

SUBJECT : PHYSICAL EDUCATION

Time : 3 hrs.

M.M.: 70

General Instructions :

- (1) All questions are compulsory.
- (2) Question paper carries A & B two parts.
- (3) Answer to question carrying 1 mark should be in approximately 30 words.
- (4) Answer to question carrying 2 mark should be in approximately 60 words.
- (5) Answer to question carrying 3 mark should be in approximately 100 words.
- (6) Answer to question carrying 5 mark should be in approximately 150-200 words.

PART-A

- Q1. Define Physical Education. (1)
- Q2. What is Friction? (1)
- Q3. What do you mean by Profession? (1)
- Q4. What is hypertension? (1)
- Q5. What is Olympic Motto? (1)
- Q6. What is the meaning of Sports Sociology? (1)
- Q7. What do you mean by Force? (1)
- Q8. What do you mean by Stress? (1)
- Q9. Explain about Sports Medicine and Sports Psychology. (2)
- Q10. Mention about any two misconceptions of Physical Education. (2)
- Q11. Discuss any two ethical values for the professionals of Physical Education. (2)
- Q12. Discuss any two causes of obesity. (2)
- Q13. Briefly explain "Olympic Flag". (2)

- Q14. Explain the laws of motion. (3)
- Q15. Enlist the philosophies of Physical Education and explain any one of them. (3)
- Q16. What do you mean by career options in physical education? Elucidate the health related career in physical education. (3)
- Q17. Explain about any three non-official agencies working in the field of community health programmes. (3)
- Q18. Elucidate the objectives of modern olympic games. (3)
- Q19. Discuss the aim and objectives of physical education. (5)
- Q20. Explain the effects of drugs on sports persons and their performance. (5)
- Q21. Write short notes on : (1x5=5)
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|-------------------------|-----------------------|
| (a) Olympic flame | (b) Olympic awards |
| (c) Olympic oath | (d) Sports management |
| (e) Sports Biomechanics | |

PART-B

Answer the questions 22-24 from any one game/sport of your choice only.

- Q22. Explain any two latest changes in general rules of the game/sport of your choice. (2)
- Q23. Explain any three fundamental skills of the game. (3)
- Q24. Draw a neat and clean diagram of the field/court/table of the game with specifications. Also label the diagram properly. (5)
- Q25. Mention the proper sports gears and their importance in the game/sport of your choice. (3)
- Q26. Explain two National sports awards in detail. (4)
- Q27. Explain the soft-tissue injuries and their management. (5)