

**PHYSICAL EDUCATION**  
**PAPER – 1 (THEORY)**

(Maximum Marks: 70)

(Time allowed: Three hours)

(Candidates are allowed additional 15 minutes for **only** reading the paper.  
They must NOT start writing during this time.)

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Answer **any five** questions from **Section A**.

**Section B** comprises one question on each game, with five subparts (a), (b), (c), (d) and (e). Select **any two** games from this Section.

Answer **any three** of the **five** subparts (a), (b), (c), (d) and (e) from **each** of the **two** games selected by you in this section.

The intended marks for questions or parts of questions are given in brackets [ ].

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**SECTION A (40 Marks)**

Answer **any five** questions.

**Question 1**

Briefly explain the role of physical education in national integration. [8]

**Question 2**

What is meant by *Sports Training*? Explain its importance. [8]

**Question 3**

Write a short note on Netaji Subhas National Institute of Sports (NSNIS) and list its aims and objectives. [8]

**Question 4**

Explain the advantages and disadvantages of knock-out tournaments. Name the other *three* types of tournaments. [8]

**Question 5**

- [8]
- (a) What is meant by *drug abuse*?
  - (b) Discuss the various objectives of health education.

**Question 6**

- [8]
- (a) State the various causes of disability.
  - (b) Discuss first aid treatment for sprains and strains.

**Question 7**

**[8]**

- (a) Briefly discuss the importance of correct posture.
- (b) With regard to First Aid, what does RICE stand for?

**SECTION B (30 Marks)**

*Select **any two** games from this Section.*

*Answer **any three** of the **five** subparts (a), (b), (c), (d) and (e) from **each** of the **two** games selected by you. Each subpart is for **5 marks**.*

**FOOTBALL**

**Question 8**

**[3 × 5]**

- (a) Explain *any five* offences committed by a football player for which a Red card is shown. **[5]**
- (b) Explain the following terms associated with the game of football: **[5]**
  - (i) Corner kick
  - (ii) Throw in
- (c) What is *time lost*? State the various situations under which time is lost during the game. **[5]**
- (d) List *any five* occasions when the referee blows the whistle during the game. **[5]**
- (e)
  - (i) When is a penalty kick awarded in a game of football? **[5]**
  - (ii) From which spot is a penalty kick taken?

**CRICKET**

**Question 9**

**[3 × 5]**

- (a) Mention the role of a match referee. **[5]**
- (b) Draw *any five* fielding positions in a 30 yards circle. **[5]**
- (c) Explain the *five* situations when a *no ball* is called by an umpire. **[5]**
- (d) Explain the terms *leg bye* and *leg before wicket*. **[5]**
- (e) Explain the *Duckworth rule* in the game of cricket. **[5]**

## HOCKEY

### Question 10

[3 × 5]

- (a) Explain the following: [5]
  - (i) Flick
  - (ii) Long corner
- (b) List *any five* international tournaments of hockey. [5]
- (c) Mention the basic compulsory equipment used by hockey players. [5]
- (d) Write *any four* fundamental skills of hockey and briefly explain *any one* of them. [5]
- (e) Write the full form of IHF and mention *any three* duties of IHF. [5]

## BASKETBALL

### Question 11

[3 × 5]

- (a) What is the difference between *charging* and *blocking*? [5]
- (b) List *any five* technical equipment used by the table officials. [5]
- (c) Explain the *Five Second Rule* and the *Eight Second Rule*. [5]
- (d) Explain the following terms with reference to the game of Basketball: [5]
  - (i) Time out
  - (ii) Pivot
- (e) Differentiate between *foul* and *team foul*. [5]

## VOLLEYBALL

### Question 12

[3 × 5]

- (a) Explain the following: [5]
  - (i) Round-arm service
  - (ii) Tennis service
- (b) Differentiate between a *smash* and a *serve*. [5]
- (c) Name *five* international tournaments of Volleyball. [5]
- (d) List *five* types of game delay. [5]
- (e) Explain the following terms: [5]
  - (i) Rally
  - (ii) Spike

## TENNIS

### Question 13

[3 × 5]

- (a) List the various situations under which a player, while serving during a game of tennis may make foot fault. [5]
- (b) What is the pattern of scoring in a tie-breaker? [5]
- (c) Mention *any four* fundamental skills required in the game of tennis and briefly explain *any one* of them. [5]
- (d) Name the officials who are required to conduct a tennis match. [5]
- (e) (i) When is an *advantage* given in a game of tennis? [5]  
(ii) What is a *cross court shot*?

## BADMINTON

### Question 14

[3 × 5]

- (a) List the duties of the line judge and the service judge. [5]
- (b) Mention *any five* faults a badminton player may commit during the game. [5]
- (c) Describe the scoring system in a game of Badminton. [5]
- (d) State *any five* duties of a service judge. [5]
- (e) Mention *any five* important tournaments of Badminton. [5]

## SWIMMING

### Question 15

[3 × 5]

- (a) Mention *any three* duties of the starter and *any two* duties of the chief inspector of turns. [5]
- (b) Mention the rules related to the conduct of races. [5]
- (c) List the order of strokes in the medley relay events. [5]
- (d) Write a short note on SFI. [5]
- (e) Name the events which start with a dive and the events which start from within the water. [5]

## ATHLETICS

### Question 16

[3 × 5]

- (a) What is the diameter of a shotput circle? What are the measurements of a stop board? [5]
- (b) Differentiate between *sector* and *lane* in athletics. [5]
- (c) Draw a diagram of a javelin runway and sector with *any three* specifications. [5]
- (d) Describe fundamental skills required for long jump. [5]
- (e) Mention *any five* international competitions in athletics. [5]