

# **PHYSICAL EDUCATION**

## **CODE NO 048**

**TIME ALLOWED: 3 HOURS**

**M.MARKS:70**

### **General Instructions:**

- (i) All questions are compulsory.
- (ii) Question paper carries A and B two parts.
- (iii) Answers to questions carrying 1 marks should be in approximately 30 words.
- (iv) Answers to questions carrying 2 marks should be approximately 60 words.
- (v) Answers to questions carrying 3 marks should be approximately 100 words.
- (vi) Answers to questions carrying 5 marks should be in approximately 150-200 words.

### **PART A**

- 1. Differentiate between Aerobic and Anaerobic activities. (1)
- 2. What do you understand by Seeding? (1)
- 3. Distinguish between hostile and favourable spectators. (1)
- 4. What is correct posture? (1)
- 5. What is pranayama? (1)
- 6. What are proteins? (1)
- 7. Define Cardiovascular endurance. (1)
- 8. What is ethics in Sports? (1)
  
- 9. What are the components of Physical fitness? (2)
- 10. Wlucidate the role of individual in improvement of Sports environment. (2)  
11. Briefly explain the advantages of “Farrtlek training”. (2)
- 12. Explain goal setting as a technique of motivation, in brief. (2)
- 13. Briefly explain Asanas. (2)
- 14. Explain the meaning and importance of Wellness. (3)
- 15. Why is balanced diet important for a sportsperson? (3)
- 16. “Yoga can play a significant role in Sports”. Justify. (3)
- 17. What is the meaning and importance of Sports Psychology?(3)

18. What are fats? Write a detailed note on its types. Also mention its importance in the proper functioning of the body. (1+2+2)
19. Staying healthy and active is in direct proportion to the good or bad posture one adopts. Comment. (5)
20. What is a league tournament? Draw a fixture for six teams using round robin method. (5)
21. What do you mean by specific sports programmes? Explain any three. (5)

## PART B

Answers the questions from any one game/sports of your choice only.

22. Name 5 important tournaments in any sport/game of your choice. (2)
23. Mention two latest changes in technical rules of any game/sport of your choice. (2)
24. Write three fundamental skills of any game/sport of your choice. (3)
25. Mention three common sports injuries and their prevention. (3)
26. Illustrate a field/court/table in any one game/sport of your choice with specific reference to measurements and specifications. (5)
27. List down the national sports awards and explain Arjuna Award in detail. (2+3)

(OR)

What is the importance of SGFI? Write about its organizational set up. (2+3)

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