



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)
- 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. (3) **(PTO)**

SECOND TERMINAL EXAMINATION, 2014

PHYSICAL EDUCATION

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- Q.16 What is lever and discuss the types of lever? (3)
- Q.17 Briefly discuss about centripetal and centrifugal force? (3)
- Q.18 Explain the structural classification of muscles in detail with diagram and discuss the functions of muscles list out any 8 skeleton muscles. (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 What do you mean by physical fitness? Describe the factors affecting physical fitness and wellness in detail? (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)
- Q.27 Draw a diagram of the field and court of the game/sport of your choice with the specification of related equipments. (5)



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