

**Physical Education  
(Sample Paper)**

3 Hrs.

MM-70

**General Instructions**

- (i) The Question paper contains 34 Questions in all
- (ii) All Questions are compulsory.
- (iii) Q-1 to 20 Carries 1 mark each
- (iv) Q-2 to 30 Carries 3 mark each
- (v) Q-3 to 34 Carries 5 mark each

**(Section-A)**

**Q.1. Physical Education is sum of men's physical activities selected as to kind and conducted as to outcomes. Who said this**

- (a) C.C. Covell
- (b) J.F. Williams
- (c) J.B. Nash
- (d) Charters. A. Butcher

**Ans.** (b) J.F. Williams

**Q.2. Where was the first Modern Olympic Games held?**

- (a) Athens
- (b) Atlanta
- (c) Los Angeles
- (d) Mexico

**Ans.** (a) Athens

**Q.3. When was the first Khelo India Programme held.**

- (a) 2012
- (b) 2014
- (c) 2016
- (d) 2018

**Ans.** (d) 2018

**Q.4. How many Disciplines of Sports were there in Khelo India Event.**

- (a) 14
- (b) 15
- (c) 16
- (d) 18

**Ans.** (c) 16

**Q.5. ICO (International Olympic Committee) was established in the year.**

- (a) 1886
- (b) 1892
- (c) 1894
- (d) 1890

**Ans.** (c) 1894

**Q.6. The important thing in Olympics is not to win but to.**

- (a) Loose
- (b) Take part
- (c) Struggle
- (d) Overtake

**Ans.** (b) Take part

**Q.7. What is the tenure for the President of (IOC) International Olympic committee.**

- (a) 20 years
- (b) 16 years
- (c) 12 years
- (d) 8 years

**Ans.** (d) 8 years

**Q.8. The ability to overcome resistance is called.**

- (a) Speed
- (b) Strength
- (c) Endurance
- (d) Flexibility

**Ans.** (b) Strength

**Q.9. The aim of health Related Fitness is to prevent the.**

- (a) Power
- (b) Obesity
- (c) Diabetes
- (d) Diseases

**Ans.** (d) Diseases

**Q.10. Adoptive Physical Education is not only for the disabled infants and students but also for the.**

- (a) Common Man
- (b) People of all age groups
- (c) Teenagers
- (d) Women

**Ans.** (b) People of all age groups

*Or*

**The ideal sentence of paralympic is**

- (a) Motion and Spirit
- (b) Spirit in Motion
- (c) Human and Motion
- (d) Spirit with Motion

**Ans.** (b) Spirit in Motion

**Q.11. The main objective of Special Olympic Bharat is to organise tournaments for.**

- (a) Girls only
- (b) Boys only
- (c) Physically challenged children
- (d) None of these

**Ans.** (c) Physically challenged children

**Q.12. What do you mean by the word “Yoga”?**

- (a) To transport
- (b) To Giveaway
- (c) To discard
- (d) To join

**Ans.** (d) To join

*Or*

**Yoga is helpful in reducing.**

- (a) Tension
- (b) Heppiness
- (c) Health
- (d) Capacity

**Ans.** (d) Tension

**Q.13. Pranayama is the control on.**

- (a) Lauyhing
- (b) Breathing
- (c) Running
- (d) Walking

**Ans.** (b) Breathing

**Q.14. Who many kinds of Tratak is there?**

- (a) Two
- (b) Four
- (c) Five
- (d) Six

**Ans.** (a) Two

**Q.15. Variometer is useful in.**

- (a) River rafting
- (b) surfing
- (c) Paragliding
- (d) Rock climbing

**Ans.** (c) Paragliding

**Q.16. Measurement is a process of obtaining.**

- (a) Desired Results
- (b) Numerical Data
- (c) Important Data
- (d) None of these

**Ans.** (b) Numerical Data

*Or*

**Test is commonly defined as a ....**

- (a) Tool
- (b) Instrument of Measurements
- (c) Box of Key
- (d) Both A and B

**Ans.** (d) Both A and B

**Q.17. Human Skeleton is made up of....**

- (a) Bones
- (b) Muscles
- (c) Skin
- (d) Blood

**Ans.** (a) Bones

**Q.18. To maintain the balance, the centre of gravity should be kept....**

- (a) ABOVE BASE LINE
- (b) Between Base Line
- (c) Under Base Line
- (d) None of these

**Ans.** (c) Under Base Line

**Q.19. Growth Can be.....**

- (a) Measured (b) Can not Measured  
(c) Both of these (d) None of these

**Ans.** (a) Measured

*Or*

**Growth is related to the process of development in height. Weight and**

- (a) Body (b) Size  
(c) Brain (d) Skin

**Ans.** (b) Size

**Q.20. Blood Doping is a method to increase the count of....**

- (a) While blood (b) Green cells  
(c) Red blood cells (d) None of these

**Ans.** (c) Red bood cells.

**(Section-B)**

**Q.21. What is Khelo India Programme?**

**Ans.** Khelo India Programme has been introduced in to revive the sports culture in India at the grass-root level by building a strong framework for all Sports played in our country and establish India as a great sporting nation. The main aim of Programme is to Nature the talent of Grassroot level. This programme held annually at national level for under 17 year athletes across 16 disciplines. Every year top 1000 students are relected and given annual scholarship of INR 5,00,000 for 8 years and providing facilities for further training so that they prepare for International Sporting events.

**Q.22. Write a short note on the Olympic Flag.**

**Ans.** The Olympic Flag, made of white silk, represents the Olympic symbol, consisting of Olympic rings, which represents the unity of the five inhabited continents: North and South America Europe, Australia, Asia and Africa. The color interlocked rings of blue, yellow, black, green red colour symbolize the union of five continents.

*Or*

**Briefly describe about the Olympic Oath.**

**Ans.** The Olympic Oath is an important ceremony during opening of the games. A representative athlete of the host country, holds a corner of the Olympic Flag while reciting the oath:

In the name of all the competitors I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them,

committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams.

**Q.23. Describe the importance of healthy/positive lifestyle.**

**Ans.** A healthy lifestyle is absolutely vital for reducing the incidence and impact of problems, for recovery, for coping with life stressors and for improving quality of life. There are a number of research studies which show that lifestyle play a huge part in how healthy we are. A matter of fact, what we eat and drink, how much exercise we perform and whether we smoke or take drugs, all effect our health. It is usually seen that conditions such as heart disease, cancer, diabetes and mental illness etc., are responsible for a vast number of deaths and disabilities. A healthy or positive life style is really very important for all of us in ways.

**Q.24 Write a short note on the origin of Para Olympic Games.**

**Ans.** In the second world war majority of people suffered . They lost their will power and kept remembering the horrors of wars all the time. In 1960 Rome Olympic, Sir Ludwig Guttmann collected 400 disabled Athletes and organized games and it was named Para- Olympics. Shooting was the first game to be introduced in Para Olympic games, the international Para Olympic committee is responsible for organizing summer and winter Olympic game. The head quarter IPC is situated in Bonn (Germany). The symbol of Para Olympic Games is three colours red, Blue and green flag and the motto of Para Olympic is 'Spirit in Motion' 2014 winter para Olympic games was successfully hosted by Russia.

*Or*

**What are the principles of Integrated Physical Education.**

**Ans.** Various important principles of integrated physical education are given below:

- (i) Integrated physical education should be based on various important subdisciplines of physical education which are helpful to people.
- (ii) Integrated physical education programme is applicable to all the people.
- (iii) Integrated physical education programme develops motor skills, physical fitness level and health related fitness of the people.
- (iv) It contributes to learning cognitive and affective fitness, social, moral development of the individuals.
- (v) It is capable of meeting the needs of present and futuristic society.
- (vi) It programme should be able to provide deep knowledge of physical education of the teachers as well as students.

- (vii) It should involve all the persons.
- (viii) Integrated physical education programme should be able to serve as the good and healthy foundation for a lifetime participation.

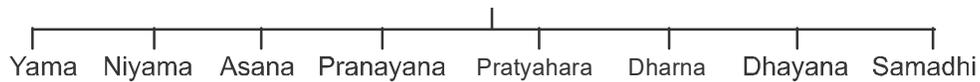
**Q.25 What is Yoga? Write its elements.**

**Ans. Meaning:** The term yoga is derived from a Sanskrit word 'Yuj' which means join or union. In fact joining the individual self with the divine or universal spirit is called yoga. It is a science of development of man's Consciousness.

**Patanjali** - "Checking the impulse of mind is yoga".

**Maharishi Ved Vyas** - "Yoga is attaining the pose".

**Elements of Yoga**



**Q.26 What do you understand by adventure Sports?**

**Ans.** Adventure Sports are also known as 'Extreme Sports' or 'Action Sports' which are performed in an environment involving great physical risks. Such Sports involve activities that have a high level of inherent danger. However, these sports are an extra or dinary human experience and therefore, people who love to face such extreme or demanding physical and psychological challenges likely to participate in such sports. A good adventures automatically becomes a good human being and ultimately a good citizen.

Thrill of adventure and love of nature always push to explore remote and far-flung areas and to find new destinations. To face the hardships of such kind of experience and in order to quench the thirst of a vagabond instinct, there are several activities in the world which can be included in the category of adventure-mountaineering, rock climbing, trekking/hiking, skiing, hot air ballooning, paragliding, canoeing, sailing, rafting and mountain biking, etc.

**Q.27 What is the importance of Test, Measurement Evaluation in the field of Sports?**

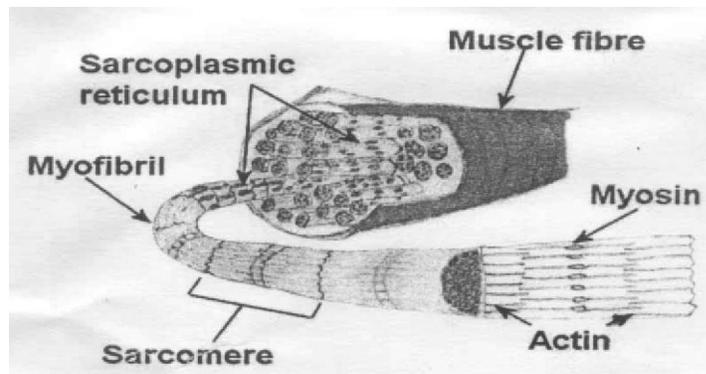
**Ans.** The following are the importance of Test, Measurement and Evaluation:

- (i) To frame the objectives: Setting target and goal according to the need and requirement.
- (ii) To realize that the objectives are achieved or not.

- (iii) To understand the need, ability and capacity for any individual.
- (iv) To evaluate the learner: so that feed back can be given.
- (v) To evaluate teaching programme.
- (vi) For the classification or grading of the students.
- (vii) To check the progress or improvement of the learner time to time.
- (viii) For diagnosis of learning program: Bio-mechanics, motor skill and cognitive etc.
- (ix) Prediction of future performance.
- (x) Selection of team or individual events and a player.
- (xi) For intensive type of research it is essential.
- (xii) For the pose of guidance of counselling.
- (xiii) Evaluate different methods of instruction.

**Q.28 Explain structure of the muscle with the help of a diagram.**

**Ans.** There are about 600 voluntary muscles in the body. Each muscle is made up of thousands of long and narrow muscle cells called muscle fibers. These muscle fibers are arranged in bundles and enclosed within a tough layer of connective tissue called epimysium (sarcolemma). Every muscle fiber is made up of very large number of microscopic threads called myofibril. Myofibril consists of protein molecules called actin and myosin.



*Or*

**Explain external and internal respiration.**

**Ans.** Inhalation and exhalation are the two processes of external respiration. This breathing process oxygenate to the blood. It gets purified as carbon dioxide is removed from the blood. External respiration takes place in the lungs. Internal respiration is the process of respiration that takes place in the tissues and cells. Blood full of oxygen reaches the tissue where oxygen is used up during energy production process and carbon dioxide is then taken by the blood to the lungs.

**Q.29 Explain any three differences between growth and development.**

**Ans.** There difference between growth and development are:

- (i) Growth describes the changes which take place in particular aspect of the body and behaviour of an individual. These changes may be physical or physiological. Development implies improvement in functioning and behaviour and hence brings qualitative changes.
- (ii) Growth may or may not bring development. Achieved may grow by becoming fat but his growth may not bring any functional improvement or development. Development is functional or organizational, thus a subjective interpretation of one's changes.
- (iii) Growth is one of the aspect of development. Development is continuous Process.
- (iv) Growth does not continue throughout life it stops when maturity has been attained. Development describes the changes in the individual as a whole and does not list changes in parts. These changes are functional psychological etc.

**Q.30 Write down the guiding principles of warming up in brief.**

**Ans.** In the warming up there are certain guiding principles of warming-up as in the following ways :

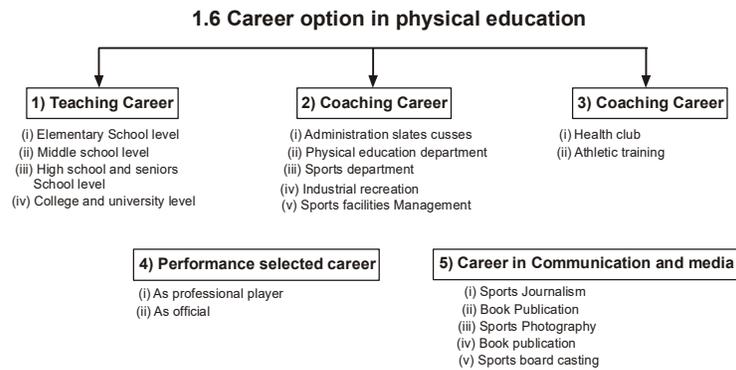
- (a) Simple to complex
- (b) Exercise for all parts of the body.
- (c) Stretching and loosening exercise should be included.
- (d) Intensive enough to increase body temperature.
- (e) Warming-up should be according to the activity or sports

- (f) Concerned Movement of games should be included.
- (g) Warming-up should be done at exact time.
- (h) Warming-up should be according to Age and sex.

**(Section-C)**

**Q.31 What are the career options in Physical Education?**

**Ans.**



*Or*

**What are the main objectives of physical education?**

- 1. Physical development :** Development of organ systems such as circulatory system, nervous system, muscular system, digestive system etc.
- 2. Mental development:** Physical activities require alertness of mind, deep concentration and calculated movement. This objective is related to the mental development of an individual.
- 3. Social development :** This objective is related to the development of social traits, which are essential for better adjustment in life. It is a better source for attaining the qualities like. Co-operation, fair play, sports man ship tolerance and sympathy.
- 4. Neuro Muscular Co-ordination :** This objective is centered with a better relationship between nervous system. Education provide ample opportunities of physical neuro muscular coordination.
- 5. Emotional Development:** The emotional development of an individual is also the major objectives of physical education every individual has various types of emotions viz. Pleasure, hope, jealousy, hatredness, fear, depression, anger, wonder, lust, loneliness etc.

6. **Development of Health** : This develops health related habits through health education. This also provides education about the prevention of communicable diseases.

**Q.32 What are the functions of skeletal system?**

**Ans.** Main functions of skeletal system are given below.

- (i) **Shape and structure** : The boney framework gives human being its shape and structure like tall or small, thin or stout
- (ii) **Support** : It gives support to the body. The bones provide support to our muscular system.
- (iii) **Protection** : Bones protect our vital organs. Example: skull protects brain, thoracic cage protects heart, lungs and pancreas.
- (iv) **Lever** : Bones act as a lever like a simple machine. For example while lifting a weight, movable joints like elbow joint acts like fulcrum and length of arm bone acts like crow bar to reduce effort and helps to lift weight-
- (v) **Storehouse** : The hollow space of bones acts like a storehouse of different minerals and salts like calcium, potassium, iron, etc.
- (vi) **Production of RBCs** : Red blood cells are produced in the bone marrow. It is the factory to produce RBCs.
- (vii) **Junction** : Bones provide junction or attachment to skeletal muscle that helps in visible movement.
- (viii) **Self-repair** : Whenever bones are damaged, they are capable of doing self repair.

**Q.33 Define Circulatory system. What are the functions of blood?**

**Ans. Circulatory System:** Physiological aspects of Physical Education order to remain in a state of good health body cells, tissues and organs supply of nutrients and oxygen. The waste products and carbondioxide must also be continuously removed along side-by-side. The system of the body that carries the heart and the blood vessels through which the blood is continuously circulated to and fro.

**Functions of circulatory system:** Circulatory system plays an important role in the human body. The primary function of the circulatory system is to give constant support inside the body by transporting oxygen, food material and hormones to the tissue cells and removing waste products from different organs including blood. The different functions of the circulatory system are as follows: The heart pumps and circulates blood throughout the body. Arteries enable pure blood to pass throughout the body. In capillaries, the exchange of nutrients, oxygen and waste products takes place.

- (i) Blood carries oxygen from the lungs to the different parts of the body and CO<sub>2</sub> from the cells of the body to the lungs.
- (ii) Blood carries digested food and nutrients and supplies them to all the parts of the body.
- (iii) Blood carries waste products like urea, lactic acid, uric acid and sulphate to the kidneys for excretion.
- (iv) Blood regulates the body temperature and also protects the body from diseases.

*Or*

**What is Sports Training? Describe any four principles of Sports Training.**

**Ans.** Sports training is a long term training programme which aims to the improve performance of sportsmen. It makes a sportsman psychologically and physiologically conditioned to exhibit peak sports performance. Sports training is a planned process by which a sportsman acquires sports perfection. Its main objective is to get a peak performance at a specific time.

The principles of sports training are as following :

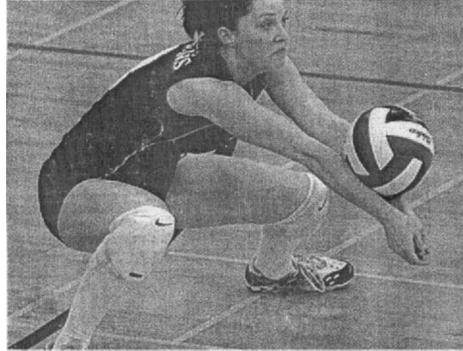
1. Principles of continuity
2. Principle of over load
3. Principle of Individual Differences
4. Principle of general and specific preparation
5. Principle of progression
6. Principle of specificity
7. Principle of variety
8. Principle of warming up and cool down
9. Principle of rest and recovery.
10. Warming up and Limbering Down

**Q.34 Explain in detail the principle of stability and its uses in sports.**

**Ans.** (i) Broad base of support : for greater stability increase the area of the base and lower the centre of gravity as much as is consistent with the activity involved.

Examples:

- (a) a basketball player stops, spreads his feet wide as shoulder line and lowers his CG to dodge the opponent.



- b. Defense position of the player in volleyball.  
c. Wide stance of a golfer.  
d. Tackling position of a player in football.

(ii) Stability is directly proportional to the weight of the body the object or a person with heavy weight will have greater stability as compared to person with less weight. Example: it is difficult to move a heavier person as compared to less heavier person. On the basis of this principle, wrestling, boxing, judo, etc. are organized according to different age groups.



(iii) Direction of an acting force: to start quickly in one direction, keep the-CG as high as possible and as near as possible to the edge of the base nearest to the direction of intended motion.

Example: The crouched position in starting a race, the CG is kept high by not bending the knees extremely and by keeping the hips high, also the lean of the body is towards the hands so that the weight rests on the hands. From this position, the movement hands are raised from the ground; motion starts by reason of the pull gravity. This pull is added to the force exerted against the starting block by the feet and thus aids in speed.



- (iv) When the body is free in the air, if the head and feet move down, the hips move up and vice versa.

Example:

- a. This principle is applied in the high jump in western or valley roll technique at the take off, the head and one foot is thrust up as high as possible. As the head and one leg clear the bar, they are dropped which raises the hips to clear the bar. As the hips are lowered, the opposite leg is raised to clear the bar.
- b. This is also used in pole vault, hurdles and jackknife, dive in swimming.

