
PHYSICAL EDUCATION

(Two hours)

Answers to this Paper must be written on the paper provided separately.

*You will **not** be allowed to write during the first 15 minutes.*

This time is to be spent in reading the question paper.

The time given at the head of this Paper is the time allowed for writing the answers.

Attempt all questions from Section A and two questions from Section B.

The intended marks for questions or parts of questions are given in brackets [].

SECTION A (50 Marks)

*Attempt **all** questions from this Section.*

Question 1

- (a) What do you mean by a *balanced diet*? [2]
- (b) What is *Coronary Thrombosis*? [2]
- (c) Mention *any three* causes of *Insomnia*. [3]
- (d) List *any three* harmful effects of tobacco consumption. [3]

Question 2

- (a) What do you mean by obesity? [2]
- (b) List *any four* preventive measures against communicable diseases. [2]
- (c) How should we provide first aid to a drowning victim? [3]
- (d) List *any three* preventive steps to treat Arthritis. [3]

This Paper consists of 11 printed pages and 1 blank page.

Question 3

- (a) What is congenital disease? [2]
- (b) What is meant by *Drug Abuse*? [2]
- (c) Give *any three* preventive steps to avoid a heart attack. [3]
- (d) What *three* preventive measures would you take to check the spread of Bronchitis? [3]

Question 4

- (a) What is a *Thomas splint*? [2]
- (b) Why should we avoid heavy meals at night? [2]
- (c) Mention *any three* symptoms of bone injury. [3]
- (d) Give *any three* preventive measures of poisoning. [3]

Question 5

- (a) Mention *any four* preventive steps to minimize sports accidents. [2]
- (b) What do you mean by the term *dislocation*? [2]
- (c) What *three* points should be kept in mind in order to take care of our eyes? [3]
- (d) Name the causal agents for the following diseases: [3]
 - (i) Rabies
 - (ii) Pneumonia
 - (iii) Ring worm.

SECTION B (50 Marks)

Attempt *two* questions from this Section.

You must attempt *one* question on each of the *two* games of your choice.

CRICKET

Question 6

- (a) Explain the following: [8]
- (i) A dot ball
 - (ii) A runner
 - (iii) An appeal
 - (iv) A wide ball
- (b) (i) Mention *any three* instances when umpire calls for a *NO ball*. [9]
- (ii) When is a batsman considered to be out *stumped*?
- (iii) List *three* different types of strokes played by the batsman in front of the wicket.
- (c) Explain the following terms: [8]
- (i) Clean Bowled
 - (ii) Hit wicket
 - (iii) Handling the ball
 - (iv) Run out

Question 7

- (a) Explain the following: [8]
- (i) Bodyline bowling
 - (ii) Declaration
 - (iii) Power play
 - (iv) Straight drive

- (b) (i) What is meant by *obstructing the field*? [9]
(ii) What is meant by the term *LBW*?
(iii) Write *any three* duties of the umpire.
- (c) (i) Write down any four 'off side' fielding positions in cricket. [8]
(ii) What are the signals for the following:
1. Short run
2. Power play
3. Bye
4. Free hit

FOOTBALL

Question 8

- (a) (i) What is a *penalty arc* and why is it important? [8]
(ii) What do you mean by the term *indirect free kick*?
(iii) Write down the procedure to restart the game when the ball passes over the touch line.
(iv) Write down the procedure to restart the game when the ball is last touched by the defending player and passes over the goal line.
- (b) (i) State *any three* instances when the opposite team is awarded an *indirect free kick* for an offences committed by the goal keeper. [9]
(ii) Name the tool kit carried by the referee to conduct a football match.
(iii) State *any three* fouls when the referee shows a yellow card to a player during the game.

- (c) (i) Explain in detail the procedure followed during *Tie-breaker* in the game of Football. [8]
- (ii) State the following:
1. duration of a football match (men and women).
 2. substitution allowed in a match.
 3. officials for conducting a football match.
 4. duration of *extra time*.

Question 9

- (a) (i) What do you mean by the term *Red Card*? [8]
- (ii) Explain the term '*Sudden death*'.
- (iii) What is the distance between the goal posts and the height of the cross bar from the ground?
- (iv) Give the measurement of the goal area in football.
- (b) (i) List *any three* duties to be performed by the captain of the team. [9]
- (ii) Mention *any three* duties of the referee before the match.
- (iii) State *any three* duties of the fourth official.
- (c) Explain the following: [8]
- (i) Trapping
 - (ii) Tackling
 - (iii) Dribbling
 - (iv) Kicking

HANDBALL

Question 10

- (a) Write the following: [8]
- (i) Duration of the game (men and women).
 - (ii) Duration of the *extra time* and *time out*.
 - (iii) Weight of the ball (men and women).
 - (iv) Circumference of the ball (men and women).
- (b) (i) How is a goal scored? [9]
- (ii) How does a player advance with the ball?
 - (iii) List *any three* occasions when the clock is stopped during the game?
- (c) (i) What are the dimension of the playing area? [8]
- (ii) Where is the penalty line marked on the field?
 - (iii) What is the shape of the handball and what material is used in the construction of a handball?
 - (iv) What do you understand by the term *Fake*?

Question 11

- (a) Draw a neat diagram of a handball court giving all its measurements. [8]
- (b) (i) List *three* duties of a Recorder. [9]
- (ii) When is a corner throw awarded?
 - (iii) What is the utility of the Goal area?
- (c) Define the following terms: [8]
- (i) A double-dribble
 - (ii) A line cut
 - (iii) A goal-throw
 - (iv) An Over time

HOCKEY

Question 12

- (a) Explain the following: [8]
- (i) Carried
 - (ii) Back stick
 - (iii) A corner
 - (iv) A penalty stroke
- (b) (i) List *three* offences by defenders which are penalized with a penalty corner against them. [9]
- (ii) List *any six* instances when a referee blows the whistle for a foul.
- (c) (i) What is the procedure for taking a penalty corner? [8]
- (ii) What signal shall the umpire give for the following?
1. Goal scored
 2. Dangerous play
 3. Obstruction
 4. Penalty corner

Question 13

- (a) Write down the following: [8]
- (i) Height of the corner flag post.
 - (ii) Duration of the game (men and women).
 - (iii) Dimensions of the goal posts.
 - (iv) Weight of the *ball* and weight of the *stick*.

- (b) (i) When is a player awarded a *push in*? What minimum distance should be observed by the player of the opposite team during a *push in*? [9]
- (ii) When is a goal considered to have been scored in a match?
- (iii) Write *any three* duties of the referee.
- (c) Draw a neat diagram of the hockey field with its measurements. [8]

BASKET BALL

Question 14

- (a) (i) Name the types of *time-outs*. [8]
- (ii) What do you mean by *pivot-foot*?
- (iii) Name any four fundamental skills in Basketball.
- (iv) Write *any two* duties of the Time keeper.
- (b) (i) What is the duration of the game? How is this time divided? [9]
- (ii) List *any six* player fouls which are noted over the score sheet by the table official.
- (c) (i) Write the procedure to start the game. [8]
- (ii) List *any four* technical equipment used by the table officials.

Question 15

- (a) (i) Write *any two* conditions when a team forfeits the right of play. [8]
- (ii) Give the signals for the following:
1. Jump ball
 2. Charged time out
 3. Technical foul
 4. Double foul
 5. Travelling
 6. Time in

- (b) (i) State *any three* violations when opponents gain the possession of the ball. [9]
(ii) What is a *centre circle*? What are its dimension?
(iii) What is *front pivot*?
- (c) Write down the following: [8]
(i) '24' second rule
(ii) '8' second rule
(iii) '5' second rule
(iv) '3' second rule

VOLLEY BALL

Question 16

- (a) Define the following terms: [8]
(i) A double touch.
(ii) Ball out of play.
(iii) A disqualification
(iv) Service.
- (b) (i) Enumerate any three duties of each of the following: [9]
1. A line judge
2. A scorer
3. A coach
- (c) (i) Mention *any four* acts of breach which are punishable. [8]
(ii) Explain *legal* and *illegal* substitution in volleyball.

Question 17

- (a) (i) When and by whom was the game volleyball invented? [8]
(ii) List down the equipment used by a volleyball player.

- (iii) Define the following terms:
1. Positional fault
 2. Rotational fault
- (b) (i) Explain how a set and a match is won by a team. [9]
- (ii) What is *delay*? What are the various ways in which a game may be delayed?
- (iii) How many legal interruptions are allowed in a game? Who grants the legal Interruptions?
- (c) Briefly explain the following terms: [8]
- (i) Service zone.
 - (ii) Substitution zone.
 - (iii) An attack line.
 - (iv) A substitution.

SOFTBALL

Question 18

- (a) (i) What name is given to the Softball playing field? [8]
- (ii) Explain what is meant by *fair territory* and *foul territory* in Softball.
- (iii) Give the number of batter's boxes in Softball and their dimensions.
- (b) (i) Describe an officially approved Softball and its measurement. [9]
- (ii) When is the ball legally put into play by the umpire?
- (iii) When is a ball called *fair* in softball?
- (c) Define the following terms: [8]
- (i) A foul ball.
 - (ii) An illegal pitcher.
 - (iii) A play ball.
 - (iv) The strike zone.

Question 19

- (a) (i) What happens when the batting order is changed? [8]
(ii) What do you mean by a *legally caught ball*?
- (b) Draw a neat diagram of the Softball field and mark the following positions of the players on the field of play: [9]
- (i) A pitcher
 - (ii) A catcher
 - (iii) The first base
 - (iv) The second base
 - (v) The third base
 - (vi) A short stop
 - (vii) A left fielder
 - (viii) A central fielder
 - (ix) A right fielder.
- (c) (i) What rule must be remembered in case of a substitution? [8]
(ii) List *any four* situations when the umpire calls strike.