.
 - * What are the essential elements of positive environment?
 - * Explain heat stroke and tendonitis.
 - * Enlist the elements of Yoga and explain any two elements in detail.
 - * Explain the meaning of Physical fitness and list down its importance.
 - * What are essential elements of Environment? Explain.
 - * Define Leader, What are the important qualities of a good leader?
 - * Explain the need of environment in Physical Education Programme and Sports.
 - * What do you mean by continuous training method?
 - * Differentiate between isometric and isokinetic exercise.
 - * Describe the importance of Sociology in Physical Education and Sports.
 - * What are the desirable qualities of a good Leader?
 - * Why we need moral education in Schools? Discuss.
 - * Giv a brief account of Dopping in Sports.
 - * What do you mean by Yoga? Explain the role of Yoga in sports.

- * Explain how you can develop your endurance through continuous training method.
- * What is Fartlek Training Method? Give its advantages.
- * Briefly explain any three sports related injuries.

(Very Short Answer Type Questions)

2 marks each

11. Explain briefly the Fartlek training method.
 12. Describe the continuous method of endurance development in short.
 13. How can home and school promote Socialisation?
 14. Describe briefly the importance of Moral Education.
 15. Express your views on the need of facilities for improving sports environment.
 16. Explain Abiotic and Biotic environment in brief.
 17. Give a brief account of Pranyama and Samadhi as the elements of Yoga.
- * Write any four latest rules of cricket.
 - * How does moral values help in building a good sports person?
 - * Write briefly the importance of sociology in Physical Education and Sports?
 - * Briefly explain Doping in Sports?
 - * Does Jogging develop fitness? Briefly explain.
 - * Explain the term "RICE".
 - * What do you mean by Samadhi and Dhyan?
 - * Elaborate any two components of Physical fitness known to you.
 - * What do you understand by Leadership? Give its types?
 - * Write a brief account on morality?
 - * How safe water is beneficial for improvement of positive environment?
 - * What do you mean by Niyam and Yama?
 - * Briefly explain two techniques for putting shot?
 - * Draw and label throwing sector of shot put?
 - * Briefly explain three essential elements of positive environment.
 - * Give a brief description of any two techniques in long jump.
 - * Draw and label throwing sector of Javelin?
 - * Draw and label throwing sector of Javelin?
 - * Briefly write about sports medicine.
 - * How sports related accidents can be prevented?
 - * Mention any four field events.
 - * What do you mean by Heat Stroke?
 - * What is exercise induced Asthma?
 - * Why rehabilitation of sports injuries is Necessary?
 - * How can you reduce sports related accidents? Explain.
 - * Write a short note on Aerobic Activity.
 - * Make a list of jumping events. Explain any one.
 - * Briefly write about sports medicine.
 - * How sports related accidents can be prevented?
 - * Mention any four field events.
 - * Briefly explain the types of fracture.
 - * What is Sports Injury?
 - * Write a short note on muscle strain.
 - * What is Doping?

- * What do you mean by duce?
- * What do you mean by Biotic Environment?
- * Draw a labelled diagram of shot put sector.
- * Give two definitions of Sociology.
- * Write a short note on Pace Races.
- * Write duty of Umpire in Cricket.
- * Give a brief account of Yama, nyam and Asana.
- * Write in short the cultural heritage of games and sports of any one country.
- * Name the different techniques of start adopted by athlete in sprint races.

(Objective Type Questions)

1 mark each

18. (A) Fill in the blanks with appropriate answers:
- (i) Abrasion is the injury of in which skin is scrapped or rubbed by friction.
Ans. Skin
 - (ii) Strain is the injury of which is caused by over stress or over stretch of muscles or due to violent pull.
Ans. Muscles
 - (iii) Slow continuous training method develops endurance ability.
Ans. Aerobic
- (B) Choose the most appropriate answer of the following:
- (iv) Which of the following is considered as the queen of games and sports?
(a) Track and field (b) Cricket
(c) Swimming (d) None of these
Ans. (a)
 - (v) What can be the maximum length of a cricket bat?
(a) 34" (b) 36"
(c) 38" (d) None of these
Ans. (c)
 - (vi) An athlete is one who takes part in games and sports.
(True/False)
Ans. False
 - (vii) Lane is the path where athletes run between two lines with a width of 1.20 m.
(True/False)
Ans. False
- (C) Answer the following questions in a few words or sentences or as may be required:
- (viii) Define Sports Training.
Ans. Sports training is the basic form of preparation of a sports person.
 - (ix) What is Popping crease?
Ans. Popping crease draw parralled in bowling creases at a distance of 4 feet from it.
 - (x) Differentiate marketing redius and running radius.
Ans. Marking radius and running radiurs. The actual radius of the curve in a standard track for running events is called as Curve radius or running radius where as track somehow 30 cm inside the running radius to avoid fouls which is known as marking radius.

* (A) Choose the correct/most appropriate answer and write it in your answer-book:

(i) Fartlek training develops:

- (a) Strength (b) Speed
(c) Endurance (d) None of these

Ans. (a) Strength

(ii) Which of the following is an element of Positive environment?

- (a) Flexibility (b) Strength
(c) Speed (d) None of these

Ans. (d) None of these

(iii) In which year Basketball game include in S.A.F. games?

- (a) 1984 (b) 1985
(c) 1987 (d) None of these

Ans. (c) 1987

(B) Fill in the blanks with appropriate answers:

(i) The Definition "Environment is an external force which influence us" is given by

Ans. E.T. Ross

(ii) Natural environment consists of surrounding like

Ans. Forests, rocks, air, river, mountains, altitude and climate etc.

(iii) Isometric exercise were introduced by

Ans. Hettinger and Muffer of Germany in 1953.

(C) Choose the most appropriate true answer:

(i) Pushing a wall is an example of static strength. (True/False)

Ans. True

(ii) The weight of cricket ball is 157 gm. (True/False)

Ans. True

(D) Answer the following questions in a few words or sentences or as may be required:

(i) What is off-season in case of Sports training?

Ans. TRANSITIONAL PERIOD (OFF SEASON): There is great need of recovery and relaxation after competition periods which is done by transitional period or off season. During this period active rest is given and it is advised not to do alike type of activities which dominate/ affects the competition. Players also gets recovery from stress and maintains physical abilities for the further competitions.

(ii) Define tendinitis.

Ans. Tendonitis is inflammation or irritation of a tendon – any one of the thick fibrous cord that attach muscles to bones. The condition causes pain and tenderness just outside a joint. While tendonitis can occur in any of our body's tendons, it is most common around your shoulders, elbows, wrist and heels.

* (A) Fill in the blanks with appropriate answers:

(i) An is one who takes part in track and field events.

Ans. Athlete

(ii) Basket ball was originated in United States of America in

Ans. 1891

(iii) scoring a point after a deuce is said to have gained an advantage.

Ans. Player

- (B) Choose the most appropriate answer of the following:
- (iv) Who defined sports training as the basic form of preparation of a sportsman?

(a) Mathew (b) Martin
(c) David R. Lamb (d) None of these

Ans. (a)

- (v) Which of the following is endurance development training method?

(a) Isomertic exercise (b) Interval training
(c) Isotonic exercise (d) None of these

Ans. (b)

- (vi) Speed of movement is known as Locomotor ability. (True/False)

Ans. True

- (vii) What can be the maximum length of a cricket bat?

(a) 34" (b) 36"
(c) 38" (d) None of these

Ans. (c)

- (C) Answer the following questions in a few words or sentences or as may be required:

- (viii) Define the term RICE.

Ans. RICE

R – Rice

I – Ice

C – Compression

E – Elevation

- (ix) What is Contusion?

Ans. Contusion is a injury of skin. A blow anywhere on the surface of body causing bleeding from reptured small capillaries below the skin, without any breaking of skin.

- (x) Define Fatigue.

Ans. Temprrary loss of strength and energy result in hard physical and mental work.

- (A) Fill in the blanks with appropriate answers:

- (i) In track events athletes compete against

Ans. Strength is the ability to overcome resistance or to act against the resistance.

- (ii) In field events athletes compete against

Ans. heights

- (iii) In basket ball a player cannot hold the ball (without bounce) for more than seconds.

Ans. 5 seconds

- (B) Choose the most appropriate answer of the following:

- (iv) The weight of Discus throw for men is

(a) 2 kg (b) 3 kg
(c) 2.5 kg (d) None of these

Ans. (a)

- (v) Interval training method is effective for developing:

(a) Aerobic endurance (b) Anaerobic endurance
(c) Speed endurance (d) All of these

Ans. (d)

(vi) Pusing a wall is isometric training method. (True/False)

Ans. True

(vii) The weight of cross bar in High jump is 3 kg. (True/False)

Ans. False

(C) Answer the following questions in a few words or sentences or as may be required:

(viii) Define Sprain.

Ans. Sprain is the injury of ligament it occurs due to over stretching of ligaments during exercise, ligaments sometime became turned and get injured near the joint with a bone from the weak spot in the ligament themselves.

(ix) Mention two types of sports injuries.

Ans. There are two types of sports injuries are:-

1. **Acute Injuries:** such as dehydration, heat stroke and exercises-induced asthma.
2. **Chronic injuries:** such as aches and pain of unknown origin, tendonitis (swelling in tendons) and stress fracture (hairline fracture of the bone due to over use).

(x) What is LBW?

Ans. Leg before wicket (lbw) first and foremost, the ball must, in the opinion of the on-field umpire, be going on to hit the stumps if the ball had not hit the pad of the batsman first. If the batsman plays an attempted shot to the delivery, then the ball must hit the batsman's pad in line with the stumps and be going on to hit the stumps for the batsman to be given out. If the batsman does not attempt to play a shot, then the ball does not have to hit the pad in line with the stumps but it still must be going on to hit the stumps. If the ball pitches outside the leg stump, then the batsman cannot be given out under any circumstances.

(A) Fill in the blanks with appropriate answer:

(i) Fartlek is term.

Ans. Swedish

(ii) Dynamic flexibility exercises are performed while body is in

Ans. Motion / Movement

(iii) In which year the Ancient olympic games started

Ans. 776 B.C

(B) Choose the most appropriate answer:

(i) What can be the maximum length of Cricket bat:

(a) 34"

(b) 36"

(c) 38"

(d) 40"

Ans. (c) 38"

(ii) The dimension of long Jump pit is:

(a) 9 m × 2.75 m

(b) 9 m × 2.50 m

(c) 7 m × 2.75 m

(d) None of these

Ans. (a) 9 m × 2.75 m

(iii) The length of cross-bar in High Jump is:

(a) 3.98 m × 2.75 m

(b) 4.00 m × 2.50 m

(c) 4.98 m × 2.75 m

(d) 4.98 m × 5.04 m

Ans. (a) 3.98 m × 2.75 m

(iv) The number of players who take the court in basketball:

(a) 12 players

(b) 10 players

(c) 05 players

(d) 07 players

Ans. (c) 05 players

(C) Answer the following question in few words or sentences or as may be required:
Name any two finishing techniques in sprint races.

Ans. (i) Run through

(ii) Lung

(iii) Shoulder shrug

(A) Fill in the blanks with appropriate answer:

(i) Circuit training means in a circle.

Ans. Varies type of exercise

(ii) The smallest tubes carrying blood in the body are called

Ans. Capillaries

(iii) Isokinetic is defined as maximal contraction with constant speed over full.....

Ans. Range of movement

(B) Choose the most appropriate answer:

(i) The length of Bowling crease in Cricket is:

(a) 2.63 m

(b) 8.64 m

(c) 2.64 m

(d) None of these

Ans. (c) 2.64 m

(ii) The distance between end line and Backboard in Basketball is:

(a) 1.50 m

(b) 1.30 m

(c) 1.20 m

(d) 2.90 m

Ans. (c) 1.20 m

(iii) The length of Table Tennis net is:

(a) 1.25 m

(b) 0.76 m

(c) 1.83 m

(d) 2.74 m

Ans. (c) 1.83 m

(iv) Where take off board is placed in Triple Jump for women is:

(a) 13 m

(b) 9 m

(c) 11 m

(d) 2.75 m

Ans. (c) 11 m

(C) Answer the following questions in few words or sentences or as may be required:

(i) Name the two Drugs used by some sports persons as doping.

Ans. The drugs used by some sports persons as doping are—

(i) Steroids

(ii) Narcotics

(iii) Beta blockers.

(iii) What is Dislocation?

Ans. Dislocation is a separation of two bones where they meet in joint.

(A) Fill in the blanks with appropriate answer:

(i) Isokinetic exercises were introduced by

Ans. Perrine in 1968

- (ii) In Isotonic exercises the length of the muscles

Ans. increase

- (iii) Dehydration is defined as an excessive loss of body

Ans. fluid.

(B) Choose the most appropriate answer:

- (i) Length of Cricket pitch is:

(a) 20.20 m

(b) 20.01 m

(c) 20.12 m

(d) 20.15 m

Ans. (c) 20.12 m

- (ii) Length and breadth of Table Tennis table is:-

(a) 5 ft × 9 ft

(b) 6 ft × 9 ft

(c) 2.5 ft × 5 ft

(d) None of these

Ans. (a) 5 ft × 9 ft

- (iii) Hurdle races for men is:

(a) 100 m - 400 m

(b) 110 m - 400 m

(c) 110 m - 100 m

(d) 4 × 100 - 4 × 400 m

Ans. (b) 110 m-400 m

- (iv) How much is the weight of Shot Put for men:

(a) 4.500 kg

(b) 4.200 kg

(c) 6.260 kg

(d) 7.260 kg

Ans. (d) 7.260 kg

- (a) Choose the correct/most appropriate answer of the following questions:

- (i) The length and breadth of Table Tennis table is:

(A) 9 ft×5 ft

(B) 9ft×7 ft

(C) 1.5.ft×2.7 ft

(D) None of these

- (ii) The weight of shot put for women is:

(A) 2 kg

(B) 4 kg

(C) 7.260 kg

(D) None of these

- (iii) The Radius of Basket ring is:

(A) .15 m

(B) .225 m

(C) 1.20 m

(D) 1.57 m

- (iv) The thickness of Javelin Arc is:

(A) 7 cm

(B) 8 cm

(C) 6 cm

(D) 5 cm

- (b) Fill in the blanks with appropriate answer:

(v) Television has a lot of effects and influences on our society.

(vi) Social environment is represent by

(vii) Yoga is a Science as well as

- (c) Answer the following questions in few words or sentences or as may be required:

(viii) What is Tendonitis?

(ix) Define fracture.

(x) What do you mean by Elongated Start?