

SAMPLE QUESTION PAPER - 1
PHYSICAL EDUCATION (048)
SESSION (2022-23)

TIME ALLOWED: 3 HRS

MAX. MARKS: 70

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 5 sections and 37 Questions.
- 2) Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 3) Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
- 4) Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
- 5) Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
- 6) Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

Section A

1. Identify the asana:

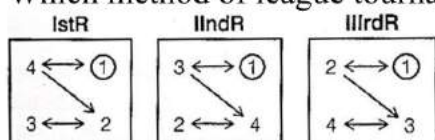
[1]



- | | |
|----------------|--------------------|
| a) Ushtrasana | b) Matsayasana |
| c) Dhanurasana | d) Pachimottansana |

2. Which method of league tournament is shown below?

[1]



- | | |
|------------------|----------------------|
| a) Cyclic method | b) Staircase method |
| c) None of these | d) Rand Robin method |

3. Which of the following is not a strategy to make physical activities accessible to children with special needs?

[1]

- | | |
|-------------------------|--------------------------------|
| a) Assistive technology | b) Creating special classrooms |
| c) Inclusive classrooms | d) Modified Equipments |

9. What is name of the Coordination Test in Khelo India Fitness Assessment Battery of Tests? [1]

- a) Plate Typing Test b) Plate Hitting Test
c) Plate Tripping Test d) Plate Tapping Test

10. Matching the following: [1]

(i) Abrasion	(a) Joint injuries
(ii) Green stick fractures	(b) Soft tissue injuries
(iii) Shoulder Dislocation	(c) Cause of sports injuries
(iv) Lack of fitness	(d) Bone injuries

- a) (i) - (b), (ii) - (a), (iii) - (c), (iv) - (d) b) (i) - (d), (ii) - (a), (iii) - (c), (iv) - (b)
c) (i) - (a), (ii) - (d), (iii) - (b), (iv) - (c) d) (i) - (b), (ii) - (d), (iii) - (a), (iv) - (c)

11. The intention to cause mental or physical harm to a person is called _____ in sports. [1]

- a) aggression b) support
c) attitude d) strength

12. When the body is working so hard that the demand for oxygen and fuel exceeds the rate of supply and the muscles have to rely on the stored reserves of fuel is _____ endurance. [1]

- a) Aerobic b) Strength
c) Speed d) Anaerobic

13. One of the best examples of the third law of motion in sports is _____. [1]

- a) Swimming b) Carrom
c) Sitting d) Chess

14. Asanas that can help us to control Asthma is _____. [1]

- a) Sukhasana b) Vajrasana
c) Pawanpuktasana d) Trikonasana

15. Match the following [1]

(a) first bye	(i) first team of upper half
(b) second bye	(ii) first team of lower half
(c) third bye	(iii) last team of lower half

(d) fourth bye	(iv) last team of upper half
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a) (a) - (iii), (b) - (i), (c) - (iv), (d) - (ii) b) (a) - (i), (b) - (iii), (c) - (ii), (d) - (iv)

c) (a) - (iii), (b) - (i), (c) - (ii), (d) - (iv) d) (a) - (iii), (b) - (ii), (c) - (i), (d) - (iv)

16. For the successful organization of the sports meet, committees are formed under three heads. Which of the following is NOT one of them? [1]

a) Post-meet committee b) Pre-meet committee
c) During-meet committee d) First-meet committee

17. Match the following [1]

(a) BMR height for women	(i) 9.247
(b) BMR height for men	(ii) 13.397
(c) BMR weight for men	(iii) 4.799
(d) BMR weight for women	(iv) 3.098

a) (a) - (iv), (b) - (iii), (c) - (i), (d) - (ii) b) (a) - (iii), (b) - (iv), (c) - (ii), (d) - (i)

c) (a) - (iv), (b) - (ii), (c) - (iii), (d) - (i) d) (a) - (iv), (b) - (iii), (c) - (ii), (d) - (i)

18. Vitamin makes _____ strong. [1]

a) Muscles b) Lungs
c) Bones d) Heart

Section B

Attempt any 5 questions

19. How did the invention of compass inspire the sailors? [2]
20. What do you understand by physical activity? [2]
21. What is a balanced diet? [2]
22. What is the purpose of conducting chair stand test? [2]
23. Write any one advantage of physical activity. [2]
24. Mention any five benefits of Parvatasana. [2]

Section C

Attempt any 5 questions

25. What is the staircase method of a league tournament? [3]

26. Write the signs & symptoms and treatment of dislocation. [3]
27. Enumerate the laws of motion. [3]
28. Discuss the causes of fracture. [3]
29. What is dynamic stretching method? [3]
30. A teacher ma preschool noticed that a child is not singing along with other children. She is not responding even when her name is called. Then the teacher asked the child to stand next to her and repeat the rhyme along with her, while she prompted her. With effort, the child was able to sing like other children of her age. [3]
 - i. What do you think the child is suffering from?
 - ii. What values are shown by the teacher?
 - iii. What type of school/classroom is it?

Section D

31. **Read the text carefully and answer the questions:** [4]

Sita got admission in class IX in a reputed school. School is taking all the children on a picnic to Ramoji Film City. Sita suffered from a severe stomach ache on her journey. Immediately the class teacher consulted a Doctor who diagnosed the problem and told her that Sita had difficulty digesting a particular food. This can lead to symptoms such as intestinal gas, abdominal pain or diarrhoea. It is sometimes confused with or mislabelled as a food allergy.



- (i) Food intolerance can cause _____.
- (ii) What is the normal BMI for men?
- (iii) Excess intake of Iron and Magnesium causes _____.
- (iv) What is the good source of calcium?

OR

A balanced diet is a complete diet when it contains an adequate amount of:

32. **Read the text carefully and answer the questions:** [4]

In equestrian sports when the horse comes to rest then the rider bends forward to avoid falling.



- (i) Rider's bending forward can be related to which Law of Newton?
- (ii) What does the second law of motion state?
- (iii) A basketball taking a parabolic path is an example of _____.
- (iv) Friction can be increased by _____.

OR

Our hamstrings are made up of _____ muscles.

33. **Read the text carefully and answer the questions:**

[4]

Study the figure given below:



- (i) The term used to define this deformity is _____.
- (ii) The asana/s which helps in rectifying such condition/s/is/are _____.
- (iii) This deformity is also known by which name?
- (iv) Scoliosis is associated with which of the following parts of the body?

Section E

Attempt any 3 questions

34. What does Plate Tapping Test measure? How it is performed? [5]
35. What do you mean by diabetes? Discuss the procedure, benefits and contraindications of Bhujangasana. [5]
36. What are the types of personality and explain in detail the role of sports in personality development? [5]
37. Differentiate between 1 : 1 and 1 : 2 ratio interval training with suitable examples. [5]



SOLUTION

Section A

1. (a) Ushtrasana

Explanation: Ushtrasana

2. (a) Cyclic method

Explanation: Cyclic method

3. (b) Creating special classrooms

Explanation: CWSN should be treated equally so that they don't feel low esteem before others. Hence, they require inclusive classrooms not separate.

4. (c) Vitamin A

Explanation: Vitamin A is beneficial for the eyes and skin.

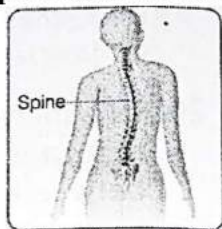
5. (b) Both A and R are true but R is not the correct explanation of A.

Explanation: Both A and R are true but R is not the correct explanation of A.

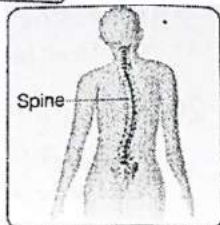
6. (b) Both A and R are true but R is not the correct explanation of A.

Explanation: Both A and R are true but R is not the correct explanation of A.

7. (d)



Explanation:



8. (a) Both A and R are true and R is the correct explanation of A.

Explanation: Scoliosis is the deformity in which spine take S or C shape due to carrying heavy weight in one side.

9. (d) Plate Tapping Test

Explanation: Plate Tapping Test

10. (d) (i) - (b), (ii) - (d), (iii) - (a), (iv) - (c)

Explanation: (i) - (b), (ii) - (d), (iii) - (a), (iv) - (c)

11. (a) aggression

Explanation: Aggression means destructive behaviour that causes mental or physical harm to a person.

12. (d) Anaerobic

Explanation: Anaerobic endurance develops in lack of oxygen supply.

13. (a) Swimming

Explanation: Swimming is one of the best examples of Newton's 3rd law of motion. We push the water backwards and water pushes us forward.

14. (a) Sukhasana

Explanation: Sukhasana is one of the most effective asana to cure asthma.

15. (c) (a) - (iii), (b) - (i), (c) - (ii), (d) - (iv)

Explanation: (a) - (iii), (b) - (i), (c) - (ii), (d) - (iv)

16. (d) First-meet committee

Explanation: The first-meet committee is not a type of committee formed for organising a meet.

17. (d) (a) - (iv), (b) - (iii), (c) - (ii), (d) - (i)

Explanation: (a) - (iv), (b) - (iii), (c) - (ii), (d) - (i)

18. (c) Bones

Explanation: Vitamins make our bones strong and healthy.

Section B

19. The invention of the compass inspired the sailors to sail in different directions because it helped in locating cardinal directions.

20. **Physical activity** simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous intensity.

21. A Diet that contains a sufficient amount of Proteins, Fats, Carbohydrates, Minerals, Salts, Vitamins, and Water are part of a Balanced Diet.

22. The purpose of conducting chair stand test is to measure lower body strength.

23. It strengthens the heart. The heart is a muscle like other muscles, its performance improves when it's regularly challenged by exercise. The heart responds to exercise by becoming stronger and more efficient.

24. **Benefits of Parvatasana:**

- It helps in enhancing height.
- It reduces the extra fat in the back and waist.
- It is extremely beneficial in the case of asthma.
- It helps in reducing back pain.
- It improves the function of spinal cord.
- It gives relief from tension in shoulder and back.

Section C

25. The Staircase method: In this method, teams have matches just similar to a staircase, e.g., of 6 teams participating.

$$\text{Matches} = \frac{n(n-1)}{2} = \frac{6(6-1)}{2} = 15$$

1-2					
1-3	2-3				
1-4	2-4	3-4			
1-5	2-5	3-5	4-5		
1-6	2-6	3-6	4-6	5-6	

But there are certain drawbacks in this method:

- It does not indicate the number of rounds to be played.
- It is not so easy to fixture concerned round as in case of cyclic and tabular method.

26. **Signs and symptoms:-** A dislocated joint may be:

- Accompanied by numbness or tingling at the joint or beyond it.
- Intensely painful, especially if you try to use the joint or put weight on it.
- Limited in movement.
- Swollen or bruised.

v. Visibly out of place, discoloured, or mix happen.

Treatment of Dislocation:- First-aid:

- i. (Rest Therapy)
 - a. Rest of the injured part
 - b. Elevate if possible
 - c. Support the part
 - d. Tie for support
- ii. (Price therapy)
 - a. P - Protection
 - b. R - Rest
 - c. I - Ice
 - d. C - Compression wound
 - e. E - elevate if feel comfort

Prevention of Dislocation of Joints:-

- i. An adequate warm-up should be performed prior to any physical activity.
 - ii. Proper conditioning should be done in the preparatory period.
 - iii. Stretching exercises should be included in warm-up.
 - iv. Players should be careful and alert during practice and competition.
 - v. Protective equipment should be used as per the requirement of the games/sports.
 - vi. Practice should be discontinued during fatigue.
 - vii. Players should have good anticipation and concentration power.
 - viii. Always obey the rules and regulations.
 - ix. Proper cooling down after physical activities.
27. The three laws of motion formulated by Newton are described below
1. **Law of inertia:** According to this law a body at rest will remain at rest and a body in motion will remain in motion at the same speed and in the same direction unless acted upon by an external force.
 2. **Law of acceleration:** According to this law, A change in motion is directly proportional to the force producing it and inversely proportional to its mass. If two unequal forces are applied to objects of equal mass, the object that has greater force applied will move faster. Conversely, if two equal forces are applied to objects of different masses, the lighter mass will travel at a faster speed.eg. In hammer throw, a thrower who is stronger will throw the hammer farther than a thrower who is less strong.
 3. **Law of reaction:** According to this law 'For every action there is an equal and opposite reaction.'
28. Fracture usually occurs due to a high impact on the bone. It can be caused by overuse. The most common causes of fracture are:
- a. In such sports event where there is a high impact.
 - b. Traumatic, forceful and unnatural movements.
 - c. Prolonged long distance walking or running.
 - d. Sudden fall on hard surface.
 - e. Direct strike or hit with any solid sports equipment.
 - f. Osteoporosis.
29. Dynamic stretching is a technique that many athletes should be accustomed to. This type of stretching can be in the form of leg swing walks or carioca just to name a few.

This is a great way for teens to work on their flexibility in a fun way. It allows them to be active and it can be done with groups and teas. This type of stretching goes for more than two seconds and is done without stopping the movement.

30. i. The child is suffering from any kind of disorder that is mental in nature such as SPD (Sensory Processing Disorder).
ii. The values shown by the teacher are compassion who thinks for all the students, kindness, observant, thoughtfulness and caring attitude for the students.
iii. The type of school/classrooms inclusive because the children with special needs study along with the other children and are not sent to separate schools.

Section D

31. **Read the text carefully and answer the questions:**

Sita got admission in class IX in a reputed school. School is taking all the children on a picnic to Ramoji Film City. Sita suffered from a severe stomach ache on her journey. Immediately the class teacher consulted a Doctor who diagnosed the problem and told her that Sita had difficulty digesting a particular food. This can lead to symptoms such as intestinal gas, abdominal pain or diarrhoea. It is sometimes confused with or mislabelled as a food allergy.



(i) Diarrhea

Food intolerance means the individual elements of certain foods that cannot be properly processed and absorbed by our digestive system. The main cause of food intolerance is the absence of certain enzymes which break down a particular type of food.

(ii) BMI 18.5 - 24.9

BMI is used to measure weight of the body. It is calculated on the basis of height and weight. This method applies to both adult men and women. Once the BMI number is determined, the following table is used for determining whether the person is of normal weight, overweight, underweight or obese.

BMI Weight Status

Below 18.5 → Underweight

18.5-24.9 → Normal

25.0-29.9 → Overweight

30.0 and above → Obese

(iii) Stone in the kidney

The requirement of macro and micro minerals in our body is 0.1 and 0.01 gram of each of these mineral per day respectively. A shortage of minerals can have severe effects on health. Their excess intake may lead to diseases.

(iv) Leafy Vegetables, Paneer, and Milk are the good source of calcium.

OR

A balanced diet contains nutrients in adequate amount.

32. Read the text carefully and answer the questions:

In equestrian sports when the horse comes to rest then the rider bends forward to avoid falling.



- (i) Rider's bending forwards is related to the first Law of Newton.
- (ii) Second Law of Motion states that acceleration depends upon the force applied and the mass of an object.
- (iii) first law of motion
When a basket ball is shot, it takes a parabolic path due to gravity acting on it. As according to first law moving body will continue to move with constant velocity unless acted upon by an external force.
- (iv) dry surface

OR

Hamstrings are made up of **Four** muscles- semitendinosus, semimembranosus, biceps femoris (short head), and biceps femoris (long head).

33. Read the text carefully and answer the questions:

Study the figure given below:



- (i) The term used to this deformity is scoliosis.
- (ii) The asana which helps in rectifying such condition is trikonasana.
- (iii) This deformity is also known as 'C curve'.
- (iv) This deformity is associated with spine.

Section E

- 34.** The plate Tapping Test is used to Test the speed and coordination of limb movement.
How to Perform: If possible, the table height should be adjusted so that the subject is standing comfortably in front of the discs. The two yellow discs are placed with their centers 60 cm apart on the table. The rectangle is placed equidistant between both discs. The non-preferred hand is placed on the rectangle. The subject moves the

preferred hand back and forth between the discs over the hand in the middle as quickly as possible. This action is repeated for 25 full cycles (50 taps).

35.



Diabetes is such a disorder that it causes sugar to build up in our blood stream instead of being used by the cells in the body. Procedure of Bhujangasana: In this asana the shape of the body remains like a snake that is why it is called Bhujangasana. In order to perform this asana, lie down on the belly on the ground. Keep your hands near the shoulders. Keep your legs close together. Now straiten up your arms slowly, raise the chest. Your head should turn backwards. Keep the position for sometime. Then get back to the former position. For good results, perform this asana for 4 to 5 times.

Benefits of Bhujangasana:

- a. It alleviates obesity.
- b. It provides strength and agility.
- c. It cures the disorders of urinary bladder.
- d. It cures the disease of liver.
- e. It improves blood circulation.
- f. It makes the vertebral column flexible and thin.
- g. It cures gas disorders, constipation and indigestion.
- h. It strengthens the muscles of hands.

Contraindications of Bhujangasana:

- a. People suffering from hernia, back injuries, headaches, and recent abdominal surgeries should not perform this asana.
- b. Pregnant women should not perform this asana.

36. Personality is the dynamic organization within the individual of those psycho physical systems which determine his unique adjustment to his environment. Personality is not static but a dynamic concept. It is continuously changing and growing. Children may have identical environment. They may have similar experiences but they react to the same environment in different way.

Types of Personality Introverts:- Introverts are shy, self conscious, quiet, retiring, interested in their own thoughts and feelings, inclined to worry and easily upset.

Extroverts:- Extroverts are social, open, frank, outgoing, eager to do things, adaptable, not easily worried or embarrassed and willing to work with others.

Ambiverts:- In ambiverts both the characteristics of introverts and extroverts are found. In every person mostly both the characteristics are found, though one of them may be predominant. Sports play a very important role in personality development. They improve the following qualities.

- (a) Self concept
- (b) Mental toughness
- (c) Emotional stability
- (d) Quick Decision
- (e) Planning (Points to be explained) Sports and games play an important role in the development of human personality. They are no less important than food and fresh



water. Games and sports help to combat anxiety, depression and stress. Sports train sportsmen to accept defeat gracefully and to move on.

37. Differences between 1 : 1 and 1 : 2 ratio of interval training:

1 : 1 means load and the rest is equal. For example one minute of rest similarly.

1 : 2 Means that the period of rest is double of the load given. For example 2 minute of rest similarly.

When the training in intensive 1 : 1 ratio of load is followed and when the training is extensive interval training the method used is 1 : 2.

Most of the games and sports are based on the principle load and rest again load and rest. The rest period during training work load should not exceed five minutes.

Another example can be of a sprinter:

100 m sprint 100 m walk 1 : 1

100 m sprint 200 m walk 1 : 2