

This Question Paper consists of 38 questions and 06 printed pages.

इस पत्र-पत्र में 38 पत्र तथा 06 मुद्रित पृष्ठ हैं।

Roll No.

अनुक्रमांक

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Code No. 71/SS/373

कोड नं.

SET/सेट-

A

PHYSICAL EDUCATION

शारीरिक शिक्षा

(373)

Day and Date of Examination :

(परीक्षा का दिन व दिनांक)

Signature of Invigilators :

(निरीक्षकों के हस्ताक्षर)

1. _____

2. _____

General Instructions :

1. Candidate must write his/her Roll Number on the first page of the Question Paper.
2. Please check the Question Paper to verify that the total pages and total number of questions contained in the Question Paper are the same as those printed on the top of the first page. Also check to see that the questions are in sequential order.
3. For multiple-choice questions, choose the correct answer from the **four** options (A), (B), (C) or (D) and write it in your answer book.
4. Making any identification mark in the Answer-Book or writing Roll Number anywhere other than the specified places will lead to disqualification of the candidate.
5. Write your Question Paper Code No. 71/SS/373 - **A** on the Answer-Book.
6. (a) The Question Paper is in English/Hindi medium only. However, if you wish, you can answer in any one of the languages listed below :
English, Hindi, Urdu, Punjabi, Bengali, Tamil, Malayalam, Kannada, Telugu, Marathi, Oriya, Gujarati, Konkani, Manipuri, Assamese, Nepali, Kashmiri, Sanskrit and Sindhi.
You are required to indicate the language you have chosen to answer in the box provided in the Answer-Book.
(b) If you choose to write the answer in the language other than Hindi and English, the responsibility for any errors/mistakes in understanding the question will be yours only.
7. Candidate will not be allowed to take Calculator, Mobile Phone, Bluetooth, Earphone or any such electronic devices in the examination hall.

सामान्य अनुदेश :

1. परीकाथी पं-पत के पहले पृष्ठ पर अपना अनुक्रमांक अवश्य लिखे।
2. कृपया पं-पत को जांच ले कि पं-पत के कुल पृष्ठों तथा पं-पत की उतनी ही संख्या है जितनी प्रथम पृष्ठ के सबसे ऊपर छपी है। इस बात की जांच भी कर ले कि पं-पत कमकर प में है।
3. वस्तुवश पं-पत में आपको चार विकल्पों (A), (B), (C) और (D) में से कोई एक उत्तर चुनना है तथा दी गई उत्तर-पुस्तिका में आप सही उत्तर लिखें।
4. उत्तर-पुस्तिका में पहचान-लपट बनाने अथवा कसब से पं-पत के अवसक्त कहीं भी अनुक्रमांक लिखने पर परीकाथी को अयोग्य ठहराया जायेगा।
5. अपनी उत्तर-पुस्तिका पर पं-पत की कोड संख्या 71/SS/373 - [A] लिखें।
6. (क) पं-पत केवल हिंदी/अंग्रेजी माध्यम में है। फिर भी, यदि आप चाहे तो नीचे दी गई किसी एक भाषा में उत्तर दे सकते हैं : अंग्रेजी, हिंदी, उर्दू, पंजाबी, बांग्ला, तमिल, मलयालम, कन्नड़, तेलुगु, मराठी, उड़िया, गुजराती, कोकणी, मणिपुरी, असमिया, नेपाली, कश्मीरी, संस्कृत और संथाली।
कृपया उत्तर-पुस्तिका में दिए गए बॉक्स में लिखें कि आप किस भाषा में उत्तर लिख रहे हैं।
(ख) यदि आप हिंदी एवा अंग्रेजी के अवसक्त किसी अन्य भाषा में उत्तर लिखते हैं तो पं-पत को समझने में होने वाली त्रुटियों / गलतियों की ज़िम्मेदारी केवल आपकी होगी।
7. परीकाथी को परीका हॉल में कैल्कुलेटर, मोबाइल फोन, ब्लूटूथ, इयरफोन जैसे किसी भी इलेक्ट्रॉनिक उपकरण को ले जाने की अनुमति नहीं है।

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PHYSICAL EDUCATION (373)

Time : 3 Hours]

[Maximum Marks : 70

- Notes :**
- (i) This question paper consists of **38** questions in all.
 - (ii) All questions are **compulsory**.
 - (iii) Marks are given against each question.
 - (iv) **Section - A** Contains Q. No. **1** to **15** - Multiple Choice type (MCQs) carrying **1** mark each. Select and write the most appropriate option out of the four options given in each of these questions.
 - (v) **Section - B** Contains Q. No. **16** to **25** - Objective type questions carry **2** marks each. Attempt these questions as per the instructions given for each of the questions.
 - (vi) **Section - C** Contains Q. No. **26** to **33** - Very Short Answer type questions, carrying **2** marks each to be answered in the range of **30** to **50** words. An internal choice has been provided in some of these questions. You have to attempt only one of the given choices in such questions.
 - (vii) **Section - D** Contains Q. No. **34** to **36** - Short answer type questions carrying **3** marks each to be answered in the range of **50** to **80** words. An internal choice has been provided in some of these questions. You have to attempt only one of the given choices in such questions.
 - (viii) **Section - E** Contains Q. No. **37** to **38** - Long Answer type questions carrying **5** marks each to be answered in the range of **80** to **120** words. An internal choice has been provided in some of these questions. You have to attempt only one of the given choices in such questions.

NOTE :

- (1) Answers of all questions are to be given in the Answer-Book given to you.
- (2) 15 minutes time has been allotted to read this question paper. The question paper will be distributed at 02.15 p.m. From 02.15 p.m. to 02.30 p.m., the students will read the question paper only and will not write any answer on the answer-book during this period.

SECTION - A

1x15=15

1. Physical education is concerned with _____ development. 1
 (A) Physical only (B) Mental only (C) Overall (D) Economic

2. Upanishadic period is related to : 1
 (A) Meditation (B) Industrialization
 (C) Colonial rule (D) War training

3. Netaji Subhash National Institute of Sports was renamed in : 1
 (A) 1947 (B) 1960 (C) 1973 (D) 1980

4. YMCA College of Physical Education was founded in : 1
 (A) 1914 (B) 1920 (C) 1932 (D) 1938

5. Maximum strength means : 1
 (A) Ability to lift light load
 (B) Ability to overcome maximum resistance
 (C) Flexibility
 (D) Speed

6. Cardiovascular endurance improves through : 1
 (A) Sprint (B) Long distance running
 (C) Jumping (D) Stretching

7. Principle of overload means : 1
 (A) No load (B) Sudden load
 (C) Gradual increase in load (D) Rest only

8. Flexibility improves : 1
 (A) Strength (B) Range of motion
 (C) Speed (D) Height

9. Reaction ability is a part of : 1
 (A) Endurance (B) Coordinative ability
 (C) Strength (D) Flexibility

10. Knock-out tournament is also called : 1
 (A) League (B) Elimination (C) Round robin (D) Combination

11. Seeding is done to : 1
 (A) Increase matches (B) Balance competition
 (C) Reduce teams (D) Delay games

12. Hatha Yog mainly emphasizes : 1
 (A) Devotion (B) Physical purification
 (C) Politics (D) Commerce

13. Bhastrika Pranayama improves : 1
 (A) Vision (B) Lung capacity (C) Height (D) Memory
14. Uddiyana Bandha is performed after : 1
 (A) Inhalation (B) Exhalation (C) Eating (D) Running
15. Shatkarma includes : 1
 (A) Neti (B) Football (C) Meditation only (D) Running

SECTION - B

(2x10=20)

(Q. 16-25) Fill in the blanks / True-False

16. Yoga originated in the _____ period. 2
17. Seeding is done before tournament begins. (True/False) 1x2
OR
 Strength endurance means performing resistance for _____ duration.
18. School Health Programme promotes _____ among students. 1x2
19. Carbohydrates are main source of _____. 1x2
20. Vitamin C helps in improving _____. 1x2
21. Principle of Recovery means proper _____ between workouts. 1x2
22. League tournament is also called _____ tournament. 1x2
OR
 In knock-out tournament team is eliminated after _____ loss.
23. First aid is the _____ help given to injured person. 1x2
24. Pranayama means control of _____. 1x2
25. Kapalbhata is a type of _____. 1x2

SECTION - C

(2x8=16)

Very Short Answer Questions

26. Define ethics. 2
OR
 Define physical education.
27. Define spiritual development. 2
OR
 State two characteristics of spiritual health.
28. What is School Health Programme ? 2

29. Define balanced diet. 2
30. Define strength. 2
OR
 Define endurance.
31. Differentiate between aerobic and anaerobic exercise. 2
32. Define flexibility. 2
OR
 Define reaction ability.
33. What is knock-out tournament ? 2

SECTION - D

(3x3=9)

Short Answer Type Questions

34. Explain moral values in sports. 3
35. Benefits of School Health Programme. 3
OR
 Components of School Health Programme.
36. Explain Shatkarma. 3
OR
 Explain any two Shatkarma practices.

SECTION - E

(5x2=10)

Long Answer Type Questions

37. Explain psychological aspects of physical education. 5
OR
 Describe components of mental health.
38. Explain Mudra and Bandha. 5
OR
 Importance of Mudra and Bandha.

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