

This question paper contains 4 printed pages.

79E

Physical Education

(English version)

Time : 2 hours]

[Maximum Marks : 30

SECTION - A

I. Select the correct alternative & rewrite the sentences.

5×1=5

1. How many types of postural deformities are there ?

(A) 4

(B) 3

(C) 5

(D) 2

2. The olympic motto was created in the year of

(A) 1896

(B) 1893

(C) 1894

(D) 1891

3. Which is the study of the process of teaching and coaching ?

(A) Sports sociology.

(B) Sports psychology.

(C) Sports pedagogy.

(D) Motor learning.

4. Height of the stumps in cricket.
 (A) 70 cms.
 (B) 71 cms.
 (C) 69 cms.
 (D) 78 cms.
5. When we celebrate International Yoga Day ?
 (A) June - 12
 (B) June - 21
 (C) April - 21
 (D) April - 12

II. Match the following :

5×1=5

- | | |
|----------------|---------------------------|
| 1. Segregation | (a) The one who listens. |
| 2. Infractions | (b) A state of confusion. |
| 3. Receiver | (c) Separation. |
| 4. Chaos | (d) Position or pose. |
| 5. Posture | (e) Fouls. |

III. TRUE or FALSE.

5×1=5

1. Flexibility is not a health related component.
2. Surya Namaskar asana is measured to be a complete exercise for the body.
3. Lordosis is the inward curvature of spine.
4. 20 vitamins are needed by the body.
5. "Henri Didon" is a father of olympic games.

SECTION - B

I. Answer the following questions in one sentence.

5×1=5

1. What is Olympiad ?
2. What is First aid ?
3. What is BMI ?
4. What deficiency is caused by vitamin - D ?
5. Expand ABC.

II. Answer **ANY TWO** questions : (Short answer).

2×1=2

1. What is RICE ?
2. Define Sports Psychology.
3. What is Sports diet ?
4. What is Kinesthetic learner ?

III. Answer **ANY TWO** questions : (Brief answer).

2×2=4

1. How many types of training methods ? Give examples.
2. What is Pranayama ?
3. Write the various teaching methods.
4. Explain about Muscular system.

[4]

IV. Answer ANY ONE question : (Long answer).

1×4=4

1. Neatly draw the single knock out fixture by 11 teams.
 2. Draw the football field with standard dimensions.
 3. List the differences between ancient and modern olympic games.
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