

A-38-A

Roll No.

Total No. of Questions : 30]

[Total No. of Printed Pages : 4

XIARKDD20

2738-A

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 70

(Multiple Choice Questions)

1 each

1. The dimension of Handball Court is :

(A) 20 m x 40 m

(B) 30 m x 40 m

(C) 35 m x 40 m

(D) None of these

2. How many feathers are there in a Shuttle ?

(A) 14 feathers

(B) 16 feathers

(C) 18 feathers

(D) None of these

3. Total number of players in a Kabaddi team is :

(A) 12 players

(B) 7 players

(C) 8 players

(D) 10 players

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4. What is the weight of Hockey ball ?
- (A) 156 to 163_gms (B) 156 to 172 gms .
- (C) 150 to 170 gms (D) None of these
5. Saliva is secreted by :
- (A) Pancreas (B) Salivary glands
- (C) Liver (D) Pituitary gland
6. The blood is returned back to the heart by :
- (A) Veins (B) Capillaries
- (C) Arteris (D) All of these
7. Who is the founder of Modern Olympic Games ?
- (A) Baran-de-Coubertin (B) Meluis
- (C) Hitler (D) None of these
8. The food which we eat is known as :
- (A) Carbohydrate (B) Proteins
- (C) Diet (D) Minerals

(3)

(Very Short Answer Type Questions)

2 each

9. What do you mean by Physical Education ?

Or

Write in short the objective of Physical Education.

10. Explain briefly the purpose of Physical Education in Schools.

11. Write short note on Sports Psychology.

12. What is the essential qualification of a Physical Education teacher and lecturer ?

13. Explain any *two* principles of Health Education.

14. Write the effects of Tobacco on sports person.

15. Write down short note on Republic Day.

16. Write short note on Maulana Abul Kalam Azad trophy.

17. Write the treatment of Dislocation.

18. Explain Rehabilitation.

(Short Answer Type Questions)

3 each

19. Explain the various aims and objectives of Physical Education.

Or

What is the importance of Physical Education to our children ?

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20. Write briefly the effects of Alcohol on sports person.
21. Draw the diagram of Kho-Kho field showing all the measurement.
22. Briefly explain Rajiv Gandhi Khel Ratna Award.
23. What do you know about Modern Olympic Games ?
24. Briefly explain the term Olympic Rings and Olympic torch.
25. Briefly explain the components of balanced diet.
26. What are the functions of vitamins in our body ?
27. Briefly explain the difference between strain and sprain.

(Long Answer Type Questions)

5 each

28. Describe the effects of exercise on Muscular System.

Or

Draw the diagram of heart and explain the structure of heart in detail.

29. Describe role of motivation and achievement in games and sports.

Or

Describe the role of sports psychology in achieving sports goal.

30. Explain in detail the avenues available in the field of Physical Education.

Or

What are the various career option in Physical Education ?