

सामान्य अनुदेश :

1. परीक्षार्थी प्रश्न-पत्र के पहले पृष्ठ पर अपना अनुक्रमांक अवश्य लिखें।
2. कृपया प्रश्न-पत्र को जाँच लें कि प्रश्न-पत्र के कुल पृष्ठों तथा प्रश्नों की उतनी ही संख्या है जितनी प्रथम पृष्ठ के सबसे ऊपर छपी है। इस बात की जाँच भी कर लें कि प्रश्न क्रमिक रूप में हैं।
3. वस्तुनिष्ठ प्रश्नों 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 लिखिए।
4. उत्तर-पुस्तिका में पहचान-चिह्न बनाने अथवा निर्दिष्ट स्थानों के अतिरिक्त कहीं भी अनुक्रमांक लिखने पर परीक्षार्थी को अयोग्य ठहराया जायेगा।
5. अपनी उत्तर-पुस्तिका पर प्रश्न-पत्र की कोड संख्या 71/SS/373 - **A** लिखें।
6. (क) प्रश्न - पत्र केवल हिंदी/अंग्रेजी माध्यम में है। फिर भी, यदि आप चाहें तो नीचे दी गई किसी एक भाषा में उत्तर दे सकते हैं : अंग्रेजी, हिंदी, उर्दू, पंजाबी, बाँगला, तमिल, मलयालम, कन्नड़, तेलुगु, मराठी, उड़िया, गुजराती, कोंकणी, मणिपुरी, असमिया, नेपाली, कश्मीरी, संस्कृत और सिंधी।
कृपया उत्तर-पुस्तिका में दिए गए बॉक्स में लिखें कि आप किस भाषा में उत्तर लिख रहे हैं।
(ख) यदि आप हिंदी एवं अंग्रेजी के अतिरिक्त किसी अन्य भाषा में उत्तर लिखते हैं तो प्रश्न को समझने में होने वाली त्रुटियों / गलतियों की जिम्मेदारी केवल आपकी होगी।
7. परीक्षार्थी को परीक्षा हॉल में कैल्कुलेटर, मोबाइल फोन, ब्लूटूथ, इयरफोन जैसे किसी भी इलेक्ट्रॉनिक उपकरण को ले जाने की अनुमति नहीं है।

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

1

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

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

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

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

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

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

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

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

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

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

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

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

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

SECTION - B

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

(2x10=20)

16. Yoga originated in the _____ period. 2
17. Seeding is done before tournament begins. (True/False)
 OR
 Strength endurance means performing resistance for _____ duration. 1x2
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.
 OR
 In knock-out tournament team is eliminated after _____ loss. 1x2
23. First aid is the _____ help given to injured person. 1x2
24. Pranayama means control of _____. 1x2
25. Kapalbhāti is a type of _____. 1x2

SECTION - C

Very Short Answer Questions

(2x8=16)

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

29. Define balanced diet.

2

30. Define strength.
OR
Define endurance.

2

31. Differentiate between aerobic and anaerobic exercise.

32. Define flexibility.
OR
Define reaction ability.

2

2

33. What is knock-out tournament ?

(3x)

SECTION - D
Short Answer Type Questions

34. Explain moral values in sports.

35. Benefits of School Health Programme.
OR
Components of School Health Programme.

36. Explain Shatkarma.
OR
Explain any two Shatkarma practices.

(5x2)

SECTION - E
Long Answer Type Questions

37. Explain psychological aspects of physical education.
OR
Describe components of mental health.

38. Explain Mudra and Bandha.
OR
Importance of Mudra and Bandha.

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