

Roll No.....

Total No. of Questions: 30]

[Total No. of Printed Pages: 7

## XIAPBASZJD22 7742–C PHYSICAL EDUCATION

Time: 3 Hours]

[Maximum Marks: 70

Section-A

(Multiple Choice Questions)

1 each

- 1. The word 'ALTIUS' means :
  - (A) Higher
  - (B) Swifter
  - (C) Stronger
  - (D) None of these

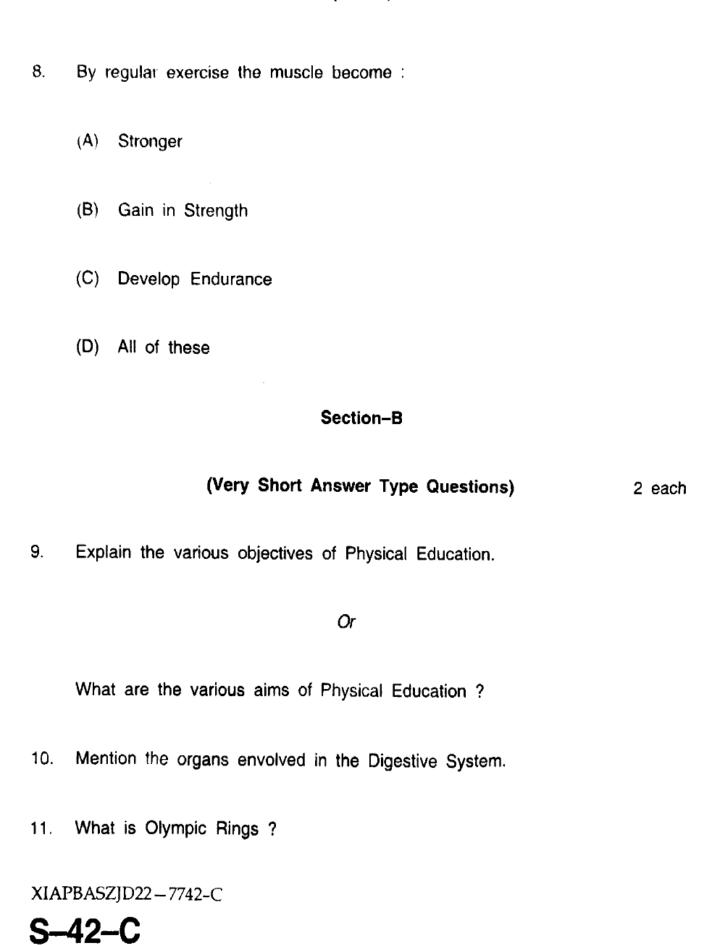
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2.	Fats	are made up of elements :
	(A)	Carbon
	(B)	Hydrogen
	(C)	Oxygen
	(D)	All of these
3.	Whi	ch city of Andhra Pradesh hosted first Kho-Kho National Championship
	for i	men ?
•	(A)	Hyderabad
	(B)	Sikandrabad
	(C)	Vijayawada
	(D)	None of these
4.	At v	vhat distance penalty is taken in Handball ?
	(A)	4 m
	(B)	7 m
	(C)	6 m
	(D)	8 m
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5.	Wha	at is the length of Hockey Ground ?	
	(A)	120 Yards	
	(B)	80 Yards	
	(C)	90 Yards	
	(D)	None of these	
6.	In w	which year ancient Olympic Games were started ?	
	(A)	876 B.C.	
	(B)	776 B.C.	
	(C)	976 B.C.	
	(D)	None of these	
7.	Arju	na Award was introduced in the year :	
	(A)	1956	•
	(B)	1956 1985	
	(C)	1961	
	(D)	None of these	
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Write any two forms of Drugs used in Sports. 12. Define Balanced Diet. 13. What is Penalty Stroke in Hockey? 14. Write down any four fundamental skills of Kho-Kho. 15. Write the harmful effect of Smoking. 16. Name the various systems of Human Body. 17. What is the difference between Dislocation and Fracture ? 18. Section-C (Short Answer Type Questions) 3 each The Same What is the need of Psychology in the field of Physical Education ? 19. Or.

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What is Sports Psychology ? Define it.

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- 20. Explain any three components of Balanced Diet.
- 21. What qualification is required in Physical Profession?
- 22. Write down the two sports National Awards in detail.
- 23. Explain Sprain and Strain.
- 24. Give a brief details of History of Badminton.
- 25. Give the history and origin of Olympic Game.
- 26. Discuss the Digestive System briefly.
- Explain the concept of Health Education.

## Section-D

## (Long Answer Type Questions)

5 each

28. Define Motivation. What are the various methods of motivation in sports?

Or

Define Sports Psychology. How does sports psychology help the Coaches?

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## S-42-C

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29. Explain in detail the avenues available in the field of Physical Education.

Or

What are the various career options in Physical Education ?

30. Describe the need and importance of Physical Education in present era.

Or

Define Physical Education. Why physical education is necessary in school?

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