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SECOND TERMINAL EXAMINATION, 2014

M. M. : 70

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PHYSICAL EDUCATION 101114

Time : 3 hrs.

Instructions: (1) All questions are compulsory. (2) Question paper carries two parts, A and B. (3) Answers to questions carrying 01 mark should be in approximately 30 words. (4) Answer to questions carrying 02 marks should be in approximately 60 words. (5) Answer to questions carrying 03 marks should be in approximately 100 words. (6) Answer to questions carrying 05 marks should be in approximately 150-200 words.

PART – A

Q.1	What are the health status indicators? Enlist them.	(1)
		(1)
Q.2	Explain the achievements of All India Council of Sports.	(1)
Q.3	What do you mean by equilibrium?	(1)
Q.4	Explain the law of exercise in brief.	(1)
Q.5	What is sports training ? Enlist all the principles of sports training.	(1)
Q.6	What are the traits of endomorphs?	(1)
Q.7	What first aid will you provide in case of dislocation of joints?	(1)
Q.8	What is gene doping?	(1)
Q.9	What is limbering down?	(2)
Q.10	Differentiate between Growth and development.	(2)
Q.11	Define center of Gravity?	(2)
Q.12	Elucidate the classification of bones.	(2)
Q.13	What is the importance of test and measurements?	(2)
Q.14	What do you mean by yama? Mention the types of yama.	(3)
Q.15	Explain the measures for preventing sports injuries. Explain any three.	(PTO)

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				m For All NCERT so on papers, Notes for		·	
<i>Neertifielp</i> What is lever and discuss the types of lever? © www.ncerthelp.com					(3)		
Q.17 Briefly discuss about centripetal and centrifugal force?						(3)	
Q.18	Q.18 Explain the structural classification of muscles in detail with diagram and discuss the functions of muscles list out any 8 skeleton muscles.					am and discuss the	(5)
Q.19	Define equilibrium and its types. Discuss the principle of stability in detail.					(5)	
Q.20	Write a short notes in brief on the following :				(5)		
	i)	Olympic motto	ii)	Olympic flag			
	iii)	Olympic flame	iv)	Olympic awards	v)	Olympic oath	
Q.21		t do you mean by physi wellness in detail?	cal fitness?	Describe the factors	affecti	ng physical fitness	(5)

PART – B

Attempt all the question with any one game/sports. (badminton, table tennis, lawn tennis, swimming, taekwondo, judo)

Q.22	What is sport gear? Highlight its importance in the game/sport of your choice.	(2)
Q.23	Explain any four terminologies of the game/sport of your choice.	(2)
Q.24	Mention three important tournaments of the game/sport of your choice.	(3)
Q.25	Explain any six basic rules of the game / sports of your choice.	(3)
Q.26	Explain about Rajiv Gandhi Khel Ratna Award and Chacha Nehru award.	(5)
0.27	Draw a diagram of the field and court of the game/sport of your choice with the	(5)

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Q.21 What do you mean by physical fitness? Describe the factors affecting physical fitness (5) and wellness in detail?

PART – B

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