

SUBJECT : PHYSICAL EDUCATION**Time : 3 hrs.****M.M.: 70****General Instructions :**

- (i) All questions are compulsory.
- (ii) Answer to question carrying 1 mark should be in approximately 30 words.
- (iii) Answer to question carrying 2 mark should be in approximately 60 words.
- (iv) Answer to question carrying 3 mark should be in approximately 100 words.
- (v) Answer to question carrying 5 mark should be in approximately 150-200 words.

- Q1. Define Physical Fitness? (1)
- Q2. What is meant by lifestyle? (1)
- Q3. Define Physical Education. (1)
- Q4. What are Olympic Awards? (1)
- Q5. What is Yoga? (1)
- Q6. What is Hypertension? (1)
- Q7. What do you mean by gene doping? (1)
- Q8. What is contusion? (1)
- Q9. What are health status indicators? Enlist them. (2)
- Q10. Describe the importance of healthy lifestyle. (2)
- Q11. Explain the principles of Adapted physical education. (2)
- Q12. Briefly describe about Olympic oath. (2)
- Q13. Discuss the main function of I.O.C. (International Olympic Committee). (2)

- Q14. Explain the three elements of yoga. (3)
- Q15. "Yoga is an Indian heritage" elaborate this statement. (3)
- Q16. What are the side effects of anabolic steroids? Explain in brief. (3)
- Q17. What do you mean by peptide hormones? (3)
- Q18. Enumerate the objectives of physical education in brief. (3)
- Q19. Enlist factors affecting physical fitness and wellness and discuss about any five of these factors in detail. (5)
- Q20. Enumerate the factors affecting physical fitness and wellness in detail. (5)
- Q21. Name the careers available in the field of physical education in India. (5)
- Q22. Enlist the sports awards and explain any two awards in detail. (5)
- Q23. What do you mean by common Lifestyle diseases? Discuss the prevention and management of these diseases. (5)
- Q24. Write short notes on the following :
- (a) Sports Authority of India (2)
 - (b) Netaji Subhash N.I. Sports (2)
 - (c) Olympic Flag (2)
 - (d) Chacha Nehru Sports Award (2)
 - (e) Organisational setup of CBSE sports (2)
 - (f) Prevention and Management of Back-Pain (2)