



Series : WXYZ/S

Set – 4

प्रश्न-पत्र कोड  
Q.P. Code

75/S

रोल नं.

Roll No.

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परीक्षार्थी प्रश्न-पत्र कोड को उत्तर-पुस्तिका के मुख-पृष्ठ पर अवश्य लिखें।

Candidates must write the Q.P. Code on the title page of the answer-book.

## शारीरिक शिक्षा (सैद्धान्तिक)

## PHYSICAL EDUCATION (Theory)

निर्धारित समय : 3 घण्टे



अधिकतम अंक : 70

Time allowed : 3 hours

Maximum Marks : 70

- कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 19 हैं।
- प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए प्रश्न-पत्र कोड को परीक्षार्थी उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें।
- कृपया जाँच कर लें कि इस प्रश्न-पत्र में 37 प्रश्न हैं।
- कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, उत्तर-पुस्तिका में यथा स्थान पर प्रश्न का क्रमांक अवश्य लिखें।
- इस प्रश्न-पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है। प्रश्न-पत्र का वितरण पूर्वाह्न में 10.15 बजे किया जाएगा। 10.15 बजे से 10.30 बजे तक परीक्षार्थी केवल प्रश्न-पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर-पुस्तिका पर कोई उत्तर नहीं लिखेंगे।
- Please check that this question paper contains 19 printed pages.
- Q.P. Code given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- Please check that this question paper contains 37 questions.
- **Please write down the Serial Number of the question in the answer-book at the given place before attempting it.**
- 15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the candidates will read the question paper only and will not write any answer on the answer-book during this period.

#



### सामान्य निर्देश :

- (i) प्रश्न-पत्र में पाँच खण्ड और 37 प्रश्न हैं।
- (ii) खण्ड-क में प्रत्येक 1 अंक वाले 1 – 18 बहुविकल्पी प्रश्न हैं। सभी प्रश्न अनिवार्य हैं।
- (iii) खण्ड-ख में 19 – 24 तक अति लघु-उत्तरीय प्रकार के प्रश्न हैं, जिनमें से 5 प्रश्न करने हैं। प्रत्येक प्रश्न 2 अंक का है और उत्तर 60 – 90 शब्दों से अधिक नहीं होना चाहिए।
- (iv) खण्ड-ग में 25 – 30 तक लघु-उत्तरीय प्रकार के प्रश्न हैं, जिनमें से 5 प्रश्न करने हैं। प्रत्येक प्रश्न 3 अंक का है और उत्तर 100 – 150 शब्दों से अधिक नहीं होना चाहिए।
- (v) खण्ड-घ में 31 – 33 प्रकरण अध्ययन प्रश्न हैं। प्रत्येक प्रश्न 4 अंक का है। आंतरिक विकल्प उपलब्ध है।
- (vi) खण्ड-ङ में 34 – 37 दीर्घ-उत्तरीय प्रकार के प्रश्न हैं, जिनमें से 3 प्रश्न करने हैं। प्रत्येक प्रश्न 5 अंक का है और उत्तर 200 – 300 शब्दों से अधिक नहीं होना चाहिए।

### खण्ड क

(सभी प्रश्न अनिवार्य हैं)

1. सीडिंग का निर्णय \_\_\_\_\_ पर आधारित होता है। 1  
(A) पूर्व प्रदर्शन (B) भविष्य के प्रदर्शन  
(C) वर्तमान प्रदर्शन (D) खराब प्रदर्शन
2. एक नॉकआउट प्रतियोगिता में, यदि बाई की संख्या विषम हों, तो निचले अर्ध में बाई की संख्या की गणना किसके द्वारा की जाएगी ? 1  
(A)  $\frac{NB + 1}{2}$  (B)  $\frac{NB - 1}{2}$   
(C)  $\frac{NB}{2}$  (D)  $NB - 1$
3. निम्नलिखित में से कौन-सा व्यायाम का हृद्वाहिका तंत्र पर होने वाला अल्पकालिक प्रभाव है ? 1  
(A) हृदय का आकार व शक्ति बढ़ती है  
(B) हृदय दर में बढ़ोतरी होती है  
(C) रक्त आयतन में बढ़ोतरी होती है  
(D) आराम की स्थिति में हृदय दर में कमी होती है



**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 Type and their answer should not exceed 200 – 300 words. Attempt any 3.

**SECTION A**

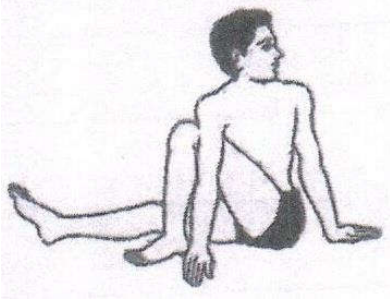
**(All questions are compulsory)**

1. Seeding is decided on the basis of : 1
- (A) Previous Performance                      (B) Future Performance  
(C) Current Performance                      (D) Bad Performance
2. In a knock-out tournament, if byes are in odd numbers, then number of byes in lower half is calculated by : 1
- (A)  $\frac{NB + 1}{2}$                                       (B)  $\frac{NB - 1}{2}$   
(C)  $\frac{NB}{2}$     (D)  $NB - 1$
3. Which of the following is the short-term effect of Exercise on cardio-vascular system ? 1
- (A) Size and strength of heart increases  
(B) Increase in heart rate  
(C) Blood volume increases  
(D) Resting heart rate decreases



4. आसन को पहचानिए :

1



- (A) वक्रासन (B) गोमुखासन  
(C) शलभासन (D) उर्ध्व हस्तोत्तानासन  
(केवल दृष्टिबाधित परीक्षार्थियों के लिए)

निम्नलिखित में से कौन-सा अधोमुख रेखीय (प्रोन लाइन) आसन है ?

- (A) शवासन (B) सरल मत्स्यासन से  
(C) मकरासन (D) उत्तानपादासन से

5. डॉ. लुडविग गट्टमैन का सम्बन्ध है :

1

- (A) पैरालिम्पिक खेल से (B) ओलम्पिक खेल से  
(C) एशियन खेल से (D) कॉमनवेल्थ खेल से

6. यदि मासिक धर्म चक्र यौवन के समय शुरू नहीं होता है, तो इस स्थिति को \_\_\_\_\_ कहा जाता है।

1

- (A) प्राथमिक एमेनोरिया (B) द्वितीयक एमेनोरिया  
(C) ओलिगोमेनोरिया (D) रजोदर्शन

7. नीचे दो कथन, अभिकथन (A) तथा कारण (R) के रूप में अंकित किए गए हैं। दोनों कथनों को ध्यानपूर्वक पढ़िए :

1

अभिकथन (A) : सन्तुलित आहार वह आहार है, जिसमें सभी आवश्यक पोषक तत्त्व पर्याप्त मात्रा व अनुपात में मौजूद हों।

कारण (R) : भोजन की आवश्यकता आयु, कार्य के प्रकार, आदि पर निर्भर करती है।

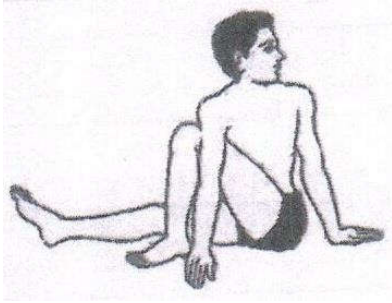
उपर्युक्त दो कथनों के संदर्भ में, निम्नलिखित में से कौन-सा एक सही है ?

- (A) अभिकथन (A) तथा कारण (R) दोनों सही हैं और कारण (R), अभिकथन (A) की सही व्याख्या है।  
(B) अभिकथन (A) तथा कारण (R) दोनों सही हैं, परन्तु कारण (R), अभिकथन (A) की सही व्याख्या नहीं है।  
(C) अभिकथन (A) सही है, परन्तु कारण (R) गलत है।  
(D) अभिकथन (A) गलत है, परन्तु कारण (R) सही है।



4. Identify the asana :

1



- (A) Vakrasana (B) Gomukhasana  
(C) Shalabhasana (D) Urdhva Hastottanasana

**(For Visually Impaired Candidates Only)**

Which of the following is a prone line asana ?

- (A) Shavasana (B) Saral Matsyasana  
(C) Makarasana (D) Uttanpadasana

5. Dr. Ludwig Guttmann is related to :

1

- (A) Paralympic Games (B) Olympic Games  
(C) Asian Games (D) Commonwealth Games

6. If the menstrual cycle does not began at puberty, the condition is called :

1

- (A) Primary Amenorrhea (B) Secondary Amenorrhea  
(C) Oligomenorrhea (D) Menarche

7. Given below are two statements labelled as Assertion (A) and Reason (R).

Read both the statements carefully :

1

*Assertion (A) :* Balanced diet is the diet which contains all the essential nutrients in adequate quantity and proportion.

*Reason (R) :* Requirement of food depends upon age, type of work, etc.

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.



8. आर्म कर्ल परीक्षण में, महिलाओं के लिए डम्बल का भार \_\_\_\_\_ है। 1
- (A) 2.5 kg (B) 2.3 kg  
(C) 2.8 kg (D) 2.1 kg

9. बैक स्ट्रेच परीक्षण का उपयोग क्या मापने के लिए किया जाता है? 1
- (A) शरीर के निचले भाग की शक्ति (B) शरीर के निचले भाग का लचीलापन  
(C) शरीर के ऊपरी भाग का लचीलापन (D) शरीर के ऊपरी भाग की शक्ति

10. सूची I का सूची II के साथ मिलान कीजिए : 1

**सूची I**

- a. मांसपेशीय आकार  
b. फास्ट ट्विच फाइबर  
c. वायवीय (ऐरोबिक) क्षमता  
d. जोड़ की संरचना

**सूची II**

- i. सहनशक्ति निर्धारित करता है  
ii. शक्ति निर्धारित करता है  
iii. गति निर्धारित करता है  
iv. लचीलापन निर्धारित करता है

निम्नलिखित में से सही विकल्प का चयन कीजिए :

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

11. अर्ध चक्रासन में कौन-सी मुद्रा सही है? 1
- (A) खड़ी अवस्था में पीठ को पीछे मोड़ना  
(B) खड़ी अवस्था में आगे की ओर झुकना  
(C) बैठी अवस्था में पैरों को उठाना  
(D) लेटी हुई अवस्था में सिर को ऊपर उठाना

12. नीचे दो कथन, अभिकथन (A) तथा कारण (R) के रूप में अंकित किए गए हैं। दोनों कथनों को ध्यानपूर्वक पढ़िए : 1

अभिकथन (A) : न्यूटन के गति के तीसरे नियम से यह निष्कर्ष निकलता है कि बल, क्रिया और प्रतिक्रिया के युग्मों में घटित होता है।

कारण (R) : क्रिया बल, प्रतिक्रिया बल से अधिक है।

उपर्युक्त दो कथनों के संदर्भ में, निम्नलिखित में से कौन-सा एक सही है ?

- (A) अभिकथन (A) तथा कारण (R) दोनों सही हैं और कारण (R), अभिकथन (A) की सही व्याख्या है।  
(B) अभिकथन (A) तथा कारण (R) दोनों सही हैं, परन्तु कारण (R), अभिकथन (A) की सही व्याख्या नहीं है।  
(C) अभिकथन (A) सही है, परन्तु कारण (R) गलत है।  
(D) अभिकथन (A) गलत है, परन्तु कारण (R) सही है।



8. In arm curl test, weight of the dumbbell for women is \_\_\_\_\_. 1
- (A) 2.5 kg (B) 2.3 kg  
(C) 2.8 kg (D) 2.1 kg

9. Back Scratch Test is used to measure : 1
- (A) Lower body strength (B) Lower body flexibility  
(C) Upper body flexibility (D) Upper body strength

10. Match List I with List II : 1

**List I**

**List II**

- |                      |                            |
|----------------------|----------------------------|
| a. Size of muscle    | i. Determines endurance    |
| b. Fast Twitch Fibre | ii. Determines strength    |
| c. Aerobic capacity  | iii. Determines speed      |
| d. Joint structure   | iv. Determines flexibility |

Choose the correct option from the following :

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

11. In Ardha Chakrasana, which is the correct pose ? 1
- (A) Back bend in standing position  
(B) Forward bend in standing position  
(C) Leg raised in sitting position  
(D) Head raised in lying position

12. Given below are two statements labelled as Assertion (A) and Reason (R).  
Read both statements carefully : 1

*Assertion (A)* : Newton's third law of motion concludes that forces occur in pairs of action and reaction.

*Reason (R)* : The action force is more than the reaction force.

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.



13. 3 – 4 वर्ष की आयु के बच्चों को \_\_\_\_\_ के लिए शारीरिक गतिविधियों में शामिल करना चाहिए। 1
- (A) 120 मिनट (B) 60 मिनट  
(C) 180 मिनट (D) 45 मिनट
14. सूची I की मदों का मिलान सूची II से कीजिए : 1
- | सूची I                  | सूची II  |
|-------------------------|--|
| a. पॉलिशिंग             | i. सतह को फिसलनदार बनाता है  |
| b. स्नेहन               | ii. सतह को चिकना बनाता है  |
| c. जूते व स्पाइक्स      | iii. सर्पी घर्षण को रोलिंग घर्षण में बदलता है                            |
| d. बॉल बेयरिंग का उपयोग | iv. घर्षण को बढ़ाने के लिए डिज़ाइन किया गया है ताकि बेहतर गति उत्पन्न हो |
- निम्नलिखित में से सही विकल्प का चयन कीजिए :
- (A) a-iv, b-iii, c-ii, d-i (B) a-ii, b-i, c-iv, d-iii  
(C) a-iii, b-iv, c-i, d-ii (D) a-i, b-ii, c-iii, d-iv
15. निम्नलिखित में से कौन-सा एक बिग फाइव सिद्धांत की विशेषता **नहीं** है ? 1
- (A) नए विचारों के लिए खुलापन (B) मनोविक्षुब्धता  
(C) बहिर्मुखता (D) अधीनता
16. एक व्यक्ति जो साहसी व मिलनसार है, वह एक \_\_\_\_\_ है। 1
- (A) अन्तर्मुखी (B) उभयमुखी  
(C) बहिर्मुखी (D) सोमेटोटाइप
17. माइक्रो चक्र की अवधि \_\_\_\_\_ होती है। 1
- (A) 3 से 6 सप्ताह (B) 3 से 10 दिन  
(C) 3 से 12 महीने (D) 3 से 10 वर्ष
18. किस विधि में खिंचाव को लयबद्धता से किया जाता है ? 1
- (A) धीमे खिंचाव (B) धीरे खींचना व रोकना  
(C) बैलिस्टिक विधि (D) पीएनएफ

### खण्ड ख

(किन्हीं 5 प्रश्नों के उत्तर दीजिए)

19. नाड़ी-शोधन प्राणायाम करते समय श्वास का सही तरीका बताइए। 2
20. मासिक धर्म संबंधी विकार से आप क्या समझते हैं ? संक्षेप में लिखिए। 2



13. Children aged 3 – 4 years should engage in physical activities for : 1  
(A) 120 minutes (B) 60 minutes  
(C) 180 minutes (D) 45 minutes
14. Match the items of List I with List II : 1
- | List I                  | List II   |
|-------------------------|---|
| a. Polishing            | i. Makes surface slippery   |
| b. Lubrication          | ii. Makes surface smooth  |
| c. Shoes and spikes     | iii. Replaces sliding friction with rolling friction                |
| d. Use of ball bearings | iv. Designed to increase friction so that better speed is generated |
- Choose the correct option from the following :
- (A) a-iv, b-iii, c-ii, d-i (B) a-ii, b-i, c-iv, d-iii  
(C) a-iii, b-iv, c-i, d-ii (D) a-i, b-ii, c-iii, d-iv
15. Which one of the following is **not** a trait of Big Five Theory ? 1  
(A) Openness to new ideas (B) Neuroticism  
(C) Extraversion (D) Submissiveness
16. A person who is bold and outgoing is a/an \_\_\_\_\_. 1  
(A) Introvert (B) Ambivert  
(C) Extrovert (D) Somatotype
17. The duration of micro cycle is : 1  
(A) 3 to 6 weeks (B) 3 to 10 days  
(C) 3 to 12 months (D) 3 to 10 years
18. In which method is stretching done rhythmically ? 1  
(A) Slow stretch (B) Slow stretch and hold  
(C) Ballistic method (D) PNF

## SECTION B

(Attempt any 5 questions)

19. Explain the correct breathing pattern while performing Nadi-Shodhana Pranayama. 2
20. What do you understand by menstrual dysfunction ? Write in brief. 2



21. 'रक्षांश (रफेज) हमारे शरीर के लिए एक आवश्यक तत्व है।' रक्षांश के कार्य बताते हुए इस कथन की व्याख्या कीजिए। 2
22. उदर के आंशिक कर्ल अप परीक्षण का क्या उद्देश्य है ? 2
23. बहिर्मुखी व अंतर्मुखी व्यक्तित्व के बीच अंतर स्पष्ट कीजिए। 2
24. शक्ति को निर्धारित करने वाले किन्हीं दो शरीरक्रियात्मक कारकों को लिखिए। 2

### खण्ड ग

(किन्हीं 5 प्रश्नों के उत्तर दीजिए)

25. नॉकआउट तथा लीग प्रतियोगिता के बीच अंतर स्पष्ट कीजिए।  $1\frac{1}{2} + 1\frac{1}{2} = 3$
26. किन्हीं दो सामान्य आसन संबंधी विकृतियों को उनके सुधारात्मक उपायों के साथ समझाइए।  $1\frac{1}{2} + 1\frac{1}{2} = 3$
27. सिट-एण्ड-रीच परीक्षण आयोजित करने का क्या उद्देश्य है ? इस परीक्षण को आयोजित करने की प्रक्रिया लिखिए।  $1+2=3$
28. पीठ दर्द के लिए किन्हीं दो आसनों को सूचीबद्ध कीजिए और किसी एक आसन की प्रक्रिया का वर्णन कीजिए।  $1+2 = 3$
29. पैरालिम्पिक के धावकों को समूहबद्ध करने के लिए किस प्रकार की शारीरिक असमर्थता पर विचार किया जाता है ? 3
30. शॉटपुट, भाला और डिस्कस फेंकने के लिए निर्गमन के कोण अलग-अलग क्यों होते हैं ? वर्णन कीजिए। 3

### खण्ड घ

31. एक बैडमिंटन प्रतियोगिता में 7 खिलाड़ी थे। तीन खिलाड़ी पहले दौर में ही अपना मैच हारने के बाद बाहर हो गए। इस जानकारी तथा अपने पूर्व ज्ञान के आधार पर, निम्नलिखित प्रश्नों के उत्तर दीजिए : 4
- (i) ऊपर किस प्रकार की प्रतियोगिता का उल्लेख किया गया है ?
- (A) राउंड रॉबिन प्रतियोगिता
- (B) नॉकआउट प्रतियोगिता
- (C) चैलेंज प्रतियोगिता
- (D) नॉकआउट-कम-लीग प्रतियोगिता



21. 'Roughage is an essential component for our body.' Explain this statement by enumerating the functions of roughage. 2
22. What is the purpose of the abdominal partial curl up test ? 2
23. Differentiate between extroverts and introverts. 2
24. Write any two physiological factors to determine strength. 2

### SECTION C

(Attempt any 5 questions)

25. Differentiate between Knock-out and League tournament.  $1\frac{1}{2} + 1\frac{1}{2} = 3$
26. Explain any two common postural deformities with their corrective measures.  $1\frac{1}{2} + 1\frac{1}{2} = 3$
27. What is the purpose of conducting the Sit and Reach test ? Write the procedure for conducting this test. 1+2=3
28. Enlist any two asanas for back pain and explain the procedure of any one asana. 1+2=3
29. What types of physical impairments are considered for grouping the athletes for Paralympics ? 3
30. Why are the angles of release for shotput, javelin and discus throw different ? Explain. 3

### SECTION D

31. In a badminton competition, there were 7 players. In the first round, 3 players were eliminated after they lost their matches. Based on this information and your prior knowledge, answer the following questions : 4
- (i) What type of tournament is mentioned above ?
- (A) Round Robin Tournament
- (B) Knock-out Tournament
- (C) Challenge Tournament
- (D) Knock-out Cum League Tournament



(ii) यदि यह राउंड रॉबिन प्रतियोगिता है, तो कुल कितने मैच खेले जाएँगे ?

- (A) 18 (B) 17  
(C) 21 (D) 16

(iii) नॉकआउट प्रतियोगिता का एक लाभ कौन-सा है ?

- (A) इसमें कम समय लगता है  
(B) कमजोर टीम फाइनल में जगह बना सकती है  
(C) मजबूत टीम बाहर हो सकती है  
(D) यह ज्यादा महँगी है

(iv) एक नॉकआउट प्रतियोगिता में ऊपरी-अर्ध की बाई की गणना का सूत्र है :

- (A)  $\frac{N+1}{2}$  (B)  $\frac{N-1}{2}$   
(C)  $\frac{NB+1}{2}$  (D)  $\frac{NB-1}{2}$

32. 10वें 'एशिया प्रशांत बधिर खेल' कुआलालंपुर, मलेशिया में आयोजित किए गए। नीचे दी गई तालिका में प्रतियोगिता में भारत द्वारा जीते गए पदक दर्शाए गए हैं :

पदक तालिका

क्रम सं.	क्षेत्र	पुरुष	महिलाएँ	स्वर्ण	रजत	कांस्य	कुल संख्या
1	एथलेटिक्स	17	10	05	12	11	28
2	बैडमिंटन	04	04	00	03	03	06
3	शतरंज	04	03	00	01	02	03
4	जूडो	02	04	02	00	05	07
5	टेबल टेनिस	04	04	00	01	02	03
6	ताइक्वांडो	01	01	00	00	00	00
7	कुश्ती	10	00	01	01	06	08
	कुल योग	42	26	08	18	29	55

उपर्युक्त प्रकरण व अपने पूर्व ज्ञान के आधार पर निम्नलिखित प्रश्नों के उत्तर दीजिए :

4

(i) प्रथम बधिर ओलंपिक खेल वर्ष \_\_\_\_\_ में आयोजित किए गए थे।

- (A) 1924 (B) 1984  
(C) 1948 (D) 1954



- (ii) How many total matches will be played if it is a Round Robin tournament ?
- (A) 18 (B) 17  
(C) 21 (D) 16
- (iii) An advantage of knock-out tournament is :
- (A) It takes less time  
(B) Weak teams may enter the final  
(C) Strong teams may get eliminated  
(D) It is more expensive
- (iv) The formula to calculate byes in the upper-half in a knock-out tournament is :
- (A)  $\frac{N + 1}{2}$  (B)  $\frac{N - 1}{2}$   
(C)  $\frac{NB + 1}{2}$  (D)  $\frac{NB - 1}{2}$

32. The 10<sup>th</sup> 'Asia Pacific Deaf Games' were held in Kuala Lumpur, Malaysia. The table given below shows the medals won by India in the tournament :

Medal Table

S.No.	Discipline	Men	Women	Gold	Silver	Bronze	Sum Total
1	Athletics	17	10	05	12	11	28
2	Badminton	04	04	00	03	03	06
3	Chess	04	03	00	01	02	03
4	Judo	02	04	02	00	05	07
5	Table Tennis	04	04	00	01	02	03
6	Taekwondo	01	01	00	00	00	00
7	Wrestling	10	00	01	01	06	08
	Grand Total	42	26	08	18	29	55

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

4

- (i) The first Deaflympic Games were held in the year \_\_\_\_\_.
- (A) 1924 (B) 1984  
(C) 1948 (D) 1954



- (ii) जूडो प्रतियोगिता में कितने खिलाड़ियों ने हिस्सा लिया ?  
(A) 2 (B) 4  
(C) 6 (D) 8
- (iii) कुश्ती प्रतियोगिता में कितने रजत पदक जीते गए ?  
(A) 1 (B) 2  
(C) 6 (D) 3
- (iv) बधिर ओलम्पिक के प्रतीक चिह्न को किस वर्ष डिज़ाइन किया गया ?  
(A) 2001 (B) 2002  
(C) 2003 (D) 2005

### (केवल दृष्टिबाधित परीक्षार्थियों के लिए)

राष्ट्रीय शिक्षा नीति (एन.ई.पी.), 2020 के विशेष संदर्भ में, एबीसी (ABC) विद्यालय समावेशी एवं समान गुणवत्ता वाली शिक्षा सुनिश्चित कर, सभी के लिए सीखने के अवसरों को बढ़ावा देना चाहता है। विद्यालय प्रबंधन ने विशेष जरूरतों वाले बच्चों के लिए शारीरिक गतिविधियों को सुलभ बनाने के लिए विशेषज्ञों की एक समिति गठित की। समिति ने निम्नलिखित रणनीतियों की सिफारिश की जो कि इस प्रकार हैं :

अंदर खेली जाने वाली गतिविधियों से शुरुआत करना बेहतर है। विशिष्ट निर्देश सरल शब्दों और वाक्यों में देने चाहिए। गतिविधियों के लिए जगह बाधा-मुक्त होनी चाहिए। उपकरण तथा नियमों को उनकी आयु और आवश्यकता के अनुसार संशोधित किया जाना चाहिए। उन्हें व्यायाम करने के लिए मानसिक रूप से तैयार किया जाना चाहिए और सकारात्मक प्रतिक्रिया के साथ शारीरिक गतिविधि में भाग लेने के लिए प्रेरित किया जाना चाहिए। उन्हें समुदाय-आधारित कार्यक्रमों में शामिल किया जाना चाहिए जैसे कि पहिए वाली कुर्सी की गतिविधियाँ, पैदल चलना, इत्यादि, ताकि वे समाज के साथ जुड़ सकें।

उपर्युक्त प्रकरण और अपने पूर्व ज्ञान के आधार पर निम्नलिखित प्रश्नों के उत्तर दीजिए :

- (i) शारीरिक गतिविधि को सुलभ बनाने के लिए निम्नलिखित में से कौन-सी रणनीति सबसे कम पसंद की जाती है ?  
(A) आयु के अनुसार उपयुक्त उपकरण  
(B) केवल मानक उपकरणों का उपयोग  
(C) उपयुक्त स्थान का प्रयोग  
(D) स्पष्ट निर्देश



- (ii) How many athletes participated in the Judo tournament ?
- (A) 2 (B) 4  
(C) 6 (D) 8
- (iii) How many silver medals were clinched in the wrestling competition ?
- (A) 1 (B) 2  
(C) 6 (D) 3
- (iv) In which year was the logo of Deaflympics designed ?
- (A) 2001 (B) 2002  
(C) 2003 (D) 2005

**(For Visually Impaired Candidates Only)**

With specific reference to NEP 2020, ABC School seeks to ensure inclusive and equitable quality education and promote learning opportunities for all. The school management set up a committee of experts to make physical activities accessible for children with special needs. The committee recommended the following strategies, i.e. :

It is better to start with indoor activities. Specific instructions must be provided in simple words and sentences. Space for activities should be disturbance-free. Equipment and rules must be modified according to their age and need. They should be mentally conditioned to exercise and motivated to participate in physical activities with positive feedback. They should be involved in community-based programmes, i.e. wheelchair activities, walking, etc., so that they may interact with the society.

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

- (i) Which of the following is the least preferred strategy for making physical activity accessible ?
- (A) Age appropriate equipment  
(B) Use of standard equipment only  
(C) Use of appropriate space  
(D) Clear instructions



- (ii) निम्नलिखित में से कौन-सी एक सामाजिक रणनीति है, जो शारीरिक गतिविधि को सुलभ बनाती है ?
- (A) विशेष आवश्यकता वाले बच्चों (सीडब्ल्यूएसएन) के बीच बातचीत बढ़ाना  
(B) संशोधित उपकरण उपलब्ध कराना  
(C) साफ-सुथरा स्थान उपलब्ध कराना  
(D) गैर-गतिशील गतिविधि का संचालन करना
- (iii) विशेष आवश्यकता वाले बच्चों (सीडब्ल्यूएसएन) के लिए सर्वप्रथम शारीरिक गतिविधि कहाँ से शुरू होनी चाहिए ?
- (A) अंतर-सदन प्रतियोगिता से  
(B) अंतर-वर्ग प्रतियोगिता से  
(C) अन्दर खेली जाने वाली गतिविधि से  
(D) बाहर खेली जाने वाली गतिविधि से
- (iv) एक प्रभावी समावेशी शारीरिक शिक्षा कार्यक्रम में \_\_\_\_\_ शामिल होती हैं ।
- (A) साधारण से जटिल गतिविधियाँ  
(B) जटिल से साधारण गतिविधियाँ  
(C) चुनौतीपूर्ण गतिविधियाँ  
(D) प्रतियोगी गतिविधियाँ

**33.** XYZ विद्यालय की हैंडबॉल टीम सीबीएसई क्लस्टर-आधारित प्रतियोगिता के सेमीफाइनल में पहुँची । टीम मैच के निर्धारित समय पर मैदान पर पहुँची, जिससे उन्हें शरीर को गर्माने के लिए पर्याप्त समय नहीं मिला । मैच शुरू होते ही रोहित प्रतिद्वंद्वी के कोर्ट में पहुँचकर गोल करने के लिए अपनी जगह लेने लगा, लेकिन अचानक वह चोटिल हो गया तथा जमीन पर गिर गया । उसके कोच को प्राथमिक चिकित्सा का कुछ ज्ञान था । वह तुरंत उसकी मदद के लिए दौड़ पड़े ताकि किसी गंभीर चोट की संभावना से बचा जा सके ।

उपर्युक्त प्रकरण व अपने पूर्व ज्ञान के आधार पर निम्नलिखित प्रश्नों के उत्तर दीजिए :

4

- (i) चोट का क्या कारण था ?
- (A) वार्मिंग-अप की कमी  
(B) अनुचित उपकरण  
(C) अन्य खिलाड़ी के साथ टकराना  
(D) अनुचित कोचिंग



- (ii) Which of the following is a social strategy for making physical activity accessible ?
- (A) Increasing interaction among CWSN
  - (B) Providing modified equipment
  - (C) Providing clear space
  - (D) Conducting non-locomotor activity
- (iii) From where should the physical activity start first for CWSN students ?
- (A) From an inter-house competition
  - (B) From an inter-class competition
  - (C) From an indoor activity
  - (D) From an outdoor activity
- (iv) An effective inclusive physical education programme includes \_\_\_\_\_.
- (A) Simple to complex activities
  - (B) Complex to simple activities
  - (C) Challenging activities
  - (D) Competitive activities

**33.** A handball team from XYZ School reached the semifinals of the CBSE cluster-based tournament. The team reached the venue at the scheduled time of the match, so they did not get sufficient time for warming-up. As soon as the match started, Rohit took his place to reach the opponent's court to make a goal but suddenly he fell prey to an injury and fell on the ground. His coach had some knowledge of first aid. He immediately rushed to him to avoid any serious injury.

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

4

- (i) What was the cause of injury ?
- (A) Lack of warming-up
  - (B) Improper equipment
  - (C) Collision with another player
  - (D) Improper coaching



- (ii) निम्नलिखित में से कौन-सी चोट लिगामेंट के टूटने से होती है ?  
(A) नील पड़ना (B) खिंचाव  
(C) मोच (D) रगड़
- (iii) निम्नलिखित में से कौन-सा, किसी वाहिका के बाहर रक्त के संग्रह को संदर्भित करता है ?  
(A) चीरा (B) रगड़  
(C) नील पड़ना (D) विदारण
- (iv) हड्डी का बिना टूटे अस्थिभंग होना, \_\_\_\_\_ कहलाता है ।  
(A) तिरछा अस्थिभंग  
(B) दबाव अस्थिभंग  
(C) विखण्डित अस्थिभंग  
(D) ग्रीन स्टिक अस्थिभंग

#### खण्ड डः

(किन्हीं 3 प्रश्नों के उत्तर दीजिए)

34. विटामिन दो अलग-अलग श्रेणियों में विभाजित हैं । उन्हें सूचीबद्ध कीजिए तथा किन्हीं दो विटामिनों का उनकी कमी से होने वाले रोगों सहित वर्णन कीजिए ।  $1+2+2 = 5$
35. घर्षण को परिभाषित कीजिए । खेल-कूद के क्षेत्र में घर्षण के क्या लाभ व हानियाँ हैं ? उपयुक्त उदाहरणों के साथ समझाइए ।  $1+2+2 = 5$
36. भारत में समावेशी शिक्षा की आवश्यकता क्यों है ? समावेशी शिक्षा के प्रभावी कार्यान्वयन के लिए क्या उपाय किए जा सकते हैं ?  $2+3 = 5$
37. गति क्या है ? गति विकसित करने की किन्हीं दो विधियों का वर्णन कीजिए ।  $1+2+2 = 5$



- (ii) Which of the following injury occurs due to tear of ligament ?
- (A) Contusion (B) Strain  
(C) Sprain (D) Abrasion
- (iii) Which of the following refers to any collection of blood outside of a vessel ?
- (A) Incision (B) Abrasion  
(C) Contusion (D) Laceration
- (iv) Fracture of a bone without breaking is called \_\_\_\_\_.
- (A) Oblique fracture  
(B) Impacted fracture  
(C) Comminuted fracture  
(D) Green stick fracture

### SECTION E

(Attempt any 3 questions)

- 34.** Vitamins are divided into two different categories. Enlist them and explain any two vitamins with their deficiency diseases.  $1+2+2 = 5$
- 35.** Define friction. What are the advantages and disadvantages of friction in the field of games and sports ? Explain with suitable examples.  $1+2+2 = 5$
- 36.** What is the need for inclusive education in India ? What measures can be taken for the effective implementation of inclusive education ?  $2+3 = 5$
- 37.** What is speed ? Explain any two methods of speed development.  $1+2+2 = 5$

<b>Marking Scheme</b> <b>Strictly Confidential</b> <b>(For Internal and Restricted use only)</b> <b>Sr. Secondary School Supplementary Examination, 2025</b> <b>SUBJECT NAME : PHYSICAL EDUCATION (048) (Q.P. CODE 75/S)</b>	
<b>General Instructions: -</b>	
1.	You are aware that evaluation is the most important process in the actual and correct assessment of the candidates. A small mistake in evaluation may lead to serious problems which may affect the future of the candidates, education system and teaching profession. To avoid mistakes, it is requested that before starting evaluation, you must read and understand the spot evaluation guidelines carefully.
2.	<b>“Evaluation policy is a confidential policy as it is related to the confidentiality of the examinations conducted, evaluation done and several other aspects. Its leakage to public in any manner could lead to derailment of the examination system and affect the life and future of millions of candidates. Sharing this policy/document to anyone, publishing in any magazine and printing in Newspaper/Website etc. may invite action under various rules of the Board and IPC.”</b>
3.	Evaluation is to be done as per instructions provided in the Marking Scheme. It should not be done according to one’s own interpretation or any other consideration. Marking Scheme should be strictly adhered to and religiously followed. <b>However, while evaluating, answers which are based on latest information or knowledge and/or are innovative, they may be assessed for their correctness otherwise and due marks be awarded to them. In class-XII, while evaluating two competency-based questions, please try to understand given answer and even if reply is not from marking scheme but correct competency is enumerated by the candidate, due marks should be awarded.</b>
4.	The Marking Scheme carries only suggested value points for the answers. These are in the nature of Guidelines only and do not constitute the complete answer. The students can have their own expression and if the expression is correct, the due marks should be awarded accordingly.
5.	The Head-Examiner must go through the first five answer books evaluated by each evaluator on the first day, to ensure that evaluation has been carried out as per the instructions given in the Marking Scheme. If there is any variation, the same should be zero after deliberation and discussion. The remaining answer books meant for evaluation shall be given only after ensuring that there is no significant variation in the marking of individual evaluators.
6.	Evaluators will mark (√) wherever answer is correct. For wrong answer CROSS ‘X’ be marked. Evaluators will not put right (✓) while evaluating which gives an impression that answer is correct and no marks are awarded. <b>This is most common mistake which evaluators are committing.</b>
7.	If a question has parts, please award marks on the right-hand side for each part. Marks awarded for different parts of the question should then be totaled up and written in the left-hand margin and encircled. This may be followed strictly.

8.	If a question does not have any parts, marks must be awarded in the left-hand margin and encircled. This may also be followed strictly.
9.	If a student has attempted an extra question, answer of the question deserving more marks should be retained and the other answer scored out with a note “ <b>Extra Question</b> ”.
10.	No marks to be deducted for the cumulative effect of an error. It should be penalized only once.
11.	A full scale of marks _____ (example 0 to 80/70/60/50/40/30 marks as given in Question Paper) has to be used. Please do not hesitate to award full marks if the answer deserves it.
12.	Every examiner has to necessarily do evaluation work for full working hours i.e., 8 hours every day and evaluate 20 answer books per day in main subjects and 25 answer books per day in other subjects (Details are given in Spot Guidelines). This is in view of the reduced syllabus and number of questions in question paper.
13.	<p>Ensure that you do not make the following common types of errors committed by the Examiner in the past:-</p> <ul style="list-style-type: none"> <li>● Leaving answer or part thereof unassessed in an answer book.</li> <li>● Giving more marks for an answer than assigned to it.</li> <li>● Wrong totaling of marks awarded on an answer.</li> <li>● Wrong transfer of marks from the inside pages of the answer book to the title page.</li> <li>● Wrong question wise totaling on the title page.</li> <li>● Wrong totaling of marks of the two columns on the title page.</li> <li>● Wrong grand total.</li> <li>● Marks in words and figures not tallying/not same.</li> <li>● Wrong transfer of marks from the answer book to online award list.</li> <li>● Answers marked as correct, but marks not awarded. (Ensure that the right tick mark is correctly and clearly indicated. It should merely be a line. Same is with the X for incorrect answer.)</li> </ul> <p>Half or a part of answer marked correct and the rest as wrong, but no marks awarded.</p>
14.	While evaluating the answer books if the answer is found to be totally incorrect, it should be marked as cross (X) and awarded zero (0) Marks.
15.	Any unassessed portion, non-carrying over of marks to the title page, or totaling error detected by the candidate shall damage the prestige of all the personnel engaged in the evaluation work as also of the Board. Hence, in order to uphold the prestige of all concerned, it is again reiterated that the instructions be followed meticulously and judiciously.
16.	The Examiners should acquaint themselves with the guidelines given in the “ <b>Guidelines for spot Evaluation</b> ” before starting the actual evaluation.
17.	Every Examiner shall also ensure that all the answers are evaluated, marks carried over to the title page, correctly totaled and written in figures and words.
18.	The candidates are entitled to obtain photocopy of the Answer Book on request on payment of the prescribed processing fee. All Examiners/Additional Head Examiners/Head Examiners are once again reminded that they must ensure that evaluation is carried out strictly as per value points for each answer as given in the Marking Scheme.

General instructions:

- a. The marking scheme carries only suggested value point for the answers.
- b. These are only guidelines and do not constitute the complete answer.
- c. The student can have their own expression and if the expression is correct, the marks be awarded accordingly
- d. The candidates would be permitted to obtain a photocopy of the answer book on request on payment of the prescribed processing fee. All evaluator /Additional head examiners/Head examiners are once again reminded that they must ensure that evaluation is carried out as per value point for each answer as given in the marking scheme.
- e. All Head examiners/Additional head examiners/Evaluators are instructed that while evaluating the answer book if the answer found to be totally incorrect, (X) should be marked on the incorrect answer and awarded '0' marks.

# Set 75/S

## MARKING SCHEME PHYSICAL EDUCATION

Q. No.	Expected Answer / Value Points	Distribution of Marks
<b>SECTION A</b>		
1.	(A) Previous performance	1
2.	(A) $\frac{NB + 1}{2}$	1
3.	(B) Increase in heart rate	1
4.	(A) Vakrasana – (Visually Impaired) (C) Makarasana	1
5.	(A) Paralympic games	1
6.	(A) Primary Amenorrhea	1
7.	(B) Both (A) and (R) are true and (R) is not the correct explanation of (A).	1
8.	(B) 2.3 kg	1
9.	(C) Upper body flexibility	1
10.	(B) a-ii, b-iii, c-i, d-iv	1
11.	(A) Back bend in standing position	1
12.	(C) (A) is true, but (R) is false.	1
13.	(C) 180 minutes	1

14.	(B) a-ii, b-i, c-iv, d-iii	1
15.	(D) Submissiveness	1
16.	(C) Extrovert	1
17.	(B) 3 to 10 days	1
18.	(C) Ballistic method	1
<b>SECTION B</b>		
19.	Explain the correct breathing pattern while performing Nadi – Shodhana Pranayama.	
Ans.	<ol style="list-style-type: none"> <li>1. Place right hand in Pranayama mudra. Close the right nostril with the right thumb. Inhale through the left nostril for 5 counts.</li> <li>2. After 5 counts of breath, release the pressure of thumb from the right nostril and close the left nostril with ring finger.</li> <li>3. Exhale through the right nostril for 10 counts, keeping the respiration rate slow, deep and silent. Then, inhale through the right nostril for 5 counts and the procedure continues.</li> <li>4. Make sure that no sound is produced as the air passes through the nostrils.</li> </ol>	2
20.	What do you understand by menstrual dysfunction? Write in brief.	2
Ans.	<p>Menstrual dysfunction is an abnormal condition in a woman's menstrual cycle. Normal range of menstrual cycle is 21 to 35 days. If it happens earlier than 21 days or after more than 35 days then it's a problem.</p> <p>OR</p>	

	It can also include missing 3 or more periods, heavier or lighter menstrual flow in comparison to usual, cycle happening longer than 07 days, painful menstruation or bleeding after menopause.					
21.	‘Roughage is an essential component for our body. ‘Explain the statement by enumerating the functions of roughage.	1+1= 2				
Ans.	<ol style="list-style-type: none"> <li>1. Roughage improves digestion</li> <li>2. Promotes gut health</li> <li>3. Reduces risk factor of heart disease</li> <li>4. Manages weight and blood sugar</li> <li>5. Reduces bowel irritation</li> <li>6. Helps in keeping the digestive system clean.</li> <li>7. Prevents constipation and helps release faecal matter.</li> <li>8. Satisfies appetite</li> <li>9. Softens stool</li> </ol> <p style="text-align: center;">(Any 2 functions)</p>					
22.	What is the purpose of the abdominal partial curl up test?	2				
Ans.	Abdominal partial curl up – Measures abdominal /core strength and endurance.					
23.	Differentiate between Extroverts and Introverts.	1+1=2				
Ans.	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%; text-align: center;"><b>Extroverts</b></th> <th style="width: 50%; text-align: center;"><b>Introverts</b></th> </tr> </thead> <tbody> <tr> <td style="vertical-align: top;"> <ol style="list-style-type: none"> <li>1. Social, outgoing, confident, lively and make friends easily.</li> <li>2. They are generous, supportive and courageous.</li> </ol> </td> <td style="vertical-align: top;"> <ol style="list-style-type: none"> <li>1. Reserved, too self-conscious, more interested in own thoughts and ideas.</li> <li>2. They are self-centred unable to adjust easily in society.</li> </ol> </td> </tr> </tbody> </table>	<b>Extroverts</b>	<b>Introverts</b>	<ol style="list-style-type: none"> <li>1. Social, outgoing, confident, lively and make friends easily.</li> <li>2. They are generous, supportive and courageous.</li> </ol>	<ol style="list-style-type: none"> <li>1. Reserved, too self-conscious, more interested in own thoughts and ideas.</li> <li>2. They are self-centred unable to adjust easily in society.</li> </ol>	
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	<p>3. They are action oriented.</p> <p>4. Group leaders, politicians, heads, actors are extroverts generally.</p>	<p>3. They think before acting.</p> <p>4. Poets, artists, philosophers, writers etc. are usually introverts</p>	
	(Any 02 differences)		
24.	Write any two physiological factors to determine strength.		<b>2</b>
Ans.	<p>Physiological factors to determine strength:</p> <p>1. Muscle composition (Slow and Fast Twitch fibres)</p> <p>2. Size of muscle</p> <p>3. Body weight</p> <p>4. Intensity of nerve impulse</p> <p>5. Muscle coordination</p> <p style="text-align: center;"><b>(Any 02 points)</b></p>		
	<b>SECTION C</b>		
25.	Differentiate between Knock-out and League Tournament.		<b>1x3=3</b>
	<b>Knockout</b>	<b>League</b>	
	<p>1. Player/Team continue to play matches until being defeated</p> <p>2. Good Teams/Players can be eliminated at early stages</p> <p>3. It is less expensive</p>	<p>1. Player/team will get equal chance to play with each other.</p> <p>2. The true winner emerges from this format</p> <p>3. It is more expensive</p>	

	<p>4.Requires less time</p> <p>5.Team/Player have to give consistently their best performance to avoid elimination</p> <p>6. Seeding procedure can be used in this format.</p> <p>7. Other name for this format is Elimination tournament</p>	<p>4. Requires more time</p> <p>5. More chances for team/players to showcase their performance.</p> <p>6. No provision of seeding</p> <p>7. Other name for this format is Round Robin Tournament.</p>	
	(Any 03 differences)		
26.	Explain any two common postural deformities with their corrective measures.		1.5+1.5=3
Ans.	<p>Postural Deformities</p> <ol style="list-style-type: none"> <li>1. Knock knees</li> <li>2. Flat foot</li> <li>3. Round shoulders</li> <li>4. Bow legs</li> <li>5. Lordosis</li> <li>6. Kyphosis</li> <li>7. Scoliosis</li> </ol> <p>Knock knees</p> <p>Knock knees is a postural deformity in which the legs are bent inward and knees strike each other while walking or running and there is a wide gap between the ankles. It is also known as Genu Valgum</p> <p>Corrective measures:</p> <ol style="list-style-type: none"> <li>1. Horse riding</li> <li>2. Perform Padmasana and Gomukhasana</li> <li>3. Outward walking</li> <li>4. Keep a pillow between the knees and stand erect for some time.</li> </ol> <p>Flat foot:</p> <p>Flat foot is also known as pes planus or fallen arches.</p> <p>When the arch of the foot is lesser than normal, it is known as flat foot.</p>		

	<p>Corrective measure:</p> <ol style="list-style-type: none"> <li>1. Walk bare footed over the sand</li> <li>2. Perform rope skipping</li> <li>3. Picking up marbles with toes</li> <li>4. Perform Adhomukhasana and Vajrasana.</li> </ol> <p>( explanation and relevant corrective measure of any 2 enlisted postural deformities)</p>	
27.	What is the purpose of conducting the Sit and Reach Test? Write the procedure of conducting this test.	1+2=3
Ans.	<p>Sit and Reach:</p> <p>Purpose: Common measure of flexibility, and specifically measures the flexibility of the lower back and hamstring muscles.</p> <p>Procedure:</p> <ol style="list-style-type: none"> <li>1. This test involves sitting on the floor with legs stretched out straight ahead.</li> <li>2. Shoes should be removed.</li> <li>3. The soles of the feet are placed flat against the Sit and Reach box.</li> <li>4. Both knees should be locked and pressed flat to the floor - the tester may assist by holding them down.</li> <li>5. The subject extends hands to reach the measuring scale without bending for initial reading.</li> <li>6. With the palms facing downwards, and hands on top of each other, the subject reaches forward along the measuring line as far as possible for final reading.</li> <li>7. Ensure that the hands remain at the same level, not one reaching further forward than the other. Make sure there are no jerky movements.</li> </ol>	
28.	Enlist any two asanas for back pain and explain the procedure of any one asana.	1+2=3
Ans.	<p>Asana for Back-pain:</p> <ol style="list-style-type: none"> <li>1. Tadasan</li> <li>2. Urdhwahastottanasana</li> <li>3. Ardh – Chakrasana</li> <li>4. Ushtrasana</li> <li>5. Vakrasana</li> <li>6. Saral Matsyendrasana</li> <li>7. Bhujangasana</li> </ol>	

	<p>8. Gomukhasana 9. Bhadrasana 10. Makarasana Procedure of Tadasana:</p> <ol style="list-style-type: none"> <li>1. Stand with feet together or about 10 cm apart hands by the side of the thighs.</li> <li>2. Distribute weight equally on both the feet to keep the body steady.</li> <li>3. Raise arms over the head. Interlock the fingers and turn the palms upward.</li> <li>4. Inhale and stretch the arms, shoulders and chest upward.</li> <li>5. Raise heels, coming up onto the toes.</li> <li>6. Hold the breath and the position for a few seconds.</li> <li>7. Lower the heels while breathing out and bring hands down.</li> </ol> <p>(Enlist any two asanas and explain the procedure of any one from the list provided.)</p>	
29.	What types of physical impairments are considered for grouping the athletes for Paralympics?	1x3=3
Ans.	<p>Physical Impairment – There are eight different types of physical impairment:</p> <ol style="list-style-type: none"> <li>1. Impaired muscle power –The force generated by muscles, such as the muscles of one limb, one side of the body or the lower half of the body is reduced.</li> <li>2. Impaired passive range of movement – Range of movement in one or more joints is reduced.</li> <li>3. Loss of limb or limb deficiency – A total or partial absence of bones or joints from partial or total loss</li> <li>4. Leg-length difference – Significant bone shortening occurs in one leg.</li> <li>5. Short stature – Standing height is reduced</li> <li>6. Hypertonia – Hypertonia is marked by an abnormal increase in muscle tension and reduced ability of a muscle to stretch.</li> <li>7. Ataxia – Ataxia is an impairment that consists of a lack of coordination of muscle movements</li> <li>8. Athetosis – Athetosis is generally characterized by unbalanced, involuntary movements and a difficulty maintaining a symmetrical posture</li> </ol> <p>(any 3 impairment from the list)</p>	

30.	Why are the angles of release for Shotput, Javelin and Discus Throw different? Explain.	3
Ans.	<p>1. Due to shape of the equipment the aerodynamics play a role in the angle of release.</p> <p>2. Difference in throwing action or style leads to different angle of release.</p> <p>3. Difference in the weight of the equipment, angle of release is different.</p>	
<b>SECTION D</b>		
31.	(i) (B) Knock out Tournament	1X4=4
	(ii) (C) 21	
	(iii) (A) It takes less time	
	(iv) (D) $\frac{NB - 1}{2}$	
32.	(i) (A) 1924	1X4=4
	(ii) (C) 6	
	(iii) (A) 1	
	(iv) (C) 2003	
	(For Visually impaired )	
32.	(i) (B) Use of Standard equipment only	1X4=4
	(ii) (A) Increasing interaction among CWSN	
	(iii) (C) From an Indoor activity	
	(iv) (A) Simple to complex activity	
33.	(i) (A) Lack of warming up	1X4=4
	(ii) (C) Sprain	
	(iii) (C) Contusion	

	(iv) (D) Greenstick Fracture																			
	<b>SECTION E</b>																			
34	Vitamins are divided into two different categories. Enlist them and explain any two vitamins with their deficiency diseases.	<b>1+2+2=5</b>																		
Ans.	<p>Vitamins:  <b>Fat Soluble:</b> Vitamin A, Vitamin D, Vitamin E, Vitamin K  <b>Water Soluble:</b> Vitamin B and Vitamin C</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Vitamin</th> <th style="text-align: center;">Function</th> <th style="text-align: center;">Deficiency</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;"><b>Vitamin A</b></td> <td>Helpful in formation of bones and teeth, promote normal vision</td> <td>Night blindness, Keratomalacia, Xerophthalmia</td> </tr> <tr> <td style="text-align: center;"><b>Vitamin D</b></td> <td>Helps in absorption of calcium and phosphorus</td> <td>Rickets, Osteomalacia, Osteoporosis, Tetnay, Dental Cavities.</td> </tr> <tr> <td style="text-align: center;"><b>Vitamin E</b></td> <td>Keep skin healthy, maintain normal functioning of reproductive organs.</td> <td>Alzheimer's Paralysis, Slow Growth</td> </tr> <tr> <td style="text-align: center;"><b>Vitamin K</b></td> <td>Prevention of hemorrhage and excessive bleeding in wounds</td> <td>Anemia, Blood Does Not Clot</td> </tr> <tr> <td style="text-align: center;"><b>Vitamin B1 (Thiamin)</b></td> <td>Helps in metabolizing carbohydrate, maintain health of liver, kidney etc.</td> <td>Beri-Beri</td> </tr> </tbody> </table>	Vitamin	Function	Deficiency	<b>Vitamin A</b>	Helpful in formation of bones and teeth, promote normal vision	Night blindness, Keratomalacia, Xerophthalmia	<b>Vitamin D</b>	Helps in absorption of calcium and phosphorus	Rickets, Osteomalacia, Osteoporosis, Tetnay, Dental Cavities.	<b>Vitamin E</b>	Keep skin healthy, maintain normal functioning of reproductive organs.	Alzheimer's Paralysis, Slow Growth	<b>Vitamin K</b>	Prevention of hemorrhage and excessive bleeding in wounds	Anemia, Blood Does Not Clot	<b>Vitamin B1 (Thiamin)</b>	Helps in metabolizing carbohydrate, maintain health of liver, kidney etc.	Beri-Beri	
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<b>Vitamin B2 (Riboflavin)</b>	Helps in preserving and maintaining the characteristics of youth, tightness and smoothness of skin.	Cheilosis
<b>Vitamin B3 (Niacin)</b>	Helps on the growth of the body	Pellagra Grey Hair
<b>Vitamin B5 (Pantothenic acid)</b>	Helps in maintaining the body weight	Burning Feet
<b>Vitamin B6 (Pyridoxine)</b>	Formation of haemoglobin and keeps the skin healthy	Dermatitis Glossitis
<b>Vitamin B7 (Biotin)</b>	Helps in converting certain nutrients into energy. It also plays an important role in the health of your hair, skin, and nails.	Hair Loss
<b>Vitamin B9 (Folic acid)</b>	Essential for reproduction, growth and development of body	Loss of Leucocytes (WBC)
<b>Vitamin B12 (Cobalamin)</b>	Plays an essential role in the production of Red blood cells and DNA, as well as the proper functioning of nervous system.	Anemia
<b>Vitamin C</b>	Helps in healing the wounds, increase metabolic rate, helpful in absorbing calcium.....	Scurvy
(One function and one deficiency disease of any 2 vitamins from the list provided/ or any relevant function or disease)		

35.	Define Friction. What are the advantages and disadvantages of friction in the field of games and sports? Explain with suitable examples.	1+2+2=5
Ans.	<p>Friction is a force acting over the area of contact between two surfaces in the direction opposite to that of motion. OR</p> <p>Friction is a force that acts parallel to the two surfaces. OR</p> <p>In other words, it is a force that resists the movement.</p> <p style="text-align: right;">(Any other relevant definition)</p> <p>Advantages:</p> <ol style="list-style-type: none"> <li>1. Running and walking are the result of friction between ground and the shoes. For e.g.: An athlete uses spikes and a footballer uses studs.</li> <li>2. The grip in Badminton and Tennis play a major role in performing a perfect shot. That is why a good grip is used for better friction.</li> <li>3. The friction between the tyres and the surface prevents cyclist from slipping and skidding. Also, a cyclist uses a pointed helmet to reduce friction.</li> <li>4. Gymnasts and Javelin thrower use Magnesium powder to increase friction.</li> </ol> <p>Disadvantages:</p> <ol style="list-style-type: none"> <li>1. If the air pressure in the cycle tyres is not appropriate, then due to excessive friction, more energy is used.</li> <li>2. Flight of an object also depends on friction because air resistance slows down the speed of the projectile.</li> <li>3. During Pole-Vault, an athlete may lose grip on the pole if less friction is there between palm and pole and may get injured.</li> <li>4. Friction can cause injuries because a player slides across the ground during play.</li> </ol> <p style="text-align: center;">(Any two advantages and disadvantages or relevant answer)</p>	

36.	What is the need for Inclusive education in India? What measures can be taken for the effective implementation of inclusive education?	2+3=5
Ans:	Strategies: Need of Inclusive Education.	
	<ol style="list-style-type: none"> <li>1. Build Self Esteem</li> <li>2. Improve social skills</li> <li>3. Enhance sensitivity</li> <li>4. Create better understanding</li> <li>5. Create sense of belongingness</li> <li>6. Enhance Academic part</li> </ol> <p>Measures :</p> <ol style="list-style-type: none"> <li>1. Equipping teachers</li> <li>2. Developing support by involving stakeholders.</li> <li>3. Curriculum transaction</li> <li>4. Designing class CWSN friendly</li> <li>5. Developing education goals.</li> <li>6. Right to education</li> </ol> <p>( Explain any 02 needs and any 03 measures)</p>	
37.	What is Speed? Explain any two methods of Speed development.	1+2+2=5
Ans.	<p>Speed:</p> <p>Capability of the body to perform successive movement at fastest rate.</p> <p>OR</p> <p>Ability to execute motor movements as quickly as possible.</p> <p>Method of Speed Development</p> <p>1. Acceleration runs</p> <p>Method used to develop speed while attaining maximum speed from a static position. A sports person is required to run a specific distance, gain maximum speed at the earliest and finish the</p>	

specified distance at that speed. These runs are repeated with sufficient rest in between. No of acceleration runs should be set as per age, capacity and fitness of the athlete.

## 2. Pace runs

Running a set distance at uniform speed. Usually includes races of 800mts and above. It is important to keep pace in mind when running middle and long distance races. In the beginning of the race, the pace should not be too high and pace should be maintained throughout. Repetition of pace runs can be done as per level of athlete.

(Any relevant definition and explain 2 methods)