

Roll No.....

Total No. of Questions: 30]

[Total No. of Printed Pages: 7

# XIAPBAJKL23 10140-B PHYSICAL EDUCATION

Time: 2½ Hours]

[Maximum Marks: 70

#### Section-A

(Multiple Choice Questions)

1 each

- Psychology is the scientific investigation of :
  - (A) Motivation
  - (B) Achievement
  - (C) Behaviour
  - (D) None of these

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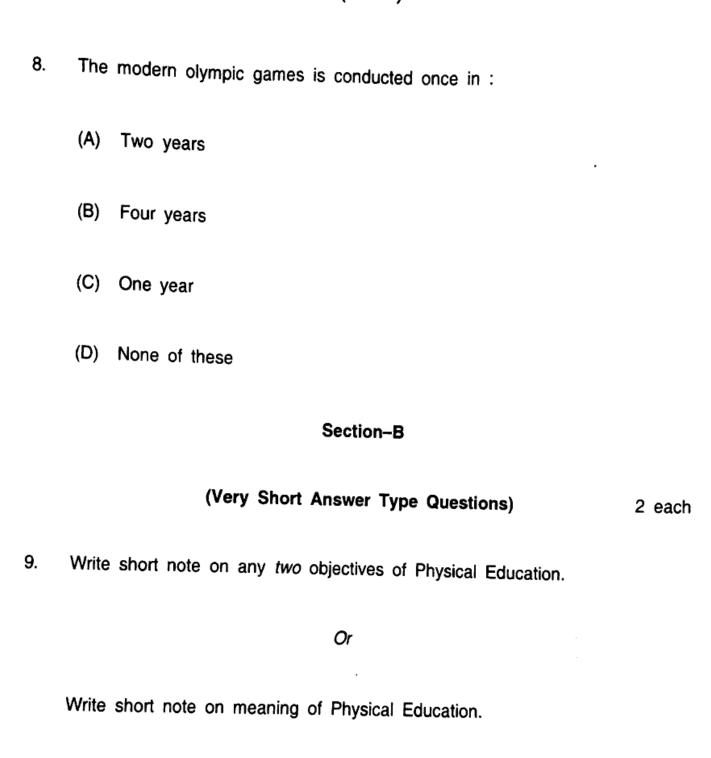
Turn Over

2.	Wha	at is the abbreviation of National Institute of Sports?
	(A)	N.S.S.
	(B)	N.I.S.
	(C)	N.S.I.
	(D)	None of these
3.	The	height of Badminton net at the centre :
	(A)	5 feet 1 inch
	(B)	5 feet
	(C)	5 feet 6 inch
	(D)	None of these
4.	Arch	nery in India can be traced back in the :
	(A)	Smriti period
	(B)	Modern period
	(C)	Vedic period
	(D)	None of these

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5. Dro	nacharya award was introduced in the year:	
( <b>A</b> )	1961	
(B)	1991	
(C)	1985	
(D)	None of these	
6. 15th	August is a red letter day in the history of :	
(A)	India	
(B)	Japan	
(C)	England	
(D)	None of these	
7. Who	says, "Keep alive the flame of revived olympic spirit"?	
(A)	Korovas	
(B)	God Zeus	
(C)	Baron Perie-De-Cou Bertin	
(D)	None of these	
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11. Explain the term protective food.

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## V-40-B

10.

Define voluntary or striped muscles with the help of diagram.

- 12. Draw a neat and clean diagram of Heart.
- 13. Write a short note on Prevention and Rehabilitation of Dislocation.
- 14. Write a short note on how drug addiction begins in Teenage.
- 15. Define Late Kho and changing of direction in Kho-Kho.
- 16. Define the terms caffeine and growth hormones.
- 17. Write a short note on Arjuna award.
- 18. Write a short note on Olympic Flag.

#### Section-C

(Short Answer Type Questions)

3 each

19. Write down the introduction of Heart.

Or

Write down the effects of exercises on circulatory system.

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20.	Write down any three definitions of motivation.		
21.	Define the following terms :		
	(i) Physiotherapist		
	(ii) Dietician		
	(iii) Coach		
22.	Write down the meaning of achievement.		
23.	Explain the role of parents in making the career of thier children.		
24.	Write down any six rules and regulation of Badminton.		
25.	Write short note on Maulana Abul Kalam Azad Trophy.		
26.	Write down the adverse effects of Alcohol on Sportsperson.		
27.	What is the difference between Ancient Olympic and Modern Olympic		
	Games ?		
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#### Section-D

#### (Long Answer Type Questions)

5 each

28. Define Fracture. Explain all types of fracture in detail.

Or

Define Strain. Explain all types of strain in detail.

29. Explain the misconceptions about physical education in detail.

Or

Explain the importances of Physical education in detail.

30. Explain the effects of Balanced diet on the functioning of body.

Or

Define Obesity. Explain the causes of obesity in detail.

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