

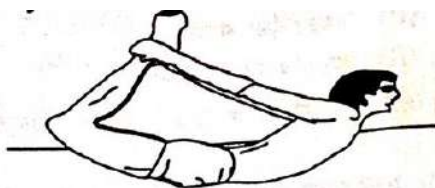
General Instructions:

1. The question paper consists of 5 sections and 37 questions.
2. **Section-A** consists of questions 1-18 carrying 1 mark each and are multiple-choice questions. *All questions are compulsory.*
3. **Section-B** consists of questions 19-24 carrying 2 marks each and are Very Short Answer Type. Their answers should not exceed 60-90 words. *Attempt any 5.*
4. **Section-C** consists of questions 25-30 carrying 3 marks each and are Short Answer Type. Their answers should not exceed 100-150 words. *Attempt any 5.*
5. **Section-D** consists of questions 31-33 carrying 4 marks each and are case studies. *There is an internal choice available.*
6. **Section-E** consists of questions 34-37 carrying 5 marks each and are Long Answer Type. Their answers should not exceed 200-300 words. *Attempt any 3.*

SECTION – A

(All Questions are compulsory.)

1. Which one of the following is a post-competition responsibility of the technical committee?
(A) Requisition to purchase equipment
(B) Arrangement of equipment and stationery
(C) Arrangement of officials
(D) Maintenance of the field
2. Which of the following is an objective of Intramural tournaments?
(A) To achieve high performance at the highest level of the tournament.
(B) To develop the feeling of integration with other institutions.
(C) To provide opportunities for choosing a career in sports.
(D) To promote health and recreation at the institution.
3. Which of the following deformities is **NOT** related to lower extremities?
(A) Knock-Knee
(B) Scoliosis
(C) Bow-legs
(D) Flat-foot
4. Brisk walking, running, bicycling, and jumping are related to which activities?
(A) Speed activities
(B) Strength activities
(C) Endurance activities
(D) Co-ordinative activities
5. As per the prescribed syllabus, Suryabhedan Pranayam is recommended for:
(A) Obesity
(B) Hypertension
(C) Asthma
(D) Back pain
6. Identify the asana:



- (A) Chakrasana
- (B) Dhanurasana
- (C) Halasana
- (D) Ushtrasana

7. *(For Visually Impaired Candidates Only)* Which one of the following is the correct pose of Paschimottanasana?

- (A) Forward bending in a standing position.
- (B) Forward bending in the sitting position.
- (C) Head raised in the prone position.
- (D) Head raised in the supine position.

8. Given below are two statements, one of which is labeled as Assertion (A) and the other as Reason (R). Read both statements carefully:

Assertion (A): The International Paralympic Committee (IPC) has developed a classification process that can contribute to sporting excellence for all athletes and sports in the Paralympic Movement and provide equitable competition.

Reason (R): The classification process serves two roles. The first is to determine who is eligible, and the second is to group the sportspeople for the purpose of competitions.

In the context of the above two statements, which one of the following is correct?

- (A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
- (B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- (C) Assertion (A) is true, but Reason (R) is false.
- (D) Assertion (A) is false, but Reason (R) is true.

9. _____ are the colors that represent the four regional confederations in the Deaflympic logo.

- (A) Red, blue, black, and yellow
- (B) Blue, yellow, black, and red
- (C) Red, blue, yellow, and green
- (D) Blue, black, red, and yellow

10. What type of lever has the load resistance between the fulcrum and the force?

- (A) First-class lever
- (B) Second-class lever
- (C) Both (A) and (B)
- (D) Third-class lever

11. Given below are two statements, one of which is labeled as Assertion (A) and the other as Reason (R). Read both statements carefully:

Assertion (A): The risk of cancer can be reduced by eating more colorful vegetables, fruits, and other plant-based foods that have certain phytochemicals.

Reason (R): Non-nutritive components of the diet are part of a balanced diet.

- In the context of the above two statements, which one of the following is correct?
- (A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
 - (B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
 - (C) Assertion (A) is true, but Reason (R) is false.
 - (D) Assertion (A) is false, but Reason (R) is true.

12. In which test is the score recorded to the nearest centimeter between the initial and final score?

- (A) Partial curl-up
- (B) Back stretch test
- (C) Sit and reach test
- (D) Chair sit and reach test

13. Match the types of fractures in List – I with their features in List – II and choose the correct option:

List – I (Types of Fractures) List – II (Features)

- (a) Transverse (i) Bone breaks diagonally
- (b) Oblique (ii) Bone is crushed into multiple pieces
- (c) Green stick (iii) Straight break across the bone
- (d) Comminuted (iv) Soft bone, in which bone bends

- (A) iii - iv - ii - i
- (B) ii - i - iv - iii
- (C) i - ii - iii - iv
- (D) ii - iii - iv - i

14. “The golf ball remains at rest until it is struck by a golf club.” This statement indicates:

- (A) Law of Inertia
- (B) Law of Acceleration
- (C) Law of Gravity
- (D) Law of Reaction

15. Given below are traits of the big five theories of personality in List – I with their characteristics in List – II:

List – I (Traits of Big 5) List – II (Characteristics)

- (a) Openness (i) Active, optimistic, and social
- (b) Extroversion (ii) Insecure, nervous, and anxious
- (c) Neuroticism (iii) Creative, focused on tackling new challenges and curious
- (d) Agreeableness (iv) Friendly, helpful, and trustworthy

- (A) iii - i - iv - ii
- (B) ii - i - iii - iv
- (C) iv - ii - iii - i
- (D) iv - i - ii - iii

16. The concept of _____ generally refers to a person's evaluation of or attitude towards him or herself.
- (A) Mental-imagery
 - (B) Self-esteem
 - (C) Self-talk
 - (D) Goal-setting
17. The Swedish word speed play is also known as _____.
- (A) Fartlek training
 - (B) Interval method
 - (C) Continuous method
 - (D) Pace method
18. In which type of exercises movement can NOT be seen directly?
- (A) Iso-tonic
 - (B) Iso-kinetic
 - (C) Iso-metric
 - (D) Plyometric

SECTION – B

(Attempt any 5 questions.)

19. Suggest any two corrective measures for each, bow legs and round shoulders. $(1+1 = 2)$
20. Enlist four benefits of participation in physical activities for children with special needs. $(\frac{1}{2} \times 4 = 2)$
21. Enumerate any two myths related to food items with their respective facts. $(1+1 = 2)$
22. Mention the fitness index score formula and its norms for the Harvard Step Test. $(1+1 = 2)$
23. Mention any two strategies for enhancing adherence to exercise. $(1+1 = 2)$
24. When wrestlers fall on the mat, why do they spread their arms, knees, and legs? Justify your answer. (2 marks)

SECTION – C

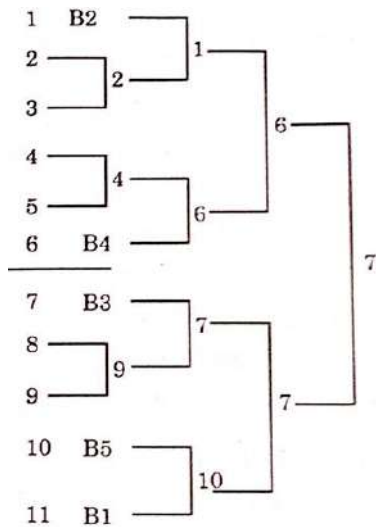
(Attempt any 5 questions.)

25. "The organisation of its community sports reflects the progress of any country." In the context of this statement, outline 'Run for a specific cause' and 'Run for unity'. $(1\frac{1}{2} + 1\frac{1}{2} = 3)$
26. Describe the physical and psychological benefits of women's participation in sports. $(1 \times 3 = 3)$
27. Define flexibility. Explain the methods to improve flexibility for a gymnast. $(1 + 2 = 3)$
28. Mention any three importance of diet during competition. $(1 \times 3 = 3)$
29. Describe the following:
- (a) Residual Volume
 - (b) Stroke Volume $(1\frac{1}{2} + 1\frac{1}{2} = 3)$
30. Compare and contrast the hostile and instrumental aggression. (3)

SECTION – D

(Internal choices available)

31. Aarti prepared a fixture of 11 teams to conduct a Kho-Kho tournament in her locality as shown below:



Based on the above-given fixture, answer the following questions:

(i) What is the number of Non-bye teams in this tournament?

- (A) 06
- (B) 07
- (C) 08
- (D) 09

(ii) If the above fixture had been of 48 teams, then the number of byes would have been _____.

(iii) 7th match will be played between team number _____ and _____.

(iv) Write the formula to calculate byes in the lower half.

(v) The provision in which good teams are placed in different halves or pools, based on their ranking or previous performance, not by allotment of draw, so that they do not play with other teams in the first round, is known as _____.

- (A) Bye
- (B) British method
- (C) Seeding
- (D) American method

(For Visually Impaired Candidates Only)

Tarun's physical education teacher gave him the responsibility of organizing a Kabaddi competition in school. Tarun, along with his classmates, formed several committees and prepared a knockout fixture of 17 teams for the Kabaddi tournament. He faced many challenges in organizing the match, but finally, he was successful.

Answer the following questions based on the above case and your prior knowledge:

1. How many matches will be played in this tournament?
2. _____ saves cost and time and makes each match intensive because of fear of elimination.
 - (A) Knockout tournament
 - (B) League tournament
 - (C) Round robin tournament
 - (D) Combination tournament
3. Two team players got injured during the match, which committee will manage it?
 - (A) Logistics committee
 - (B) Technical committee

- (C) Finance committee
(D) Marketing committee
4. Which formula was used to allot byes to the above teams in the lower half?

OR

Which formula was used to allot byes to the above teams in the upper half?

SECTION – D

32. During the Physical Education class, Vivek's physical education teacher provided information about sports for children with special needs. He explained how they are catered for the Paralympics, Deaflympics, and Special Olympics. Additionally, he advised them to motivate such children to participate in physical activities to improve their performance.

Answer the following questions based on the above case and your prior knowledge:

(i) To participate in the Special Olympics, the minimum age should be ____ years old.

- (A) 7
(B) 6
(C) 8
(D) 9

33. Diya went to a sports training center for the first time. Her coach informed her that participation in sports not only promotes physical growth but also has social and psychological benefits. He highlighted numerous physical benefits for muscles, heart, and respiratory systems. He advised her to continue daily practice to improve her health-related and skill-related fitness.

Answer the following questions based on the above case and your prior knowledge:

1. Which is **not** a long-term effect of exercises on the muscular system? (A) Hypertrophy of muscle
(B) Increase in glycogen stored
(C) Ligament and tendon strengthen
(D) Accumulation of lactate
2. What is cardiac output?
3. Choose the correct statement related to tidal volume:
(A) Amount of air inhaled and exhaled in one breath.
(B) Amount of air inhaled in one breath
(C) Amount of blood pumped out by heart in one stroke.
(D) Amount of air exhaled in one breath
4. Lactic acid tolerance relates to:
(A) Strength
(B) Speed
(C) Flexibility
(D) Endurance
-

SECTION – E

(Attempt any 3 questions.)

34. Describe the procedure and benefits of Mandukasana and Makrasana to control hypertension. ($2\frac{1}{2} + 2\frac{1}{2} = 5$)
35. What do you mean by Equilibrium? Explain how Equilibrium increases with the influence of various factors by giving suitable examples from sports. ($1 + 4 = 5$)

36. What do you understand by circuit training? How a coach will plan circuit training sessions with 6 stations to develop fitness of his new trainees? Explain. (2 + 3 = 5)
37. Write in detail the procedure and scoring of 'Flamingo Balance Test' and 'Plate Taping Test' recommended for the age group 5 – 8 years by SAI Khelo India. (2½ + 2½ = 5)

Detailed Answers for Physical Education Questions

SECTION – A (MCQs)

1. **(D) Maintenance of the field**
 - The technical committee's post-competition responsibility includes ensuring the maintenance and proper upkeep of the field after an event.
2. **(D) To promote health and recreation at the institution**
 - Intramural tournaments are conducted within an institution to encourage students to participate in sports for health and recreation.
3. **(B) Scoliosis**
 - Scoliosis is a lateral curvature of the spine, whereas Knock-knee, Bow-legs, and Flat-foot are related to lower extremities.
4. **(C) Endurance activities**
 - Activities like walking, running, bicycling, and jumping improve cardiovascular endurance.
5. **(C) Asthma**
 - Suryabhedha Pranayama helps in treating respiratory issues like asthma.
6. **(B) Dhanurasana**
 - In **Dhanurasana (Bow Pose)**, the body takes the shape of a bow, strengthening back muscles.
7. **(B) Forward bending in the sitting position**
 - Paschimottasana involves forward bending while sitting.
8. **(A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).**
 - The classification process in the Paralympics ensures fair competition by grouping athletes based on impairments.
9. **(C) Red, blue, yellow, and green**
 - The **Deaflympic logo** consists of these colors representing different confederations.
10. **(B) Second-class lever**
 - In a **second-class lever**, the load is positioned between the fulcrum and effort (e.g., wheelbarrow, calf raise).
11. **(A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).**
 - Phytochemicals in colorful vegetables help reduce cancer risks.
12. **(C) Sit and reach test**
 - The sit-and-reach test measures flexibility, recorded to the nearest cm.
13. **(D) ii - iii - iv - i**
 - Comminuted: Bone breaks into multiple pieces.
 - Transverse: Straight across the bone.
 - Greenstick: Bends, doesn't break completely.
 - Oblique: Diagonal fracture.

14. **(A) Law of Inertia**
 - Newton's **First Law** states an object at rest stays at rest unless acted upon by force.
 15. **(D) iv - i - ii - iii**
 - **Openness:** Curious, creative
 - **Extroversion:** Active, social
 - **Neuroticism:** Anxious, insecure
 - **Agreeableness:** Friendly, helpful
 16. **(B) Self-esteem**
 - Self-esteem refers to one's perception of self-worth.
 17. **(A) Fartlek training**
 - "Fartlek" (Swedish for speed play) involves continuous and interval running.
 18. **(C) Iso-metric**
 - Iso-metric exercises involve muscle contraction without visible movement (e.g., plank).
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SECTION – B (Attempt any 5)

19. **Corrective measures:**
 - **Bow legs:** Leg strengthening exercises, walking with knees together.
 - **Round shoulders:** Postural awareness, back-strengthening exercises.
 20. **Benefits of Physical Activities for Children with Special Needs:**
 - Improves **motor skills**, social inclusion, confidence, and cardiovascular fitness.
 21. **Myths & Facts:**
 - **Myth:** Eating fats makes you fat. **Fact:** Healthy fats are essential for body functions.
 - **Myth:** Carbs are bad. **Fact:** Whole carbs provide energy and fiber.
 22. **Harvard Step Test Formula & Norms:**
 - **Formula:** Fitness Index = $(\text{Duration of exercise in seconds} \times 100) \div (2 \times \text{Sum of heartbeats in recovery})$.
 - **Norms:** Higher index = Better fitness.
 23. **Strategies for Exercise Adherence:**
 - Set achievable goals, maintain social support.
 24. **Why Wrestlers Spread Arms & Legs While Falling?**
 - To increase surface area, reduce impact force, and prevent injuries.
-

SECTION – C (Attempt any 5)

25. **Run for a Specific Cause vs. Run for Unity:**
 - **Run for a cause:** Organized for issues like cancer awareness.
 - **Run for unity:** Celebrates national integration (e.g., Sardar Patel's birth anniversary).
26. **Physical & Psychological Benefits of Women in Sports:**
 - Improves fitness, reduces stress, boosts confidence, and social skills.
27. **Flexibility & Methods to Improve It for Gymnasts:**
 - **Flexibility:** Range of motion of joints.
 - **Methods:** Static stretching, dynamic stretching, PNF stretching.
28. **Importance of Diet During Competition:**
 - Provides **energy**, prevents dehydration, enhances recovery.
29. **Residual Volume vs. Stroke Volume:**
 - **Residual Volume:** Air remaining in lungs post-exhalation.
 - **Stroke Volume:** Blood pumped per heartbeat.
30. **Hostile vs. Instrumental Aggression:**
 - **Hostile:** Intent to harm (e.g., punching opponent).

- **Instrumental:** Aggressive actions to achieve goals (e.g., rough tackle in football).
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SECTION – D (Case Study)

31. **Kho-Kho Tournament:**

- (i) (B) 7 teams.
- (ii) **Byes = 48 - 32 = 16.**
- (iii) Check fixture.
- (iv) Formula for lower half: **(Total byes - 1) / 2.**
- (v) (C) Seeding.

32. **Sports for Special Needs:**

- **Minimum age for Special Olympics: (A) 7 years.**

33. **Effects of Exercise & Fitness Concepts:**

- (i) (D) Accumulation of lactate (not long-term).
 - (ii) **Cardiac Output = Stroke Volume × Heart Rate.**
 - (iii) (A) Amount of air inhaled & exhaled in one breath.
 - (iv) (D) Endurance (related to lactic acid tolerance).
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SECTION – E (Attempt any 3)

34. **Mandukasana & Makrasana for Hypertension:**

- **Mandukasana:** Improves digestion, reduces stress.
- **Makrasana:** Relaxes muscles, controls BP.

35. **Equilibrium & Factors Affecting It:**

- **Equilibrium:** Body's stability (e.g., wrestler's stance).
- **Factors:** **Base width, center of gravity, friction.**

36. **Circuit Training & Planning:**

- **Circuit Training:** Series of exercises for endurance.
- **Plan:** 6 stations (e.g., push-ups, squats, jumping jacks).

37. **Flamingo Balance Test & Plate Tapping Test:**

- **Flamingo Test:** Balancing on one leg, scored on stability.
 - **Plate Tapping:** Tests hand-eye coordination.
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Answer Key (Separate)

1-D, 2-D, 3-B, 4-C, 5-C, 6-B, 7-B, 8-A, 9-C, 10-B, 11-A, 12-C, 13-D, 14-A, 15-D, 16-B, 17-A, 18-C.