



General Instructions :

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

SECTION - A
(All Questions are compulsory.)

1. Which of the following is the next step after planning the sports event ? 1
(A) Staffing (B) Directing
(C) Controlling (D) Organising

2. _____ is an event to showcase children and youth's abilities and prowess on the sports field. 1
(A) Run for Fun (B) Run for a specific cause
(C) Sports Day (D) Health Run

3. Corrective exercises should be done under a _____ advice and supervision. 1
(A) Physician's or Physical Education teacher's
(B) Physical Education teachers' or Physiotherapists'
(C) Physical Education Teacher's or Coaches
(D) Physician's or Physiotherapist's



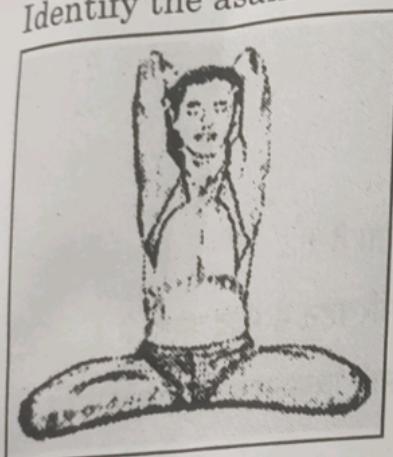
4. Which of the following asanas are practised to correct "Kyphosis" ? 1

- (A) Chakrasan, Trikonasana, Adhomukhasana
- (B) Dhanurasana, Bhujangasana, Halasana
- (C) Bhujangasana, Trikonasan, Chakrasana
- (D) Dhanurasana, Chakrasana, Bhujangasana

5. Gagan wants to prevent himself from asthma and hypertension. Identify the asanas to prevent him from these life style diseases. 1

- (A) Uttan Mandukasana, Vakrasana
- (B) Supta Vajrasana, Vakrasana
- (C) Chakrasana, Uttan Mandukasana
- (D) Vakrasana, Chakrasan

6. Identify the asana : 1



- (A) Ardh Matsyendrasana
- (B) Dhanurasana
- (C) Uttan Mandukasana
- (D) Yogmudra

(For Visually Impaired Candidates Only)

Which one of the following positions is related to Yog Mudra ?

- (A) Sit in Padmasana, clasp wrists over the head, bend forward and touch the forehead to the floor
- (B) Sit in Padmasana, clasp wrists behind the back, bend forward and touch the forehead to the floor
- (C) Sit in Vajrasana, clasp wrists behind the back, bend forward and touch the forehead to the floor
- (D) Sit in Vajrasana, clasp wrists over the head, bend forward and touch the forehead to the floor



7. Which of the following competition was organised by Guttmann at the 1948 London Olympics for disabled persons ?

(A) Running competition (B) Swimming competition
(C) Wheelchair competition (D) Bicycle competition

8. The Oath: "Let me win. But if I cannot win, let me be brave in the attempt" is related to which of the following games ?

(A) Special Olympics (B) Paralympics
(C) Deaflympics (D) Summer Olympics

9. Given below are the food groups in List-I with their functions in List-II.

List-I

(Food Group)

(a) Protein (i) These are the main sources of energy
(b) Carbohydrates (ii) It is a negligible source of energy
(c) Fats (iii) Repair body cells
(d) Roughage (iv) It helps in transporting fat-soluble vitamins

Match the items of List-I with List-II and choose the correct option from the following :

(a) (b) (c) (d)
(A) (i) (ii) (iii) (iv)
(B) (iv) (iii) (i) (ii)
(C) (iii) (iv) (i) (ii)
(D) (iii) (i) (iv) (ii)

10. Which of the following statement is correct regarding the Basal metabolic rate ?

(A) It is the number of calories needed to maintain energy level during exercise.
(B) It is the number of calories needed to maintain the body at movement.
(C) It is the number of calories needed to maintain body function at high speed.
(D) It is the number of calories needed to maintain body function at rest.

P.T.O.



11. Which of the following is the long-term effect of exercise on the respiratory system ?

(A) Residual volume increases
(B) Respiratory rate increases
(C) Stroke volume increases
(D) The rate of exchange of gas increases

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

Assertion (A) : When an object or body is moving at a constant velocity, with no changes in speed or direction, it is dynamic equilibrium.

Reason (R) : A cyclist in motion or the body position maintained by a sprinter on the track while running are examples of dynamic equilibrium.

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

13. Given below are examples of friction shown in List-I with their respective types of friction in List-II.

List-I

Example of friction

(a) Pushing a chair
(b) Sea waves
(c) Moving heavy (stationary) objects
(d) Skating

List-II

Types of friction

(i) Sliding friction
(ii) Rolling friction
(iii) Fluid friction
(iv) Static friction

Which of the following options correctly matches the items of list (I) with those in list (II) ?

(a) (b) (c) (d)
(A) (i) (iii) (ii) (iv)
(B) (iv) (ii) (i) (iii)
(C) (i) (iii) (iv) (ii)
(D) (ii) (i) (iv) (iii)



14. Which of the following statements is correct regarding the lever's fulcrum ?

- (A) It is a point at which the force is applied.
- (B) It is a point at which the load is located.
- (C) It is a point at which the lever rotates.
- (D) It is a point at which efforts are made.

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

Assertion (A) : Actions and responses of two athletes may differ during a match situation.

Reason (R) : Personality is the combination of an individual's thoughts, characteristics, behaviour, attitude and habits.

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

16. Shweta is over-stressed and anxious as she is preparing for her 'NEET' exam. Which of the following is a suitable reason for her to exercise ?

- (A) To develop physical strength
- (B) Mental Relaxation
- (C) For Socialisation
- (D) To Reduce the risk of disease

1 17. Which one of the following is NOT correct regarding the training cycle in sports ?

- (A) A mesocycle is termed as medium duration training.
- (B) The duration of a microcycle is 3 to 10 days.
- (C) The duration of the mesocycle is 3 to 6 weeks.
- (D) The macrocycle has the minimum duration of training.

1 18. Which of the following types of endurance is classified according to the nature of the activity ?

- (A) Speed endurance
- (B) Medium time endurance
- (C) Specific endurance
- (D) Short-term endurance

SECTION - B (Attempt any 5 questions.)

2 19. "Sports that require athletes to maintain a specific weight to perform well are at higher risk of developing eating disorders." Justify this statement with your answer.

2 20. Write any four benefits of Nadi-Shodhan pranayama.

$$0.5 \times 4 = 2$$

2 21. What is the role of Physical Education teachers in promoting inclusion in sports ?

2 22. Explain the procedure of any one strength test of the SAI Khelo India Fitness Test used for 9 to 18 years / class 4 to 12 children.

2 23. In the examples given below, which of the Newton's Law of Motion will apply ? Justify your answer.

$$1 + 1 = 2$$

(a) When a Swimmer pushes the water backwards.

(b) When a cricket and tennis ball are thrown with the same force, the tennis ball moves with greater acceleration.

2 24. Briefly explain talent selection and talent transfer in the process of talent identification and talent development.

$$1 \times 2 = 2$$

P.T.O.

SECTION - C

(Attempt any 5 questions.)

25. Compare and contrast the intramural and the extramural tournament. $1.5 + 1.5 = 3$

26. Devise a plan of physical activities in accordance with World Health Organization guidelines for adults aged 65 and above. 3

27. Enlist the asanas for obesity. Explain the procedure of any one asana for it. $1 + 2 = 3$

28. Prashant began vomiting after lunch at school. He was promptly taken to a nearby doctor, who diagnosed him with food intolerance. Outline three types of food intolerance. $1 \times 3 = 3$

29. Elucidate three physiological changes those occur due to ageing. $1 \times 3 = 3$

30. Describe three factors those affect the trajectory of a projectile. $1 \times 3 = 3$

SECTION - D (Internal choices available)

31. Anita prepared a fixture based on the league competition. She distributed this fixture to the coaches of all the teams. When Khushi received this fixture, it was misprinted and showed only the matches of rounds three and four. According to the above statement, study the fixture given below. 4

Round	III	Round	IV
5	Bye	4	Bye
4	6	3	5
3	7	2	6
2	1	1	7

Based on the above fixture and your previous knowledge answer the following questions :

(i) In which round the match between number 4 and 3 teams will be held ?

(ii) How many rounds will be played in the tournament ?
(A) 6 (B) 7
(C) 5 (D) 4

(iii) In which round team number 2 will get a bye ?
(A) 21 (B) 23
(C) 19 (D) 18

(iv) How many matches will be played in the above fixture ?
(A) 21 (B) 23
(C) 19 (D) 18

OR

(iv) The other name for a league tournament is _____.

(For Visually Impaired Candidates only)

Keshav, the general secretary of Kabaddi Association of Maharashtra was given the responsibility to organise State level Kabaddi tournament. He formed four committees i.e., technical committee, finance committee, logistics committee and marketing committee to organise the event systematically and smoothly.

Based on the above case and your previous knowledge, answer the following questions :

(i) Which of the following committee is responsible for publishing the news ?
(A) Technical committee (B) Finance committee
(C) Logistics committee (D) Marketing committee

(ii) Which committee is responsible for maintaining the play fields while organising the tournament ?
(A) Marketing committee (B) Logistics committee
(C) Finance committee (D) Technical committee

(iii) Write any 2 post sports event responsibilities of finance committee ?

OR

(iii) Purchase of sports equipment is a function of the _____ committee.
(A) Logistics (B) Finance
(C) Marketing (D) Technical

(iv) _____ committee arranges refreshments, boarding and lodging.



32. Rohan, a 16-year-old student, got injured after colliding with Sachin during a football match. He was having unbearable pain in his ankle, and it was swollen. The coach noticed a collection of blood outside the blood vessel on Sachin's forehead, too. He immediately gave first aid to both and rushed them to the hospital.

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

(i) What type of injury did Rohan suffer ?

(A) Strain (B) Abrasion
(C) Sprain (D) Laceration

(ii) Sachin had _____ on his forehead.

(A) Contusion (B) Fracture
(C) Laceration (D) Incision

(iii) If Sachin suffered abrasion during the injury, which of the following symptoms would he have ?

(A) Tear of Ligament
(B) Rubbing away of upper layer of epidermis
(C) Tear of muscles
(D) Instability of joints

(iv) A fracture in a soft bone, in which the bone bends, is known as _____

(A) Comminuted fracture (B) Transverse fracture
(C) Greenstick fracture (D) Oblique fracture

33. 17-year-old Akriti is a student in class 12. She is deaf and mute by birth. She communicates through lip movements and gestures, and understands others through the same. She has only one friend in the class, Raghav. The other students in the class hesitate to talk and play with her. Whenever there is a team activity in the class, no one except Raghav is willing to include her in his team. As a result, Akriti feels isolated and alone in the class. Raghav approached their physical education teacher, Sarita, about this issue. Sarita gave him some suggestions on how Akriti can be included in the class through physical activities and how she can be made to feel more integrated.

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



(i) What type of challenges Akriti is facing ?

(A) Visually impaired (B) Hearing and speech impaired
(C) Physical disability (D) Learning disability

(ii) Why does Akriti feel isolated in her physical activity class ?

(A) Because she is not interested in studies.
(B) Because her teacher is not supportive
(C) Because other students hesitate to interact with her.
(D) Due to lack of physical fitness.

(iii) Which of the following is the key principle of inclusive physical education ?

(A) Segregation (B) Integration
(C) Exclusion (D) Adaptation

OR

(iii) What strategy can be used to facilitate communication with Akriti during physical activities ?

(A) Using loud verbal instructions
(B) Using sign language or gestures
(C) Ignoring her needs
(D) Focusing only on written communication

(iv) How physical activities can be made inclusive to meet Akriti's needs ?

(A) By providing training in comfortable and emotionally secure environment.
(B) By excluding her from activities
(C) By providing separate programs
(D) By focusing only on individual activities



SECTION - E

(Attempt any 3 questions.)

34. Differentiate between Scoliosis and Lordosis deformities. Suggest corrective measures for Knock-knee and Flat foot deformities. $2 + 3 = 5$

35. Raghav plans to conduct strength and flexibility tests specifically for the lower body, targeting his grandfather's friend. Explain in detail the procedure and scoring system to administer these tests. $2.5 + 2.5 = 5$

36. What do you understand by motivation ? Which motivational techniques are used to improve the performance of the players ? Explain in detail. $1 + 4 = 5$

37. What is speed ? Explain the methods to develop speed in detail. $1 + 2 + 2 = 5$