

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.

- कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 8 हैं।
- प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए प्रश्न-पत्र कोड को छात्र उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें।
- कृपया जाँच कर लें कि इस प्रश्न-पत्र में 18 प्रश्न हैं।
- कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, उत्तर-पुस्तिका में 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 छात्र 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 8 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 18 questions.
- Please write down the Serial Number of the question in the answer-book 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.



शारीरिक शिक्षा

PHYSICAL EDUCATION



निर्धारित समय : 2 घण्टे

Time allowed : 2 hours

अधिकतम अंक : 35

Maximum Marks : 35



General Instructions :

- (i) There are three **Sections** in the Question paper namely **Section A**, **Section B** and **Section C**.
- (ii) **Section A** consists 9 questions among which 7 questions have to be attempted. Each question carries 2 marks and should have 30-50 words.
- (iii) **Section B** consists 5 questions among which 3 questions have to be attempted. Each question carries 3 marks and should have 80-100 words.
- (iv) **Section C** consists 4 questions among which 3 questions have to be attempted. Each question carries 4 marks and should have 100-150 words.

SECTION - A

1. "Asanas can be used as a preventive measures." Comment. 2
2. What is active and passive flexibility? 1 + 1
3. "Extrinsic motivation sometimes may kill intrinsic motivation." Justify. 2
4. Define disability and list down any two types of disability. $1 + .5 \times 2$
5. Describe any 2 objectives of first aid. 1 + 1
6. Elucidate any 2 types of coordinative ability with suitable example. 1 + 1





7. What are the symptoms of Autism Spectrum Disorder ? 1 + 1
8. Explain any 2 physiological factors, help in determining endurance. 1 + 1
9. Enlist any 4 causes of Oppositional Defiant Disorder (ODD). 2

SECTION - B

10. Define aggression. Discuss any 2 types of aggression. 1 + 2
11. What do you mean by disability etiquettes ? List down any 4 disability etiquettes while communicating with a person with special needs. 1 + 2
12. Draw diagram and explain the management of any 2 types of bone injury. 1.5 + 1.5

FOR VISUALLY IMPAIRED CANDIDATES

- Explain any 2 types of bone injury with their management. 1.5 + 1.5
13. Write the benefits and contraindications of Matsyasana. 1.5 + 1.5
14. Differentiate between Isometric and Isotonic exercise with suitable example. 3 × 1





SECTION – C

15. What are the personality traits according to the Big Five theory ? $4 \times 1 = 4$
16. Discuss in detail 2 long term and 2 short term effects of exercise on cardio respiratory system. $2 + 2$
17. Define Endurance and discuss the methods of endurance development. $1 + 3$
18. What is Obesity ? Draw stick diagrams of any two asanas recommended to control obesity and explain their procedure. $1 + 1.5 \times 2$

FOR VISUALLY IMPAIRED CANDIDATES

Briefly explain the procedure of any 1 yoga asanas for managing Obesity along with its benefits and contraindications. $2 + 1 + 1$

