SEMESTER 2 EXAMINATION PHYSICAL EDUCATION PAPER 1 (THEORY)

Maximum Marks: 35 Time allowed: One and a half hours Candidates are allowed an additional 10 minutes for only reading the paper. They must NOT start writing during this time. Answer all questions in Section A and Section B. Attempt all questions on any two games in Section C. The intended marks for questions or parts of questions are given in brackets.[] SECTION A - 7 MARKS **Question 1** Write the full form of WADA. [1] (i) Which type of injury is usually the result of an encounter with a sharp object, [1] (ii) such as a knife or a razor blade? What are the diseases transmitted through direct contact with an infected [1] (iii) individual or indirectly transmitted through a vector, called? is the exaggeration or an increase in the amount of normal [1] (iv) convexity of the thoracic region of the spine. _ is a piece of medical equipment used to prevent an injured [1] (\mathbf{v}) body part from moving and to protect it from any further damage. This paper consists of 6 printed pages. Turn over 1222-2-875A

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(vi)	Which of the following is NOT the principle of Health Education?		[1]
	(a) Interest		
	(b) Participation		
	(c) Motivation		
	(d) Agility		
(vii)	Which of the follow	ing is NOT a cause of Disability?	[1]
	(a) Wars		
	(b) Accidents		
	(c) Academics		
	(d) Dangerous W	orking Conditions	
:		SECTION B – 8 MARKS	
Answ	er the following que	stions briefly.	
Ques	ion 2	4 Challe	[2]
Write	a note on Occupation	al Health Hazards.	
Ques	ion 3		[2]
Why	lo some people use dr	ugs? Give any two reasons.	
Ques	ion 4		[2]
	n the term <i>Dislocatio</i>	\dot{n} ,	
Бири			
Ques	ion 5		[2]
		measures against Soft Tissue Injuries.	
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SECTION C - 20 MARKS

Attempt all questions on any two games from this section.

FOOTBALL

Question 6

- (i) Mention any four situations when, during the game, a red card is shown to a player.

 (ii) Stote the difference between 11 11.
- (ii) State the difference between added time and extra time. [4]
- (iii) What will be the referee's decision, when a player denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball in the penalty area.
- (iv) A player indulges in misconduct even after receiving a yellow card. What will be the decision of the referee?

CRICKET

Question 7

- (i) Mention any four conditions when the ball is considered as dead ball by the umpire. [4]
- (ii) Draw a well labelled diagram of a cricket pitch with all specifications and dimensions. [4]
- (iii) What will be the decision of the umpire, when the ball touches a fielder's helmet kept behind the wicket keeper during the game?
- (iv) In a cricket match, a wicket falls, and the next batsman does not reach the crease in time. What will be the decision of the umpire?

HOCKEY

[4]

[4]

[1]

[1]

Question 8 (i) Explain forehand pass. (ii) State any four responsibilities of an Umpire in a game of Hockey. (iii) A player behaves unsportingly and argues with the umpire. What will be the decision of the umpire? (iv) What will be the decision of the umpire if a player obstructs his/her opponent

BASKETBALL

Question 9

player from playing the ball?

(i) State any four duties of a Scorer. [4]
(ii) Draw a neat diagram of a Basketball court, with all dimensions. [4]
(iii) In a basketball match, two opponents commit personal fouls against each other, at the same time. What will be the decision of the referee?
(iv) What decision will be taken by the referee if during the game, a player does a double dribble?

VOLLEYBALL

Question 10

(i) Explain any four types of services in Volleyball. [4]
(ii) Answer the following questions:
(a) What are side bands? [2]
(b) What is meant by screening? [2]

(iii) What will be the decision of the referee if a server serves the ball at the 6th [1] second after the first referee whistles for service? During a volleyball match, a player hits the ball, and it lands on the line. What [1] will be the decision of the referee? **TENNIS Question 11** (i) Explain forehand shot. [4] State any four instances when a player loses a point during the game. (ii) [4] (iii) What happens if the ball touches the net during the serve but lands in the [1] correct service area? What will be the decision of the umpire, if a ball touches a player's racket two (iv) [1] times, consecutively? **Question 12** (i) Mention any four faults a player might commit during the game. [4] (ii) Draw a neat diagram of a shuttle with all specifications. [4] (iii) According to the rules of the game, what happens when a shuttle hits the body [1] of a player during a rally or a service? (iv) What will be the decision of the umpire if, during the game, the server serves [1] before the receiver is ready?

SWIMMING

Question 13

(i) List the equipment required for a swimming event. [4]
(ii) Discuss the basic strokes in swimming. [4]
(iii) In a swimming event, a swimmer tries to obstruct the path of another swimmer by swimming into his/her lane. What will be the decision of the judge?
(iv) What will be the decision of the judge if a swimmer does an incorrect stroke in a swimming competition?

ATHLETICS

Question 14

(i) What is high jump? Name the different techniques of high jump. [4]
(ii) What is meant by stagger distance? For a 400 m track race, state the stagger distance for each lane of a standard track.
(iii) What will be the decision of the judge when an athlete steps out of the throwing circle while attempting a throw in a discus event group?
(iv) What will be the decision of the judge if an athlete false starts in a 100m track event?