

**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. What do you mean by indicators of health? (1)
- Q2. Define Sports Psychology. (1)
- Q3. Define the term Sports Training. (1)
- Q4. What is Meditation? (1)
- Q5. What do you mean by bio-mechanics? (1)
- Q6. What is adapted Physical Education? (1)
- Q7. What is Olympic movement? (1)
- Q8. Define Doping. (1)
- Q9. What are the career options in Physical Education? (2)
- Q10. Briefly describe the Olympic oath. (2)
- Q11. What do you mean by Asanas? Explain any one. (2)
- Q12. What are the side effects of anabolic steroids? (2)
- Q13. Discuss the main functions of I.O.C. (2)
- Q14. Explain the Principles of Sports Training. (3)

- Q15. Define "Healthy diet" as a component of positive lifestyle. (3)
- Q16. Explain about "Yoga as an Indian Heritage". (3)
- Q17. Elucidate the importance of Test and Measurement in the field of Sports. (3)
- Q18. Explain organs of respiratory system in detail. (3)
- Q19. Define BMI. Calculate the BMI of an individual whose weight is 60 kg and height is 170 cms. (5)
- Q20. What is circulatory system? Explain the structure, location and functions of heart. (5)
- Q21. Explain the problems of adolescence age, and their management in detail. (5)
- Q22. What do you mean by Sports injuries? Briefly explain soft tissue injuries in detail. (5)
- Q23. What do you mean by National Sports Awards. Explain any two in Detail. (5)
- Q24. Write short notes on the following :
- (a) Growth and Development (2)
  - (b) Types of Levers (2)
  - (c) Newton's laws of motion (2)
  - (d) Warming up and limber down (2)
  - (e) Olympic Flag (2)
  - (f) Voluntary and Involuntary muscles (2)