
PHYSICAL EDUCATION

(Two hours)

Answers to this Paper must be written on the paper provided separately.

*You will **not** be allowed to write during the first 15 minutes.*

This time is to be spent in reading the question paper.

The time given at the head of this Paper is the time allowed for writing the answers.

Attempt all questions from Section A and two questions from Section B.

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

SECTION A (50 Marks)

*Attempt **all** questions from this Section.*

Question 1

- (a) Define the term recreation. [2]
- (b) Write *any two* diseases caused due to lack of oral hygiene. [2]
- (c) State *any three* objectives of First Aid. [3]
- (d) What is Pneumonia? Write *any two* symptoms of Pneumonia. [3]

Question 2

- (a) What is meant by community health? [2]
- (b) What is an antiseptic? [2]
- (c) State *any three* causes of bad posture. [3]
- (d) What is the treatment for extensive and deep cuts? [3]

This Paper consists of 11 printed pages and 1 blank page.

Question 3

- (a) Write the full form of AIDS and HIV. [2]
- (b) What do you mean by personal health? [2]
- (c) State *any three* causes of a sprain injury. [3]
- (d) State any three harmful effects of drug abuse. [3]

Question 4

- (a) What is Arthritis? [2]
- (b) State *any two* preventive measures to protect our sense of hearing. [2]
- (c) Define Insomnia. State *any two* symptoms of Insomnia. [3]
- (d) What is an Infectious disease? Give two examples. [3]

Question 5

- (a) Name any two diseases spread by Protozoa. [2]
- (b) Write the full form of BMI and WHO. [2]
- (c) State *any three* steps to be taken to prevent obesity. [3]
- (d) Mention *any three* precautions to be taken while using electrical appliances. [3]

SECTION B (50 Marks)

Attempt two questions from this Section.

You must attempt one question on each of the two games of your choice.

CRICKET

Question 6

- (a) Explain the following terms in Cricket: [8]
 - (i) An over
 - (ii) A wide ball

- (iii) An appeal
- (iv) A toss
- (b) (i) What is meant by 'extra runs'? Give two examples of extra runs. [9]
- (ii) Draw a diagram of a Cricket Pitch and mark the following:
 - 1. The Bowling Crease
 - 2. The Popping Crease
 - 3. The Return Crease
- (iii) List *any three* Protective Equipments used by the batsman.
- (c) (i) What do you understand by the term 'Follow on'? [8]
- (ii) State the restrictions on the role of a substitute.
- (iii) What do you mean by ball tampering?
- (iv) Explain the role of the Third Umpire in a match.

Question 7

- (a) Explain the following terms in Cricket. [8]
 - (i) Straight drive
 - (ii) Double-hit
 - (iii) Catch out
 - (iv) Clean bowled
- (b) (i) State any three duties of the Main Umpire in a cricket match. [9]
- (ii) Write any three fielding positions of "offside".
- (iii) Explain the term 'Full-toss' in Cricket.

- (c) (i) State any four instances when the ball is considered a 'dead ball'. [8]
- (ii) Answer the following with reference to cricket:
1. Circumference of the ball
 2. Widest part of cricket bat
 3. Breadth of stumps
 4. Size of the sight screen.

FOOTBALL

Question 8

- (a) Explain the following terms in Football: [8]
- (i) Kicking
 - (ii) Dribbling
 - (iii) Tackling
 - (iv) Trapping
- (b) (i) State any three duties of a match referee. [9]
- (ii) List the basic compulsory equipment used by a football player.
- (iii) What is the procedure adopted to restart the game from a throw in?
- (c) (i) When is the ball called out of play in Football? [8]
- (ii) Write the full form of FIFA.
- (iii) Answer the following:
1. Radius of centre circle
 2. Minimum and maximum number of players to start a match.
 3. Height and width of the goal post.
 4. Distance of penalty mark from the goal line.

Question 9

- (a) Answer the following: [8]
- (i) Length and breadth of the football field
 - (ii) Length and breadth of the Penalty area
 - (iii) Radius of Penalty arc and Corner arc
 - (iv) Duration of a match and duration of extra time
- (b) (i) State any three duties of an Assistant referee. [9]
- (ii) What is the procedure of resuming a game from a goal kick?
- (iii) Mention any three circumstances where the referee awards an indirect free kick against the goalkeeper.
- (c) (i) Explain the following: [8]
- 1. A direct free kick
 - 2. A through-pass
- (ii) State any *four* offences committed by a player within his own penalty area which warrants the award of a penalty kick.

HANDBALL

Question 10

- (a) Explain the following terms in Handball: [8]
- (i) A free-throw
 - (ii) A goal-post
 - (iii) A suspension
 - (iv) A line cut

- (b) (i) Write any three privileges which the goalkeeper is allowed. [9]
(ii) How is a goal scored in Handball?
(iii) Describe the attire of a Handball player.
- (c) Draw a neat labelled diagram of a Handball court giving all its dimensions. [8]

Question 11

- (a) Explain the following terms in Handball: [8]
(i) A penalty throw
(ii) A goal throw
(iii) Utility of goal area
(iv) A dive shot
- (b) (i) When is the ball considered to be in play in Handball? [9]
(ii) When is a corner throw awarded in Handball?
(iii) Explain the term 'playing with the ball' in Handball.
- (c) (i) Write four situations where a penalty throw is awarded. [8]
(ii) List four situations when a goalkeeper throw is awarded.

HOCKEY

Question 12

- (a) Explain the following terms: [8]
(i) An obstruction
(ii) Playing distance
(iii) Tapping
(iv) A suspension

- (b) (i) What do you know about the shape, circumference and weight of a Hockey ball? [9]
- (ii) List the equipment which should be carried by the Umpire while conducting the match.
- (iii) What is the duration of the game and interval?
- (c) Draw a neat labelled diagram of the hockey field with its dimensions. [8]

Question 13

- (a) Explain the following terms: [8]
- (i) Flag-post
- (ii) A reverse hit
- (iii) A bully
- (iv) A corner-push
- (b) (i) Mention *three* procedures to be followed while taking a '*Penalty Stroke*'. [9]
- (ii) List *three* instances wherein a '*Penalty Corner*' is awarded.
- (iii) What is understood by a 'manufactured foul'?
- (c) Explain the following terms in Hockey: [8]
- (i) A warning
- (ii) A field goal
- (iii) A push
- (iv) Side line

BASKET BALL

Question 14

- (a) Draw a neat labelled diagram of basketball court with its dimensions. [8]
- (b) (i) What is a team foul? [9]
- (ii) Explain the term 'double foul' in a game of Basketball.
- (iii) Explain in brief the term 'Held-Ball'.
- (c) Explain the following terms in Basketball: [8]
- (i) Screening
- (ii) A "5" second rule
- (iii) A zone press
- (iv) A multiple foul

Question 15

- (a) Explain the following terms: [8]
- (i) A pivot foot
- (ii) A time out
- (iii) A throw in
- (iv) Holding
- (b) (i) Explain in brief the term 'Jump ball'. [9]
- (ii) How does a team advance with the ball in an attempt to score?
- (iii) List down the officials in the game of Basketball.
- (c) Write the following: [8]
- (i) An illegal screening
- (ii) A live-ball
- (iii) A dead-ball
- (iv) A lay-up-shot

VOLLEY BALL

Question 16

- (a) Explain the following terms: [8]
- (i) Attack line
 - (ii) A setter
 - (iii) Back zone
 - (iv) A rotation
- (b) (i) When is a team compelled to substitute a player? [9]
- (ii) When do the teams change the court?
- (iii) What is the procedure adopted to start a game?
- (c) Draw a neat diagram of a Volley Ball court and mark the following: [8]
- (i) side line
 - (ii) service line
 - (iii) attack line
 - (iv) front zone
 - (v) back zone
 - (vi) rotation position
 - (vii) height of the net (men) from the ground
 - (viii) size of the net

Question 17

- (a) Explain the following terms in Volley Ball: [8]
- (i) An attack hit
 - (ii) A foot fault
 - (iii) An ace
 - (iv) A technical time-out

- (b) (i) State any three rules related to a ‘Liberio player’. [9]
(ii) Explain the term ‘Triple block’ in Volleyball.
(iii) What is a rally point?
- (c) Answer the following: [8]
(i) Weight of the ball
(ii) Circumference of the ball
(iii) Number of players in a team
(iv) Length of service line
(v) Height of net for Men and Women
(vi) How many time outs are awarded to a team in a match?
(vii) Duration of a time out
(viii) Measurements of the free zone area

SOFTBALL

Question 18

- (a) Explain the following terms: [8]
(i) A chopped ball
(ii) A batter
(iii) Tagging
(iv) An illegally caught ball
- (b) (i) How is a run scored in Softball? [9]
(ii) Mention any three circumstances when the batter is out.
(iii) State *three* duties of a plate umpire.

- (c) (i) State any two specific duties of the Base umpire. [8]
- (ii) What is the length and breadth of a catcher's box?
- (iii) What do you mean by batting order in Softball?
- (iv) Which team is called the defensive team in Softball?

Question 19

- (a) Explain the following terms: [8]
- (i) A force out
- (ii) A bunt
- (iii) A fair ball
- (iv) An obstruction
- (b) (i) Under what circumstances is the base runner entitled for more than one base? [9]
- (ii) What do you mean by an interference?
- (iii) What is a foul tip?
- (c) (i) Mention any four circumstances when base runners should return to their base. [8]
- (ii) Explain what is meant by '*Fair territory*' and '*Foul territory*' in Softball.