Series : SRP1Q

SET ~ 4

प्रश्न-पत्र कोड
Q.P. Code **75**

रोल नं.

Roll No.

परीक्षार्थी प्रश्न-पत्र कोड को उत्तर-पुस्तिका के मुख-पृष्ठ पर अवश्य लिखें ।
Candidates must write the Q.P. Code on the title page of the answer-book.

नोट/ NOTE :

(I) कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ **23** हैं ।

Please check that this question paper contains **23** printed pages.

(II) प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए प्रश्न-पत्र कोड को परीक्षार्थी उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें ।

Q.P. Code given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.

(III) कृपया जाँच कर लें कि इस प्रश्न-पत्र में **37** प्रश्न हैं ।

Please check that this question paper contains **37** questions.

(IV) **कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, उत्तर-पुस्तिका में यथा स्थान पर प्रश्न का क्रमांक अवश्य लिखें ।**

Please write down the serial number of the question in the answer-book at the given place before attempting it.

(V) इस प्रश्न-पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है । प्रश्न-पत्र का वितरण पूर्वाह्न में 10.15 बजे किया जाएगा । 10.15 बजे से 10.30 बजे तक परीक्षार्थी केवल प्रश्न-पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर-पुस्तिका पर कोई उत्तर नहीं लिखेंगे ।

15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the candidates will read the question paper only and will not write any answer on the answer-book during this period. {}

शारीरिक शिक्षा (सैद्धान्तिक)

PHYSICAL EDUCATION (Theory)

*निर्धारित समय : **3** घण्टे* | *अधिकतम अंक : **70***

*Time allowed : **3** hours* | *Maximum Marks : **70***

सामान्य निर्देश :

(i) *प्रश्न-पत्र में **पाँच** खण्ड और **37** प्रश्न हैं ।*

(ii) ***खण्ड-क** में प्रत्येक **1** अंक वाले **1-18** बहुविकल्पीय प्रश्न हैं । **सभी** प्रश्न अनिवार्य हैं ।*

(iii) ***खण्ड-ख** में **19-24** तक अति लघु-उत्तरीय प्रकार के प्रश्न हैं, जिनमें से **5** प्रश्न करने हैं । प्रत्येक प्रश्न **2** अंक का है और उत्तर **60-90** शब्दों में होना चाहिए ।*

(iv) ***खण्ड-ग** में **25-30** तक लघु-उत्तरीय प्रकार के प्रश्न हैं, जिनमें से **5** प्रश्न करने हैं । प्रत्येक प्रश्न **3** अंक का है और उत्तर **100-150** शब्दों में होना चाहिए ।*

(v) ***खण्ड-घ** में **31-33** प्रकरण अध्ययन प्रश्न हैं । प्रत्येक प्रश्न **4** अंक का है । आंतरिक विकल्प उपलब्ध है ।*

(vi) ***खण्ड-ङ** में **34-37** दीर्घ-उत्तरीय प्रश्न हैं, जिनमें से **3** प्रश्न करने हैं । प्रत्येक प्रश्न **5** अंक का है और उत्तर **200-300** शब्दों से अधिक नहीं होना चाहिए ।*

खण्ड – क

(सभी प्रश्न अनिवार्य हैं ।)

1. निम्नलिखित में से कौन सा, खेल कार्यक्रम की योजना बनाने के बाद का अगला कदम है ? **1**

(A) रिक्तियाँ भरना (स्टाफिंग) (B) निर्देशन

(C) नियंत्रण करना (D) आयोजित करना

2. _____ बच्चों और युवाओं की क्षमताओं और कौशल को खेल के मैदान पर प्रदर्शित करने का एक कार्यक्रम है । **1**

(A) मौज-मस्ती के लिए दौड़

(B) किसी विशिष्ट कारण के लिए दौड़

(C) खेल-दिवस

(D) स्वास्थ्य-दौड़

3. सुधारात्मक व्यायाम _____ की सलाह और देखरेख में किया जाना चाहिए । **1**

(A) चिकित्सकों या शारीरिक शिक्षा शिक्षकों

(B) शारीरिक शिक्षा शिक्षकों या भौतिक चिकित्सकों

(C) शारीरिक शिक्षा शिक्षकों या कोचों

(D) चिकित्सकों या भौतिक चिकित्सकों

General Instructions :

(i) *The question paper consists of **5** sections and **37** questions.*

(ii) ***Section-A** consists of questions **1-18** carrying **1** mark each and are multiple choice questions. **All** questions are compulsory.*

(iii) ***Section-B** consists of questions **19-24** carrying **2** marks each and are Very Short Answer Type and their answer should not exceed **60-90** words. Attempt any **5**.*

(iv) ***Section-C** consists of questions **25-30** carrying **3** marks each and are Short Answer Type and their answer should not exceed **100-150** words. Attempt any **5**.*

(v) ***Section-D** consists of questions **31-33** carrying **4** marks each and are case studies. There is an internal choice available.*

(vi) ***Section-E** consists of questions **34-37** carrying **5** marks each and are Long Answer types and their answer should not exceed **200-300** words. Attempt any **3**.*

SECTION – A

(All Questions are compulsory.)

1. Which of the following is the next step after planning the sports event ? **1**

(A) Staffing (B) Directing

(C) Controlling (D) Organising

2. _____ is an event to showcase children and youth's abilities and prowess on the sports field. **1**

(A) Run for Fun (B) Run for a specific cause

(C) Sports Day (D) Health Run

3. Corrective exercises should be done under a _____ advice and supervision. **1**

(A) Physician's or Physical Education teacher's

(B) Physical Education teachers' or Physiotherapists'

(C) Physical Education Teacher's or Coaches

(D) Physician's or Physiotherapist's

4. निम्नलिखित में से कौन से आसन "कायफोसिस" को ठीक करने के लिए किए जाते हैं ? **1**

(A) चक्रासन, त्रिकोणासन, अधोमुखासन

(B) धनुरासन, भुजंगासन, हलासन

(C) भुजंगासन, त्रिकोणासन, चक्रासन

(D) धनुरासन, चक्रासन, भुजंगासन

5. गगन स्वयं को अस्थमा और उच्च-रक्तचाप से बचाना चाहता है । उसे इन जीवनशैली सम्बन्धित बीमारियों से बचाने के आसनों की पहचान कीजिए । **1**

(A) उत्तान मंडूकासन, वक्रासन

(B) सुप्त वज्रासन, वक्रासन

(C) चक्रासन, उत्तान मंडूकासन

(D) वक्रासन, चक्रासन

6. आसन को पहिचानिये : **1**



(A) अर्ध मत्स्येन्द्रासन

(B) धनुरासन

(C) उत्तान मंडूकासन

(D) योगमुद्रा

(केवल दृष्टिबाधित परीक्षार्थियों के लिए)

निम्नलिखित में से कौन सी स्थिति योग मुद्रा से संबंधित है ?

(A) पद्मासन में बैठें, कलाइयों को सिर के ऊपर पकड़ें, आगे झुकें और माथे से फर्श को स्पर्श करें

(B) पद्मासन में बैठें, कलाइयों को पीठ के पीछे पकड़ें, आगे झुकें और माथे से फर्श को स्पर्श करें

(C) वज्रासन में बैठें, कलाइयों को पीठ के पीछे पकड़ें, आगे झुकें और माथे से फर्श को स्पर्श करें

(D) वज्रासन में बैठें, कलाइयों को सिर के ऊपर पकड़ें, आगे झुकें और माथे से फर्श को स्पर्श करें

4. Which of the following asanas are practised to correct "Kyphosis" ? **1**

(A) Chakrasan, Trikonasana, Adhomukhasana

(B) Dhanurasana, Bhujangasana, Halasana

(C) Bhujangasana, Trikonasan, Chakrasana

(D) Dhanurasana, Chakrasana, Bhujangasana

5. Gagan wants to prevent himself from asthma and hypertension. Identify the asanas to prevent him from these life style diseases. **1**

(A) Uttan Mandukasana, Vakrasana

(B) Supta Vajarasana, Vakrasana

(C) Chakrasana, Uttan Mandukasana

(D) Vakrasana, Chakrasan

6. Identify the asana : **1**



(A) Ardh Matsyendrasana (B) Dhanurasana

(C) Uttan Mandukasana (D) Yogmudra

(For Visually Impaired Candidates Only)

Which one of the following positions is related to Yog Mudra ?

(A) Sit in Padmasana, clasp wrists over the head, bend forward and touch the forehead to the floor

(B) Sit in Padmasana, clasp wrists behind the back, bend forward and touch the forehead to the floor

(C) Sit in Vajrasana, clasp wrists behind the back, bend forward and touch the forehead to the floor

(D) Sit in Vajrasana, clasp wrists over the head, bend forward and touch the forehead to the floor

7. 1948 के लंदन ओलंपिक में दिव्यांग व्यक्तियों के लिए गटमैन द्वारा निम्नलिखित में से कौन सी प्रतियोगिता आयोजित की गई थी ? **1**

(A) दौड़ प्रतियोगिता
(B) तैराकी प्रतियोगिता
(C) व्हीलचेयर प्रतियोगिता
(D) साइकिल प्रतियोगिता

8. शपथ: "मुझे जीतने दो । लेकिन अगर मैं नहीं जीत सका, तो मुझे प्रयास में बहादुर बनने दो" निम्नलिखित में से किस खेल से संबंधित है ? **1**

(A) विशेष ओलंपिक
(B) पैरालिंपिक
(C) डेफलिंपिक
(D) ग्रीष्म ओलंपिक

9. नीचे सूची-I में खाद्य समूह तथा सूची-II में उनके कार्य दिए गए हैं : **1**

सूची-I (खाद्य समूह)		**सूची-II (कार्य)**
(a) प्रोटीन	(i)	ये ऊर्जा के मुख्य स्रोत हैं ।
(b) कार्बोहाइड्रेट	(ii)	यह ऊर्जा का नगण्य स्रोत है ।
(c) वसा	(iii)	शरीर की कोशिकाओं की मरम्मत करता है ।
(d) रुक्षांश (रफेज)	(iv)	यह वसा में घुलनशील विटामिनों के परिवहन में मदद करता है ।

सूची-I की मदों का सूची-II से मिलान कीजिये तथा निम्नलिखित में से सही विकल्प का चुनाव कीजिये :

	(a)	(b)	(c)	(d)
(A)	(i)	(ii)	(iii)	(iv)
(B)	(iv)	(iii)	(i)	(ii)
(C)	(iii)	(iv)	(i)	(ii)
(D)	(iii)	(i)	(iv)	(ii)

10. बेसल मेटाबॉलिक दर (BMR) के बारे में निम्नलिखित में से कौन सा कथन सही है ? **1**

(A) व्यायाम के दौरान ऊर्जा के स्तर को बनाए रखने के लिए आवश्यक कैलोरी की संख्या है ।
(B) यह शरीर को गति में बनाए रखने के लिए आवश्यक कैलोरी की संख्या है ।
(C) यह शरीर के कार्य को उच्च गति पर बनाए रखने के लिए आवश्यक कैलोरी की संख्या है ।
(D) आराम की स्थिति में शरीर की कार्यप्रणाली को बनाए रखने के लिए आवश्यक कैलोरी की संख्या है ।

7. Which of the following competition was organised by Guttmann at the 1948 London Olympics for disabled persons ? **1**

(A) Running competition (B) Swimming competition

(C) Wheelchair competition (D) Bicycle competition

8. The Oath: "Let me win. But if I cannot win, let me be brave in the attempt" is related to which of the following games ? **1**

(A) Special Olympics (B) Paralympics

(C) Deaflympics (D) Summer Olympics

9. Given below are the food groups in List-I with their functions in List-II. **1**

List-I (Food Group)		**List-II (Functions)**	
(a)	Protein	(i)	These are the main sources of energy
(b)	Carbohydrates	(ii)	It is a negligible source of energy
(c)	Fats	(iii)	Repair body cells
(d)	Roughage	(iv)	It helps in transporting fat-soluble vitamins

Match the items of List-I with List-II and choose the correct option from the following :

	(a)	(b)	(c)	(d)
(A)	(i)	(ii)	(iii)	(iv)
(B)	(iv)	(iii)	(i)	(ii)
(C)	(iii)	(iv)	(i)	(ii)
(D)	(iii)	(i)	(iv)	(ii)

10. Which of the following statement is correct regarding the Basal metabolic rate ? **1**

(A) It is the number of calories needed to maintain energy level during exercise.

(B) It is the number of calories needed to maintain the body at movement.

(C) It is the number of calories needed to maintain body function at high speed.

(D) It is the number of calories needed to maintain body function at rest.

11. निम्नलिखित में से कौन सा श्वसन तंत्र पर व्यायाम का दीर्घकालिक प्रभाव है ? **1**

(A) अवशिष्ट आयतन बढ़ता है ।

(B) श्वसन दर बढ़ती है ।

(C) आघात आयतन बढ़ता है ।

(D) गैस के आदान–प्रदान की दर बढ़ती है ।

12. नीचे दो कथन दिए गए हैं, जिनमें से एक को अभिकथन (A) और दूसरे को कारण (R) के रूप में अंकित किया गया है । दोनों कथनों को ध्यानपूर्वक पढ़ें : **1**

अभिकथन (A) : जब कोई वस्तु या पिंड स्थिर वेग से चलायमान हो तथा उसकी गति या दिशा में कोई परिवर्तन न हो, तो वह गतिशील संतुलन होता है ।

कारण (R) : गतिमान साइकिल चालक या ट्रेक पर दौड़ते समय धावक द्वारा बनाई गई शरीर की स्थिति, गतिशील संतुलन के उदाहरण हैं ।

उपर्युक्त दो कथनों के संदर्भ में, निम्नलिखित में से कौन सा सही है ?

(A) अभिकथन (A) और कारण (R) दोनों सत्य हैं और कारण (R) अभिकथन (A) की सही व्याख्या है ।

(B) अभिकथन (A) और कारण (R) दोनों सत्य हैं, लेकिन कारण (R) अभिकथन (A) की सही व्याख्या नहीं है ।

(C) अभिकथन (A) सत्य है, परन्तु कारण (R) असत्य है ।

(D) अभिकथन (A) असत्य है, परन्तु कारण (R) सत्य है ।

13. नीचे सूची-I में घर्षण के उदाहरण दर्शाए गए हैं तथा सूची-II में उनसे संबंधित घर्षण के प्रकार दिए गए हैं : **1**

सूची-I **घर्षण के उदाहरण**		**सूची-II** **घर्षण के प्रकार**	
(a)	कुर्सी को धक्का देना	(i)	फिसलने वाला घर्षण
(b)	समुद्री लहरें	(ii)	रोलिंग घर्षण
(c)	भारी (स्थिर) वस्तु को हिलाना	(iii)	द्रव घर्षण
(d)	स्केटिंग	(iv)	स्थैतिक घर्षण

निम्नलिखित विकल्पों में से कौन सा विकल्प सूची-I की मदों का सूची-II की मदों से सही ढंग से मिलान करता है ?

	(a)	(b)	(c)	(d)
(A)	(i)	(iii)	(ii)	(iv)
(B)	(iv)	(ii)	(i)	(iii)
(C)	(i)	(iii)	(iv)	(ii)
(D)	(ii)	(i)	(iv)	(iii)

11. Which of the following is the long-term effect of exercise on the respiratory system ? **1**

(A) Residual volume increases
(B) Respiratory rate increases
(C) Stroke volume increases
(D) The rate of exchange of gas increases

12. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R). Read both the statements carefully : **1**

Assertion (A) : When an object or body is moving at a constant velocity, with no changes in speed or direction, it is dynamic equilibrium.

Reason (R) : A cyclist in motion or the body position maintained by a sprinter on the track while running are examples of dynamic equilibrium.

In the context of the above two statements, which one of the following is correct ?

(A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of the Assertion (A).
(B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of the Assertion (A).
(C) Assertion (A) is true, but Reason (R) is false.
(D) Assertion (A) is false, but Reason (R) is true.

13. Given below are examples of friction shown in List-I with their respective types of friction in List-II. **1**

List-I **Example of friction**	**List-II** **Types of friction**
(a) Pushing a chair	(i) Sliding friction
(b) Sea waves	(ii) Rolling friction
(c) Moving heavy (stationary) objects	(iii) Fluid friction
(d) Skating	(iv) Static friction

Which of the following options correctly matches the items of list (I) with those in list (II) ?

	(a)	(b)	(c)	(d)
(A)	(i)	(iii)	(ii)	(iv)
(B)	(iv)	(ii)	(i)	(iii)
(C)	(i)	(iii)	(iv)	(ii)
(D)	(ii)	(i)	(iv)	(iii)

14. लीवर के आलम्ब (फलक्रम) के संबंध में निम्नलिखित में से कौन सा कथन सही है ? **1**

(A) यह वह बिंदु है जिस पर बल लगाया जाता है ।

(B) यह वह बिंदु है जिस पर भार स्थित होता है ।

(C) यह वह बिंदु है जिस पर लीवर घूमता है ।

(D) यह वह बिंदु है जिस पर प्रयास किए जाते हैं ।

15. नीचे दो कथन दिए गए हैं, जिनमें से एक को अभिकथन (A) और दूसरे को कारण (R) के रूप में अंकित किया गया है । दोनों कथनों को ध्यानपूर्वक पढ़ें : **1**

अभिकथन (A) : एक मैच की स्थिति के दौरान दो एथलीटों की क्रियाएँ तथा प्रतिक्रियाएँ भिन्न हो सकती हैं ।

कारण (R) : व्यक्तित्त्व किसी व्यक्ति के विचारों, विशेषताओं, व्यवहार, दृष्टिकोण तथा आदतों का संयोजन है ।

उपर्युक्त दो कथनों के संदर्भ में, निम्नलिखित में से कौन सा सही है ?

(A) अभिकथन (A) और कारण (R) दोनों सत्य हैं और कारण (R) अभिकथन (A) की सही व्याख्या है ।

(B) अभिकथन (A) और कारण (R) दोनों सत्य हैं, लेकिन कारण (R) अभिकथन (A) की सही व्याख्या नहीं है ।

(C) अभिकथन (A) सत्य है, परन्तु कारण (R) असत्य है ।

(D) अभिकथन (A) असत्य है, परन्तु कारण (R) सत्य है ।

16. श्वेता 'नीट' परीक्षा की तैयारी के कारण अत्यधिक तनावग्रस्त और चिंतित है । निम्नलिखित में से कौन सा कारण उसके लिए व्यायाम करने के लिए उपयुक्त है ? **1**

(A) शारीरिक शक्ति विकसित करने के लिए

(B) मानसिक विश्रांति के लिए

(C) समाजीकरण के लिए

(D) बीमारी के जोखिम को कम करने के लिए

14. Which of the following statements is correct regarding the lever's fulcrum ? **1**

(A) It is a point at which the force is applied.

(B) It is a point at which the load is located.

(C) It is a point at which the lever rotates.

(D) It is a point at which efforts are made.

15. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R). Read both statements carefully : **1**

Assertion (A) : Actions and responses of two athletes may differ during a match situation.

Reason (R) : Personality is the combination of an Individual's thoughts, characteristics, behaviour, attitude and habits.

In the context of the above two statements, which one of the following is correct ?

(A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of the Assertion (A).

(B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of the Assertion (A).

(C) Assertion (A) is true, but Reason (R) is false.

(D) Assertion (A) is false, but Reason (R) is true.

16. Shweta is over-stressed and anxious as she is preparing for her 'NEET' exam. Which of the following is a suitable reason for her to exercise ? **1**

(A) To develop physical strength

(B) Mental Relaxation

(C) For Socialisation

(D) To Reduce the risk of disease

17. खेलों में प्रशिक्षण चक्र के संबंध में निम्नलिखित में से कौन सा कथन सही **नहीं** है ? **1**

(A) मेसोसाइकिल को मध्यम अवधि प्रशिक्षण कहा जाता है ।

(B) माइक्रोसाइकिल की अवधि 3 से 10 दिन होती है ।

(C) मेसोसाइकिल की अवधि 3 से 6 सप्ताह होती है ।

(D) मैक्रोसाइकिल में प्रशिक्षण की अवधि सबसे कम होती है ।

18. निम्नलिखित में से किस प्रकार की सहनक्षमता को गतिविधि की प्रकृति के अनुसार वर्गीकृत किया जाता है ? **1**

(A) गति सहनक्षमता (B) मध्यम समय की सहनक्षमता

(C) विशिष्ट सहनक्षमता (D) अल्पकालिक सहनक्षमता

खण्ड – ख

(किन्हीं 5 प्रश्नों के उत्तर दीजिए ।)

19. "ऐसे खेल जिनमें अच्छे प्रदर्शन के लिए खिलाड़ियों को एक निश्चित वजन बनाए रखना पड़ता है, उनमें भोजन संबंधी विकार उत्पन्न होने का जोखिम अधिक होता है ।" अपने उत्तर से इस कथन की पुष्टि कीजिए । **2**

20. नाड़ीशोधन प्राणायाम के कोई चार लाभ लिखिए । **0.5 × 4 = 2**

21. खेलों में समावेशन को बढ़ावा देने में शारीरिक शिक्षा शिक्षकों की क्या भूमिका है ? **2**

22. 9 से 18 वर्ष के आयु वर्ग / कक्षा 4 से 12 के बच्चों के लिए प्रयुक्त SAI खेलो इंडिया फिटनेस टेस्ट के किसी एक शक्ति परीक्षण की प्रक्रिया समझाइए । **2**

23. नीचे दिए गए उदाहरणों में न्यूटन के गति के कौन से नियम लागू होंगे ? अपने उत्तर का औचित्य सिद्ध कीजिए । **1 + 1 = 2**

(a) जब कोई तैराक पानी को पीछे की ओर धकेलता है ।

(b) जब एक क्रिकेट और टेनिस बॉल को समान बल से फेंका जाता है तो टेनिस बॉल अधिक त्वरण से गति करती है ।

24. प्रतिभा पहचान और प्रतिभा विकास की प्रक्रिया में प्रतिभा चयन और प्रतिभा हस्तांतरण को संक्षेप में समझाइए । **1 × 2 = 2**

17. Which one of the following is NOT correct regarding the training cycle in sports ? **1**

(A) A mesocycle is termed as medium duration training.
(B) The duration of a microcycle is 3 to 10 days.
(C) The duration of the mesocycle is 3 to 6 weeks.
(D) The macrocycle has the minimum duration of training.

18. Which of the following types of endurance is classified according to the nature of the activity ? **1**

(A) Speed endurance
(B) Medium time endurance
(C) Specific endurance
(D) Short-term endurance

SECTION – B
(Attempt any 5 questions.)

19. "Sports that require athletes to maintain a specific weight to perform well are at higher risk of developing eating disorders." Justify this statement with your answer. **2**

20. Write any four benefits of Nadi-Shodhan pranayama. **0.5 × 4 = 2**

21. What is the role of Physical Education teachers in promoting inclusion in sports ? **2**

22. Explain the procedure of any one strength test of the SAI Khelo India Fitness Test used for 9 to 18 years / class 4 to 12 children. **2**

23. In the examples given below, which of the Newton's Law of Motion will apply ? Justify your answer. **1 + 1 = 2**

(a) When a Swimmer pushes the water backwards.
(b) When a cricket and tennis ball are thrown with the same force, the tennis ball moves with greater acceleration.

24. Briefly explain talent selection and talent transfer in the process of talent identification and talent development. **1 × 2 = 2**

खण्ड – ग

(किन्हीं 5 प्रश्नों के उत्तर दीजिए ।)

25. अन्त: प्राचीर और बाह्य प्राचीर प्रतियोगिताओं की तुलना कीजिये और अंतर बताएँ । **1.5 + 1.5 = 3**

26. 65 वर्ष और उससे अधिक आयु के वयस्कों के लिए विश्व स्वास्थ्य संगठन के दिशानिर्देशों के अनुसार शारीरिक गतिविधियों की एक योजना तैयार करें । **3**

27. मोटापे के लिए आसनों को सूचीबद्ध कीजिये । इसके लिए किसी भी एक आसन की विधि का वर्णन कीजिए । **1 + 2 = 3**

28. प्रशांत को विद्यालय में भोजन अवकाश के पश्चात वमन शुरू हो गया । उसे तुरंत पास के एक डॉक्टर को दिखाया, जहाँ उसे खाद्य असहिष्णुता से पीड़ित पाया गया । खाद्य-असहिष्णुता के तीन प्रकारों की रूपरेखा तैयार कीजिये । **1 × 3 = 3**

29. उम्र बढ़ने के कारण होने वाले तीन शारीरिक परिवर्तनों को स्पष्ट कीजिए । **1 × 3 = 3**

30. किसी प्रक्षेप्य के प्रक्षेप-पथ को प्रभावित करने वाले तीन कारकों का वर्णन करें । **1 × 3 = 3**

खण्ड – घ

(आंतरिक विकल्प उपलब्ध हैं)

31. अनीता ने लीग प्रतियोगिता के आधार पर एक फिक्सचर तैयार किया । उसने यह फिक्सचर सभी टीमों के कोचों को वितरित किया । खुशी को पूरे प्रिंट वाला फिक्सचर नहीं मिला, उसमें केवल राउण्ड तीन तथा चार के ही मैच दिखाई दे रहे थे । उपरोक्त कथन के अनुसार नीचे दिए गए फिक्सचर का अध्ययन करें : **4**

राउण्ड III		**राउण्ड IV**	
5	**बाई**	4	**बाई**
4	6	3	5
3	7	2	6
2	1	1	7

ऊपर दिए गए फिक्सचर तथा अपने पूर्व ज्ञान के आधार पर निम्नलिखित प्रश्नों के उत्तर दीजिये :

(i) किस राउण्ड में टीम नंबर चार और तीन के बीच मैच होगा ?

SECTION – C
(Attempt any 5 questions.)

25. Compare and contrast the intramural and the extramural tournament. **1.5 + 1.5 = 3**

26. Devise a plan of physical activities in accordance with World Health Organization guidelines for adults aged 65 and above. **3**

27. Enlist the asanas for obesity. Explain the procedure of any one asana for it. **1 + 2 = 3**

28. Prashant began vomiting after lunch at school. He was promptly taken to a nearby doctor, who diagnosed him with food intolerance. Outline three types of food intolerance. **1 × 3 = 3**

29. Elucidate three physiological changes those occur due to ageing. **1 × 3 = 3**

30. Describe three factors those affect the trajectory of a projectile. **1 × 3 = 3**

SECTION – D
(Internal choices available)

31. Anita prepared a fixture based on the league competition. She distributed this fixture to the coaches of all the teams. When Khushi received this fixture, it was misprinted and showed only the matches of rounds three and four. According to the above statement, study the fixture given below. **4**

III Round		**IV Round**	
5	**Bye**	4	**Bye**
4	6	3	5
3	7	2	6
2	1	1	7

Based on the above fixture and your previous knowledge answer the following questions :

(i) In which round the match between number 4 and 3 teams will be held ?

(ii) टूर्नामेंट में कितने राउण्ड खेले जाएँगे ?

(A) 6 (B) 7

(C) 5 (D) 4

(iii) टीम नंबर 2 को किस राउण्ड में बाई मिलेगी ?

(iv) उपरोक्त फ़िक्सचर में कितने मैच खेले जाएँगे ?

(A) 21 (B) 23

(C) 19 (D) 18

अथवा

(iv) लीग टूर्नामेंट का दूसरा नाम _____ है ।

(केवल दृष्टिबाधित परीक्षार्थियों के लिए)

महाराष्ट्र कबड्डी संघ के महासचिव केशव को राज्य स्तरीय कबड्डी प्रतियोगिता के आयोजन का दायित्व सौंपा गया । उन्होंने इस आयोजन को व्यवस्थित और सुचारु रूप से आयोजित करने के लिए चार समितियाँ बनाईं – तकनीकी समिति, वित्त समिति, लॉजिस्टिक्स समिति और एक मार्केटिंग समिति ।

उपर्युक्त प्रकरण और अपने पूर्व ज्ञान के आधार पर निम्नलिखित प्रश्नों के उत्तर दीजिये :

(i) निम्नलिखित में से कौन सी समिति समाचार प्रकाशित करने के लिए जिम्मेदार है ?

(A) तकनीकी समिति (B) वित्त समिति

(C) लॉजिस्टिक्स समिति (D) मार्केटिंग समिति

(ii) टूर्नामेंट के आयोजन के दौरान खेल के मैदानों के रखरखाव के लिए कौन सी समिति जिम्मेदार है ?

(A) मार्केटिंग समिति (B) लॉजिस्टिक्स समिति

(C) वित्त समिति (D) तकनीकी समिति

(iii) खेल आयोजन के पश्चात वित्त समिति की किन्हीं दो जिम्मेदारियों को लिखिए ।

अथवा

(iii) खेल उपकरणों की खरीद _____ समिति का काम है ।

(A) लॉजिस्टिक्स (B) वित्त

(C) मार्केटिंग (D) तकनीकी

(iv) _____ समिति जलपान, भोजन और आवास की व्यवस्था करती है ।

(ii) How many rounds will be played in the tournament ?

(A) 6 (B) 7

(C) 5 (D) 4

(iii) In which round team number 2 will get a bye ?

(iv) How many matches will be played in the above fixture ?

(A) 21 (B) 23

(C) 19 (D) 18

OR

(iv) The other name for a league tournament is _____ .

(For Visually Impaired Candidates only)

Keshav, the general secretary of Kabaddi Association of Maharashtra was given the responsibility to organise State level Kabbaddi tournament. He formed four committees i.e., technical committee, finance committee, logistics committee and marketing committee to organise the event systematically and smoothly.

Based on the above case and your previous knowledge, answer the following questions :

(i) Which of the following committee is responsible for publishing the news ?

(A) Technical committee (B) Finance committee

(C) Logistics committee (D) Marketing committee

(ii) Which committee is responsible for maintaining the play fields while organising the tournament ?

(A) Marketing committee (B) Logistics committee

(C) Finance committee (D) Technical committee

(iii) Write any 2 post sports event responsibilities of finance committee ?

OR

(iii) Purchase of sports equipment is a function of the _____ committee.

(A) Logistics (B) Finance

(C) Marketing (D) Technical

(iv) _____ committee arranges refreshments, boarding and lodging.

32. 16 वर्षीय छात्र रोहन फुटबॉल मैच के दौरान सचिन से टकराकर घायल हो गया । उसके टखने में असहनीय दर्द हो रहा था और वह सूज गया था । कोच ने देखा कि सचिन के माथे पर भी रक्त वाहिका के बाहर खून जमा हुआ था । उन्होंने तुरंत दोनों को प्राथमिक उपचार दिया और अस्पताल पहुँचाया । 4

उपर्युक्त प्रकरण और अपने पूर्व ज्ञान के आधार पर निम्नलिखित प्रश्नों के उत्तर दीजिये :

(i) रोहन को किस प्रकार की चोट लगी ?

(A) खिंचाव (B) खरोंच

(C) मोच (D) विदारण

(ii) सचिन के माथे पर _____ के निशान थे ।

(A) नील पड़ने (B) अस्थिभंग

(C) विदारण (D) चीरे

(iii) अगर सचिन को चोट के दौरान खरोंच लगी हो तो निम्न में से कौन से लक्षण होंगे ?

(A) स्नायुबंध का टूटना

(B) एपिडर्मिस की ऊपरी परत का छिलना

(C) मांसपेशियों का फटना

(D) जोड़ों की अस्थिरता

(iv) नरम हड्डी में अस्थिभंग, जिसमें हड्डी मुड़ जाती है, उसे _____ कहते हैं ।

(A) विखंडित अस्थिभंग (B) अनुप्रस्थ अस्थिभंग

(C) ग्रीनस्टिक अस्थिभंग (D) तिरछा अस्थिभंग

33. 17 वर्षीय आकृति कक्षा 12 में पढ़ती है । वह जन्म से ही सुन व बोल नहीं सकती । वह होठों की गति व हावभाव के माध्यम से अपनी बात कहती है तथा दूसरों की बातों को समझती है । कक्षा में उसका केवल एक ही मित्र है – राघव । कक्षा के छात्र उसके साथ बात करने व खेलने में हिचकते हैं । कक्षा में जब भी कोई सामूहिक गतिविधि होती है तो राघव के अलावा कोई दूसरा विद्यार्थी उसे अपनी टीम में लेने के लिए तैयार नहीं होता । जिसके कारण आकृति कक्षा में खुद को अलग-थलग महसूस करती है । राघव ने इस सन्दर्भ में अपनी शारीरिक शिक्षिका सरिता से संपर्क किया । सरिता ने उसे कुछ सुझाव दिए की कैसे आकृति को शारीरिक गतिविधियों के माध्यम से कक्षा में शामिल किया जा सकता है और कैसे उसे अधिक एकीकृत महसूस कराया जा सकता है । 4

उपर्युक्त प्रकरण और अपने पूर्व ज्ञान के आधार पर निम्नलिखित प्रश्नों के उत्तर दीजिये :

32. Rohan, a 16-year-old student, got injured after colliding with Sachin during a football match. He was having unbearable pain in his ankle, and it was swollen. The coach noticed a collection of blood outside the blood vessel on Sachin's forehead, too. He immediately gave first aid to both and rushed them to the hospital. **4**

Answer the following questions based on the above case and your prior knowledge :

(i) What type of injury did Rohan suffer ?

(A) Strain (B) Abrasion

(C) Sprain (D) Laceration

(ii) Sachin had _____ on his forehead.

(A) Contusion (B) Fracture

(C) Laceration (D) Incision

(iii) If Sachin suffered abrasion during the injury, which of the following symptoms would he have ?

(A) Tear of Ligament

(B) Rubbing away of upper layer of epidermis

(C) Tear of muscles

(D) Instability of joints

(iv) A fracture in a soft bone, in which the bone bends, is known as _____

(A) Comminuted fracture (B) Transverse fracture

(C) Greenstick fracture (D) Oblique fracture

33. 17-year-old Akriti is a student in class 12. She is deaf and mute by birth. She communicates through lip movements and gestures, and understands others through the same. She has only one friend in the class, Raghav. The other students in the class hesitate to talk and play with her. Whenever there is a team activity in the class, no one except Raghav is willing to include her in his team. As a result, Akriti feels isolated and alone in the class. Raghav approached their physical education teacher, Sarita, about this issue. Sarita gave him some suggestions on how Akriti can be included in the class through physical activities and how she can be made to feel more integrated. **4**

Answer the following Questions based on the above case and your prior knowledge :

(i) आकृति को किस प्रकार की चुनौतियों का सामना करना पड़ रहा है ?

(A) दृष्टिबाधित असमर्थता (B) सुनने और बोलने में असमर्थता

(C) शारीरिक असमर्थता (D) सीखने में असमर्थता

(ii) आकृति अपनी शारीरिक गतिविधि कक्षा में अलग-थलग क्यों महसूस करती है ?

(A) क्योंकि उसे पढ़ाई में कोई दिलचस्पी नहीं है ।

(B) उसके शिक्षक सहायक नहीं हैं ।

(C) क्योंकि अन्य छात्र उससे बातचीत करने में झिझकते हैं ।

(D) शारीरिक पुष्टि की कमी के कारण ।

(iii) निम्नलिखित में से कौन सा समावेशी शारीरिक शिक्षा का मुख्य सिद्धांत है ?

(A) पृथक्करण (B) एकीकरण

(C) बहिष्करण (D) अनुकूलन

अथवा

(iii) शारीरिक गतिविधियों के दौरान आकृति के साथ संचार को सुविधाजनक बनाने के लिए किस रणनीति का उपयोग किया जा सकता है ?

(A) जोर से मौखिक निर्देशों का उपयोग करना ।

(B) सांकेतिक भाषा या इशारों का उपयोग करना ।

(C) उसकी जरूरतों को अनदेखा करना ।

(D) केवल लिखित संचार पर ध्यान केंद्रित करना ।

(iv) आकृति की आवश्यकताओं को पूरा करने के लिए शारीरिक गतिविधियों को कैसे समावेशी बनाया जा सकता है ?

(A) आरामदायक और भावनात्मक रूप से सुरक्षित वातावरण में प्रशिक्षण ।

(B) उसे गतिविधियों से बाहर करके ।

(C) अलग-अलग कार्यक्रम प्रदान करके ।

(D) केवल व्यक्तिगत गतिविधियों पर ध्यान केंद्रित करके ।

(i) What type of challenges Akriti is facing ?

(A) Visually impaired (B) Hearing and speech impaired

(C) Physical disability (D) Learning disability

(ii) Why does Akriti feel isolated in her physical activity class ?

(A) Because she is not interested in studies.

(B) Because her tacher is not supportive

(C) Because other students hesitate to interact with her.

(D) Due to lack of physical fitness.

(iii) Which of the following is the key principle of inclusive physical education ?

(A) Segregation (B) Integration

(C) Exclusion (D) Adaptation

OR

(iii) What strategy can be used to facilitate communication with Akriti during physical activities ?

(A) Using loud verbal instructions

(B) Using sign language or gestures

(C) Ignoring her needs

(D) Focusing only on written communication

(iv) How physical activities can be made inclusive to meet Akriti's needs ?

(A) By providing training in comfortable and emotionally secure environment.

(B) By excluding her from activities

(C) By providing separate programs

(D) By focusing only on individual activities

खण्ड – ङ

(किन्हीं 3 प्रश्नों के उत्तर दीजिए ।)

34. स्कोलियोसिस तथा लॉर्डोसिस विकृतियों में अंतर स्पष्ट कीजिए । घुटने टकराने (नॉक–नी) व चपटे पैर सम्बन्धी विकृतियों के लिए सुधारात्मक उपाय सुझाइये । **2 + 3 = 5**

35. राघव अपने दादाजी के दोस्तों को लक्ष्य करके, विशेष रूप से निचले शरीर के लिए शक्ति और लचीलेपन के परीक्षणों को आयोजित करने की योजना बना रहा है । इन परीक्षणों की प्रक्रिया और स्कोरिंग प्रणाली का विस्तृत वर्णन करें । **2.5 + 2.5 = 5**

36. अभिप्रेरण से आप क्या समझते हैं ? खिलाड़ियों के प्रदर्शन को बेहतर बनाने के लिए किन प्रेरक तकनीकों का उपयोग किया जाता है ? विस्तार से वर्णन कीजिए । **1 + 4 = 5**

37. गति क्या है ? गति विकसित करने की विधियों का विस्तार से वर्णन कीजिये । **1 + 2 + 2 = 5**

SECTION – E

(Attempt any 3 questions.)

34. Differentiate between Scoliosis and Lordosis deformities. Suggest corrective measures for Knock-knee and Flat foot deformities. **2 + 3 = 5**

35. Raghav plans to conduct strength and flexibility tests specifically for the lower body, targeting his grandfather's friend. Explain in detail the procedure and scoring system to administer these tests. **2.5 + 2.5 = 5**

36. What do you understand by motivation ? Which motivational techniques are used to improve the performance of the players ? Explain in detail. **1 + 4 = 5**

37. What is speed ? Explain the methods to develop speed in detail. **1 + 2 + 2 = 5**



Marking Scheme **Strictly Confidential** **(For Internal and Restricted use only)** **Senior Secondary School Examination, 2026 (XIIth)** **SUBJECT NAME: - PHYSICAL EDUCATION (Q.P. CODE : 048/75)**	
General Instructions: -	
1	The CBSE has decided to introduce On Screen Marking (OSM) for the evaluation of Class XII answer Book with the 2026 Examination.
2	You are aware that evaluation is the most important process in the actual and correct assessment of the candidates. A small mistake in evaluation may lead to serious problems which may affect the future of the candidates, education system and teaching profession. To avoid mistakes, it is requested that before starting evaluation, you must read and understand the spot evaluation guidelines carefully.
3	**"Evaluation policy is a confidential policy as it is related to the confidentiality of the examinations conducted, evaluation done and several other aspects. Its leakage to public in any manner could lead to derailment of the examination system and affect the life and future of millions of candidates. Sharing this policy/document to anyone, publishing in any magazine and printing in Newspaper/Website, etc. may invite action under various rules of the Board and IPC."**
4	Evaluation is to be done as per instructions provided in the Marking Scheme. It should not be done according to one's own interpretation or any other consideration. Marking Scheme should be strictly adhered to and religiously followed. **However, while evaluating, answers which are based on latest information or knowledge and/or are innovative, they may be assessed for their correctness otherwise and due marks be awarded to them. In Class-XII, while evaluating two competency-based questions, please try to understand given answer and even if reply is not from marking scheme but correct competency is enumerated by the candidate, due marks should be awarded.**
5	The Marking scheme carries only suggested value points for the answers. These are in the nature of Guidelines only and do not constitute the complete answer. The students can have their own expression and if the expression is correct, the due marks should be awarded accordingly.
6	The Head-Examiner must go through the first five answer books evaluated by each evaluator on the first day, to ensure that evaluation has been carried out as per the instructions given in the Marking Scheme. If there is any variation, the same should be zero after deliberation and discussion. The remaining answer books meant for evaluation shall be given only after ensuring that there is no significant variation in the marking of individual evaluators.
7	Evaluators will mark (√) wherever answer is correct. For wrong answer CROSS 'X' be marked. Evaluators will not put right (✓) while evaluating which gives an impression that answer is correct and no marks are awarded. **This is most common mistake which evaluators are committing.**
8	If a question has parts, please award marks on the right-hand side for each part in the OSM Portal. Marks awarded for different parts of the question will be totaled up by the OSM System.
9	If a question does not have any parts, marks must be awarded in the left-hand margin in the OSM Portal. This may also be followed strictly.

10	If a student has attempted an extra question, answer of the question deserving more marks should be retained and the other answer scored out with a note **"Extra Question"**.
11	No marks to be deducted for the cumulative effect of an error. It should be penalized only once.
12	A full scale of marks _____ (example 0 to 80/70/60/50/40/30 marks as given in Question Paper) has to be used. Please do not hesitate to award full marks if the answer deserves it.
13	Every examiner has to necessarily do evaluation work for full working hours i.e., 8 hours every day and evaluate 20 answer books per day in main subjects and 25 answer books per day in other subjects (Details are given in Spot Guidelines).This is in view of the reduced syllabus and number of questions in question paper.
14	Ensure that you do not make the following common types of errors committed by the Examiner in the past :- ● Answers marked as correct, but marks not awarded. (Ensure that the right tick mark is correctly and clearly indicated. It should merely be a line. Same is with the X for incorrect answer.) ● Half or a part of answer marked correct and the rest as wrong, but no marks awarded.
15	While evaluating the answer books if the answer is found to be totally incorrect, it should be marked as cross (X) and awarded zero (0) Marks.
16	The Examiners should acquaint themselves with the guidelines given in the "**Guidelines for Spot Evaluation**" before starting the actual evaluation.
17	The candidates are entitled to obtain photocopy of the Answer Book on request on payment of the prescribed processing fee. All Examiners/Additional Head Examiners/Head Examiners are once again reminded that they must ensure that evaluation is carried out strictly as per value points for each answer as given in the Marking Scheme.
18	**If a candidate attempts both alternatives/options in a question where only one option/ alternative is required to be attempted, the Evaluator shall award marks in both the options. The system will take the higher of two scores and disregard the other response.**
19	**In a question having two options/alternatives, if a candidate has attempted only one, then the evaluator shall mark "NA" (Not attempted) against the option that has not been attempted by the candidate.**

MARKING SCHEME
PHYSICAL EDUCATION (Subject Code-048)
(PAPER CODE: 75) (P75048)

Q.No.	Marks	EXPECTED ANSWER/VALUE POINTS
1.	**1**	(D) Organising
2.	**1**	(C) Sports day
3.	**1**	(D) Physician's or Physiotherapist's
4.	**1**	(D) Dhanurasana, Chakrasana, Bhujangasana
5.	**1**	(A) Uttan Mandukasana, Vakrasana
6.	**1**	(C) Uttanmandukasan **For Visually Impaired Candidates only** (B) Sit in padmasana claps wrists behind the back, bend forward and touch the forehead to the floor.
7.	**1**	(C) Wheelchair competition
8.	**1**	(A) Special Olympics
9.	**1**	(D) (iii), (i), (iv), (ii)
10.	**1**	(D) It is the number of calories needed to maintain body function at rest.
11.	**1**	(A) Residual volume increases
12.	**1**	(A) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A)
13.	**1**	(C) (i), (iii), (iv), (ii)
14.	**1**	(C) It is a point at which the lever rotates.
15.	**1**	(A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of Assertion (A)
16.	**1**	(B) Mental Relaxation
17.	**1**	(D) The macro cycle has the minimum duration of training
18.	**1**	(C) Specific endurance
		Section-B consists of questions 19-24 carrying 2 marks and Attempt any 5.
19.	**2**	Q. **"Sports that require athletes to maintain a specific weight to perform well have a higher risk of leading to eating disorders." Justify this statement with your answer.** **Ans:** Step – 1: Sportspersons participating in activities in which leanness or specific weight is required for performance are at higher risk of developing eating disorders. – (1 mark) Step – 2: To prevent weight gain or to continue losing weight, people with anorexia usually severely restrict the amount of food they eat.

		They may control calorie intake by misusing laxatives, diet aids or diuretics. – (1 mark) **Alternate answers:** To justify the statement, students may cite the names of sports in which body weight is the main criterion for participation. Accordingly, marks may be allotted. **(Any other two relevant points)**
20.	**2**	**Q. Write any four benefits of Nadi-Shodhan pranayama.** **Ans:** Benefits of Nadi-Shodhan Pranayam: Step -1: Calms and steadies the mind, improves focus and concentration. – (.5 marks) Step 2: Strengthens the immune system. – (.5 marks) Step 3: Provides sufficient oxygen for the functioning of every cell in our body. - (.5 marks) Step 4: Removes waste products such as carbon dioxide and other toxic gases from the body, so that they do not remain in the blood stream. - (.5 marks) **(Or any other relevant point)**
21.	**2**	**Q. What is the role of Physical Education teachers in promoting inclusion in sports?** **Ans: Role of Physical Education teachers in promoting inclusion in sports** Step -1: The physical education teacher provides equal opportunities to all the students including those with different abilities. - (1 mark) Step -2: The physical education teacher encourages children with special needs by different adaptive activities. - (1 mark) **Alternate answer:** • They create a supportive environment where all the children feel valued. • By giving achievable task and praising efforts, they help building self esteem and confidence of children with special need **(Or any other two relevant point)**
22.	**2**	**Q. Explain the procedure of any one strength test of the SAI Khelo India Fitness Test used for school-going children.** **Ans**: Step 1: Name of the strength test: Abdominal Partial Curl Up – (.5 marks) Step 2: Procedure of the test: The subject lies on a cushioned, flat, clean surface with knees flexed, usually at 90 degrees, with hands straight on the sides (palms facing downwards) closer to the ground, parallel to the body. The subject raises the trunk in a smooth motion, keeping the arms in position, curling up the desired amount (at least 6 inches above/along the ground towards the parallel strip). The trunk is lowered back to the floor so that the shoulder blades or upper back touch the floor. (1.5 marks) **Alternate answers:**

<table>
<tr><td></td><td></td><td>Push-Ups for boys
Modified Push-Ups for girls
(Follow the steps of above answer for alternate answers)</td></tr>
<tr><td>23.</td><td>1x2=2</td><td>Q. In the example given below, which of the Newton’s law of motion will apply? Justify your answer.
(a) When a swimmer pushes the water backward
(b) When a cricket and tennis ball are thrown with the same force, the tennis ball move with greater acceleration
Ans: Step -1:(a) The Newton's third law of motion applies when a swimmer pushes against the water with his arms and legs to propel himself forward the water exerts an equal and opposite reaction force backward on the swimmer. This reaction forces of the water allows the swimmer to move forward through the water. - (1 mark)

Step 2: (b) The Newton's Second law of motion applies, according to this law acceleration of an object is directly proportional to the magnitude of the net force and inversely proportional to the mass of the object, greater the mass an object more net force has to be used to move it. So, if the same force is used to throw the cricket ball and a tennis ball, the tennis ball will have more acceleration because it has less mass than the cricket ball. - (1 mark)</td></tr>
<tr><td>24.</td><td>1x2=2</td><td>Q. Briefly explain talent selection and talent transfer in the process of talent identification and talent development.
Ans: Step 1: Talent selection: The ongoing process of identifying individuals at various stages of development who demonstrate pre-requisite performance levels. - (1 mark)
Step 2: Talent transfer: Focuses on transfer from one sport to another sport where there are more significant opportunities to succeed. – (1 mark)
Alternate answers:
Talent transfer in sports refers to athletes moving from one sport to another and successfully applying their physical, technical, or psychological skills in a new discipline.</td></tr>
<tr><td></td><td></td><td><u>Section-C consists of questions 25-30 carrying 3 marks and Attempt any 5.</u></td></tr>
<tr><td>25.</td><td>1.5+1.5=3</td><td>Q. Compare and contrast the intramural and the extramural tournament.
Ans:
<table>
<tr><th>Intramural tournament</th><th>Extramural tournament</th><th>Marks</th></tr>
<tr><td>Intramural tournament is organised within the walls of an institution. – (.5 marks)</td><td>Extramural tournament is organised outside the walls of an institution. – (.5 marks)</td><td>Step 1: 1 mark</td></tr>
<tr><td>To encourage mass participation in sports in an institution. – (.5 marks)</td><td>Extramural tournaments are organised to achieve high performance. – (.5 marks)</td><td>Step 2: 1 mark</td></tr>
<tr><td>To develop the feeling of</td><td>To develop the feeling of</td><td>Step 3:</td></tr>
</table></td></tr>
</table>

		integration within the institutions. – (.5 marks)	integration with other institutions. – (.5 marks)	1 mark

(Any three points from each or any other relevant point)

26. **3**

Q. Devise a plan of physical activities in accordance with the world health organization guidelines for adults aged 65 & above.

Ans: Plan of exercise For adults age 65 and above.

Intensity	Moderate to Vigorous.	Step 1: (.5 marks)
Types of activities	Muscular strengthening (strength) and Aerobic physical activity and balance enhancing exercises.	Step 2: (.5 marks)
Aerobic activities	150 to 300 minutes per week with moderate intensity or 75 to 150 minutes per week with vigorous intensity; One aerobic activity bout should be at least 10 minutes.	Step 3: (.5 marks)
Muscle strengthening activities	Activities involving major muscles involved activity, two or more days in a week.	Step 4: (.5 marks)
Balance enhancing activities	Older adults, with poor mobility, should perform physical activity to enhance balance and prevent falls on 3 or more days per week	Step 5: (.5 marks)
Activities	Physical activities (walking, jogging, swimming, weight training dancing etc.), occupational work, household work (car washing, gardening, etc.) Games, sports, recreation, transportation (walking, cycling), planned exercises with or within family community	Step 6: (.5 marks)

(Keeping the above points in mind, students may answer according to their own specific plan/approach.)

27. **1+2=3**

Q. Enlist the asanas for obesity. Explain the procedure of any one asana for it.

Ans: Asanas for Obesity:

Step 1: Name of asanas **(any two):** Tadasana, Katichakrasana – (1 marks)

Step 2: Procedure of Tadasana: (2 marks)

1. Stand with feet together or about 10 cm apart (for beginners), hands by the side of the thighs.

2. Distribute weight equally on both the feet to keep the body

		steady. 3. Raise arms over the head. Interlock the fingers and turn the palms upward. 4. Place hands on top of the head. 5. Fix eyes at a point on the wall slightly above the level of the head. The eyes should remain fixed on this point throughout the asana. 6. Inhale and stretch the arms, shoulders and chest upward. 7. Raise heels, coming up onto the toes. 8. Stretch the whole body without losing balance or moving the feet. 9. Hold the breath and the position for a few seconds. 10. Lower the heels while breathing out and bring the hands to the initial position. **Alternate answers:** Katichakrasana, Pavanmuktasana, Matsayasana, Halasana, Paschimottasana, Ardh Matsyendrasana, Dhanurasana, Ushtrasana. **(Enlist any two asanas for 1 mark and explain the procedure of any 1 asana for 2 marks)**
28.	**1x3=3**	**Q. Prashant began vomiting after lunch at school. He was promptly taken to a nearby doctor, who diagnosed him with food intolerance. Outline three types of food intolerance.** **Ans**: Types of food intolerance are given below: Step 1: Absence of an enzyme: Enzymes are needed to digest foods fully. If some of these enzymes are missing, or are insufficient for digesting a particular foodstuff, proper digestion may be affected. - (1 mark) Step 2: Chemical causes of food intolerance: Certain chemicals in foods and drinks can cause intolerance, including amines in some cheeses, and caffeine in coffee, tea, and chocolates. - (1 mark) Step 3: Salicylates: Salicylates are derivatives of salicylic acid, which occurs naturally in plants as a defence mechanism against harmful bacteria, fungi, insects, and diseases. - (1 mark) **Alternate answer:** Toxins due to Food poisoning, Gluten intolerance, Food additives and intolerance. **(Or explanation of any three relevant points)**
29.	**1x3=3**	**Q. Explain three physiological changes that occur due to ageing.** **Ans: Physiological changes that occur due to ageing** Step 1: Reduction in Muscular strength: It is defined as the maximal force that a muscle or muscle group can generate. Men and women

		usually attain their highest strength levels between ages 20 and 40, the time when muscle cross-sectional area is largest. - (1 mark) Step 2: Decrease in Neural function: A nearly 40% decline in the number of spinal cord axons and a 10% decline in nerve conduction velocity reflects the cumulative effects of ageing on central nervous system functioning. - (1 mark) Step 3: Dysfunction of the endocrine system: The endocrine system consists of a host organ (gland), minute quantities of chemical messengers (hormones), and a target or receptor organ. - (1 mark) **Alternate answer:** Pulmonary Function, Cardiovascular Function, Body Composition, Bone Mass. **(Or explanation of any three relevant points)**
30.	**1x3=3**	**Describe three factors that affect the trajectory of a projectile.** **Ans:** Factors those affect the trajectory of a projectile. Step 1: Gravity: Gravity is the force exerted by the earth on any object towards the centre of the body, and it is directly proportional to the mass of the body. - (1 mark) Step 2: Speed of release: This refers to how fast the object is released (thrown or hit). The muscle force largely determines a projectile speed of release. - (1 mark) Step 3: Angle of release: This refers to the pitch at which the object is thrown or hit into the air. - (1 mark) **Alternate answers:** Height of release, Spin **(Explanation of any three relevant points)**
		Section-D consists of questions 31-33 carrying 4 marks and an internal choice available.
31.	**1x4=4**	i. 1st round - (1 mark) ii. (B) 7 - (1 mark) iii. 6th round - (1 mark) iv. (A) 21- (1 marks) ~~or~~OR iv. -Round Robin tournament - (1 mark) **(For Visually Impaired Candidates only)** i. (D) Marketing committee - (1 mark) ii. (D) Technical committee - (1 mark) iii. Post sports event responsibilities of the finance committee. 1. Examines all records related to the settlement of the bills. - (.5 mark) 2. Keeps track of accounts. (.5 mark) OR

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		iii. (B) Finance committee - (1 mark) iv. Logistics/ Boarding and lodging - (1 mark)
32.	**1x4=4**	i. (C) Sprain - (1 mark) ii. (A) Contusion - (1 mark) iii. (B) Rubbing away of upper layer of epidermis - (1 mark) iv. (C) Greenstick fracture - (1 mark)
33.	**1x4=4**	i. (B) hearing and speech impaired - (1 mark) ii. (C) Because other students hesitate to interact with her - (1 mark) iii. (B) Integration - (1 mark) OR iii. (B) Using sign language or gestures - (1 mark) iv. (A) By providing training in comfortable and emotionally secure environment - (1 mark)
		Section-E consists of questions 34-37 carrying 5 marks and Attempt any 3.

34. **2+3=5**

Differentiate between Scoliosis and lordosis deformities. Suggest corrective measures for Knock-Knee and Flat foot deformities.

Ans: Difference between Scoliosis and lordosis deformities:

Scoliosis	**Lordosis**	
Abnormal **sideways curvature** of the spine is known as scoliosis. The spine forms an "S" or "C" shape	Excessive **inward curvature** of the spine is known as lordosis. It specifically happens in the lumber region.	Step 1: 1 mark
The appearance of scoliosis is uneven shoulders, hips, or rib cage, and the body leans to one side.	The appearance in lordosis is the "Swayback" posture and the abdomen comes forward, buttocks stick out.	Step 2: 1 mark

Corrective Measures:

Flat Foot:

Step 3: Walking, standing, or jumping on toes and heels in all four directions. – (.5 mark)

Step 4: Skipping on toes. – (.5 mark)

Step 5: Practicing asanas like *Adhomukhasana* and *Vajrasana* to help develop the arch – (.5 mark)

Knock-Knees

Step 6: Horse riding – (.5 mark)

Step 7: Keeping a pillow between knees and squeeze for some time – (.5 mark)

Step 8: Performing *Padmasana* and *Gomukhasana* regularly to strengthen leg muscles – (.5 mark)

(Any other relevant point for differentiation and corrective measures)

35. **2.5+2.5=5**

Q. Raghav plans to conduct strength and flexibility test specifically for the lower body, targeting his grandfather's friend. Explain in detail the procedure and scoring system to administer these tests.

Ans: Step 1: Name of the test: (.5 marks) Administration of the test for lower body strength: Chair Stand Test.

Step 2: Procedure of the test: (1 mark) 1. The arm less chair should be placed against the wall or somewhere where it gets stabilized.

2. Initially, the individual will sit on the chair, back straight, arms crossed and feet firmly on the floor, shoulder width apart.

3. On the command "Go" the individual will stand up completely, then

		return back to the initial position. This will be counted as one stand. 4. The individual should be motivated to do maximum stands in 30 seconds. **Step 3: Scoring: (1 mark)** Maximum number of complete stands will be counted as score in 30 seconds. If the individual is in half way of the stand and time is over, then it will be counted as a full stand. **Step 4: Name of the test:** (.5 marks) Administration of the test for lower body strength: CHAIR SIT AND REACH TEST **Step 5: Procedure of the test: (1 mark)** The chair should be placed against the wall or somewhere where it can be stabilised. Participant sits on the chair with one foot flat on the floor and the other leg extended forward with the knee straight, heel on the floor and ankle bent at 90°. The Participant, then, tries to touch the toe of that foot by bending at the hip and sliding her/his hands towards the toes. To clock score, the participant must hold that position for 2 seconds. **Step 6: Scoring: (1 mark)** Measurement will be taken between the extended long finger and the tip of the toe and a minimum of .5 inches will be recorded as the score. If fingers cross the toe, then + will be indicated before the score and if the participant is unable to touch the toe, then – sign will be indicated.
36.	**1+4=5**	**Q. What do you understand by motivation? How does a coach adopt different strategies to improve the performance of his players? Explain.** **Ans: Step 1: Motivation**: "Motivation is the driving force that spurs a person to action. It can be explained as a process to initiate, guide and maintain behaviour over time", as defined by Robert Baron (2008). Motivation can also be defined simply as the direction and intensity of effort. **(1 mark)** **Different Strategies adopted by the PE teacher to improve the performance of his players** **Strategies to improve the performance of his players (4 marks)** **Step 2:** Expectancy theory: It explains that people are motivated for the task where the probability of success is higher in comparison to failure. **(1 mark)** **Step 3:** Guided discovery method: Athletes are highly motivated if allowed to find solutions to the problems by themselves rather than if they are just made to do things as per instruction. - **(1 mark)** **Step 4:** Social Support Strategy: Participation in sports and taking up exercise is greatly influenced by an understanding of the social networking and perception of people around them. Coach can create a conductive environment by minimising societal pressure and getting support of peer group and family. - **(1 mark)** **Step 5:** Incentives and rewards: Drive towards an action to maintain it for a long term may sometimes need external support. Awards and rewards work effectively as a motivation force for athletes to pursue

		sports with consistency and continuity. - **(1 mark)** **Alternate answers:** Goal setting, Knowledge of results, Valence of awards, Performance appraisals, Support & facilitation, Valuable feedback, Fun-based training, Individualised training program, Spectators Support, Healthy, Sports Environment, Verbal Comments **(Explanation of any four relevant points)**
37.	**1+2+2=5**	**What is speed? Explain the methods to develop speed in detail.** **Ans: Step 1:** Speed: "The capacity of an individual to perform successive movements of the same pattern at a fast rate". Or "Speed is the ability to move the body or any body part as fast as possible in the minimum time." – **(1 mark)** **(Or any other relevant definition)** Methods to develop speed: **Step 2:** Acceleration run: It is generally used to develop speed while attaining maximum speed from a static position. In an acceleration run, a sportsperson must run a specific distance. After starting, the athlete tries to gain total momentum at the earliest and finishes the specified distance. These runs are repeated with sufficient rest between the runs. The number of acceleration runs can be set according to an athlete's age, capacity, and fitness level. - **(2 mark)** **Step 3:** Pace Runs: Pace runs incorporate the method of running the set distance at a uniform speed. It usually includes races of 800 meters and above. At the beginning of such races, the speed should not be too high and the pace should be maintained throughout the race. For this type of training the athlete should run at a maximum steady speed for a distance 10-20% more than the actual racing distance. Repetition for pace run training can be fixed as per the athlete's fitness level with complete recovery in between repetitions. - **(2 mark)**
		- o O o -

Series : 4YWZX

SET – 4

रोल नं.
Roll No.

प्रश्न–पत्र कोड
Q.P. Code **75**

परीक्षार्थी प्रश्न–पत्र कोड को उत्तर–पुस्तिका के मुख–पृष्ठ पर अवश्य लिखें ।
Candidates must write the Q.P. Code on the title page of the answer-book.

शारीरिक शिक्षा (सैद्धान्तिक)
PHYSICAL EDUCATION (Theory)

*निर्धारित समय : **3** घण्टे* | *अधिकतम अंक : **70***
*Time allowed : **3** hours* | *Maximum Marks : **70***

- कृपया जाँच कर लें कि इस प्रश्न–पत्र में मुद्रित पृष्ठ **15** हैं ।
- कृपया जाँच कर लें कि इस प्रश्न–पत्र में **37** प्रश्न हैं ।
- प्रश्न–पत्र में दाहिने हाथ की ओर दिए गए प्रश्न–पत्र कोड को परीक्षार्थी उत्तर–पुस्तिका के मुख–पृष्ठ पर लिखें ।
- *कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, उत्तर–पुस्तिका में यथा स्थान पर प्रश्न का क्रमांक अवश्य लिखें ।*
- इस प्रश्न–पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है । प्रश्न–पत्र का वितरण पूर्वाह्न में 10.15 बजे किया जाएगा । 10.15 बजे से 10.30 बजे तक परीक्षार्थी केवल प्रश्न–पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर–पुस्तिका पर कोई उत्तर नहीं लिखेंगे ।

- Please check that this question paper contains **15** printed pages.
- Please check that this question paper contains **37** questions.
- Q.P. Code given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- **Please write down the serial number of the question in the answer-book at the given place before attempting it.**
- 15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the candidates will read the question paper only and will not write any answer on the answer-book during this period. ~

सामान्य निर्देश :

(i) *प्रश्न-पत्र में* ***पाँच*** *खण्ड और* ***37*** *प्रश्न हैं ।*

(ii) ***खण्ड-क*** *में प्रत्येक* ***1*** *अंक वाले* ***1-18*** *बहुविकल्पी प्रश्न हैं । **सभी** प्रश्न अनिवार्य हैं ।*

(iii) ***खण्ड-ख*** *में* ***19-24*** *तक अति लघु-उत्तरीय प्रकार के प्रश्न हैं, जिनमें से* ***5*** *प्रश्न करने हैं । प्रत्येक प्रश्न* ***2*** *अंक का है और उत्तर* ***60-90*** *शब्दों में होना चाहिए ।*

(iv) ***खण्ड-ग*** *में* ***25-30*** *तक लघु-उत्तरीय प्रकार के प्रश्न हैं, जिनमें से* ***5*** *प्रश्न करने हैं । प्रत्येक प्रश्न* ***3*** *अंक का है और उत्तर* ***100-150*** *शब्दों में होना चाहिए ।*

(v) ***खण्ड-घ*** *में* ***31-33*** *प्रकरण अध्ययन प्रश्न हैं । प्रत्येक प्रश्न* ***4*** *अंक का है । आंतरिक विकल्प उपलब्ध है ।*

(vi) ***खण्ड-ङ*** *में* ***34-37*** *दीर्घ-उत्तरीय प्रश्न हैं, जिनमें से* ***3*** *प्रश्न करने हैं । प्रत्येक प्रश्न* ***5*** *अंक का है और उत्तर* ***200-300*** *शब्दों से अधिक नहीं होना चाहिए ।*

खण्ड – क

(सभी प्रश्न अनिवार्य हैं ।)

1. प्रतियोगिता के बाद निम्नलिखित में से कौन सी एक जिम्मेदारी तकनीकी समिति की है ? **1**

   (A) उपकरण क्रय करने की माँग
   (B) उपकरण व स्टेशनरी की व्यवस्था
   (C) अधिकारियों की व्यवस्था
   (D) मैदान का रखरखाव

2. निम्नलिखित में से कौन सा एक, अंत:प्राचीर प्रतियोगिता का उद्देश्य है ? **1**

   (A) प्रतियोगिता के उच्चतम स्तर पर उच्च प्रदर्शन हासिल करना ।
   (B) अन्य संस्थाओं के साथ एकीकरण की भावना विकसित करना ।
   (C) खेल में व्यवसाय चुनने के अवसर प्रदान करना ।
   (D) संस्थान में स्वास्थ्य व मनोरंजन को बढ़ावा देना ।

3. निम्नलिखित में से कौन सी विकृति शरीर के निचले भाग से संबंधित नहीं है ? **1**

   (A) घुटने टकराना
   (B) स्कोलियोसिस
   (C) धनुषाकार टांगें
   (D) चपटा-पाँव

4. तेज चलना, दौड़ना, साइकिल चलाना और कूदने का सम्बन्ध किन गतिविधियों से है ? **1**

   (A) तीव्र गतिविधियाँ
   (B) शक्ति की गतिविधियाँ
   (C) सहनक्षमता की गतिविधियाँ
   (D) समन्वयात्मक गतिविधियाँ

5. निर्धारित पाठ्यक्रम के अनुसार, सूर्यभेदन प्राणायाम की संस्तुति _____ के लिए की जाती है । **1**

   (A) मोटापे
   (B) उच्च रक्तचाप
   (C) अस्थमा
   (D) पीठ-दर्द

General Instructions :

(i) *The question paper consists of **5** sections and **37** questions.*

(ii) ***Section-A** consists of questions **1-18** carrying **1** mark each and are multiple choice questions. **All** questions are compulsory.*

(iii) ***Section-B** consists of questions **19-24** carrying **2** marks each and are Very Short Answer Type and their answer should not exceed **60-90** words. Attempt any **5**.*

(iv) ***Section-C** consists of questions **25-30** carrying **3** marks each and are Short Answer Type and their answer should not exceed **100-150** words. Attempt any **5**.*

(v) ***Section-D** consists of questions **31-33** carrying **4** marks each and are case studies. There is an internal choice available.*

(vi) ***Section-E** consists of questions **34-37** carrying **5** marks each and are Long Answer types and their answer should not exceed **200-300** words. Attempt any **3**.*

SECTION – A
(All Questions are compulsory.)

1. Which one of the following is a post-competition responsibility of the technical committee ? **1**
   (A) Requisition to purchase equipment
   (B) Arrangement of equipment and stationery
   (C) Arrangement of officials
   (D) Maintenance of the field

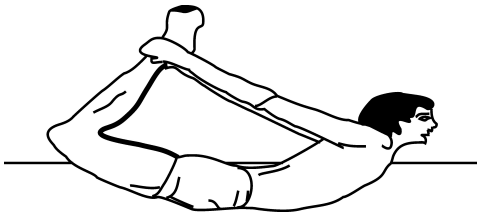
2. Which of the following is an objective of Intramural tournaments ? **1**
   (A) To achieve high performance at the highest level of the tournament.
   (B) To develop the feeling of integration with other institutions.
   (C) To provide opportunities for choosing a career in sports.
   (D) To promote health and recreation at the institution.

3. Which of the following deformity is NOT related to lower extremities ? **1**
   (A) Knock-Knee (B) Scoliosis
   (C) Bow-legs (D) Flat-foot

4. Brisk walking, running, bicycling and jumping are related to which activities ? **1**
   (A) Speed activities (B) Strength activities
   (C) Endurance activities (D) Co-ordinative activities

5. As per prescribed syllabus, Suryabhedan Pranayam is recommended for _____. **1**
   (A) Obesity (B) Hypertension
   (C) Asthma (D) Back pain

6. आसन को पहचानिये : 1



(A) चक्रासन (B) धनुरासन

(C) हलासन (D) उष्ट्रासन

(केवल दृष्टिबाधित परीक्षार्थियों के लिए)

निम्नलिखित में से कौन सी पश्चिमोत्तानासन की सही मुद्रा है ? 1

(A) खड़े रहने की स्थिति में आगे की ओर झुकना

(B) बैठी अवस्था में आगे की ओर झुकना

(C) पेट के बल लेटी अवस्था में सिर ऊपर उठाना

(D) पीठ के बल लेटी अवस्था में सिर ऊपर उठाना

7. नीचे दो कथन दिए गए हैं, एक को अभिकथन (A) और दूसरे को कारण (R) के रूप में अंकित किया गया है । दोनों कथनों को ध्यानपूर्वक पढ़िए : 1

अभिकथन (A) : अंतर्राष्ट्रीय पैरालंपिक समिति (आई.पी.सी.) ने एक वर्गीकरण प्रक्रिया विकसित की है, जो पैरालंपिक आंदोलन में सभी खिलाड़ियों और खेलों के लिए खेल उत्कृष्टता में योगदान दे सकती है, और समान प्रतिस्पर्धा प्रदान कर सकती है ।

कारण (R) : वर्गीकरण प्रक्रिया दो भूमिकाएँ निभाती हैं । पहला यह निर्धारित करना है कि कौन इसका पात्र है और दूसरा प्रतियोगिता के उद्देश्य से खिलाड़ियों के समूह बनाना है ।

उपर्युक्त दो कथनों के संदर्भ में, निम्नलिखित में से कौन सा सही है ?

(A) अभिकथन (A) और कारण (R) दोनों सही हैं और कारण (R), अभिकथन (A) की सही व्याख्या है ।

(B) अभिकथन (A) और कारण (R) दोनों सही हैं, परन्तु कारण (R), अभिकथन (A) की सही व्याख्या नहीं है ।

(C) अभिकथन (A) सही है, परन्तु कारण (R) गलत है ।

(D) अभिकथन (A) गलत है, परन्तु कारण (R) सही है ।

8. _____ वे रंग हैं, जो डेफलिम्पिक प्रतीक चिह्न में चार क्षेत्रीय संघों का प्रतिनिधित्व करते हैं । 1

(A) लाल, नीला, काला और पीला (B) नीला, पीला, काला और लाल

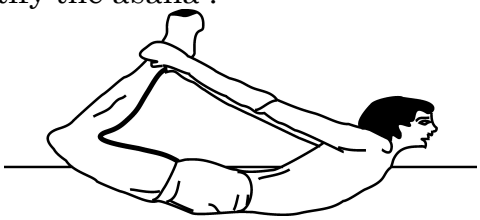
(C) लाल, नीला, पीला और हरा (D) नीला, काला, लाल और पीला

9. किस प्रकार के लीवर में आधार और बल के बीच में भार प्रतिरोध होता है ? 1

(A) प्रथम श्रेणी लीवर में (B) द्वितीय श्रेणी लीवर में

(C) (A) और (B) दोनों में (D) तृतीय श्रेणी लीवर में

6. Identify the asana : **1**



(A) Chakrasana
(B) Dhanurasana
(C) Halasana
(D) Ushtrasana

(For Visually Impaired Candidates Only)

Which one of the following is the correct pose of Paschimottanasana ? **1**

(A) Forward bending in a standing position.
(B) Forward bending in the sitting position.
(C) Head raised in the prone position.
(D) Head raised in the supine position.

7. Given below are two statements, one of which is labelled as Assertion (A) and other is labelled as Reason (R). Read both the statements carefully : **1**

Assertion (A) : The International Paralympic Committee (IPC), has developed a classification process which can contribute "to sporting excellence for all athletes and sports in the Paralympic Movement, and provide equitable competition.

Reason (R) : The classification process serves two roles. The first is to determine who is eligible and the second is to grouping the sports people for the purpose of competitions.

In the context of the above two statements, which one of the following is correct ?

(A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).
(B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
(C) Assertion (A) is true, but Reason (R) is false.
(D) Assertion (A) is false, but Reason (R) is true.

8. _____ are the colours, that represent the four regional confederation in the Deaflympic logo. **1**

(A) Red, blue, black and yellow
(B) Blue, yellow, black and red
(C) Red, blue, yellow and green
(D) Blue, black, red and yellow

9. What type of lever has the load resistance between the fulcrum and the force ? **1**

(A) First class lever
(B) Second class lever
(C) Both (A) and (B)
(D) Third class lever

10. विटामिन 'C' का वैज्ञानिक नाम _____ है । 1

(A) बिटाडिन अम्ल (B) एस्कॉर्बिक अम्ल

(C) ऐसीटोनिक अम्ल (D) हाइड्रोक्लोरिक अम्ल

11. नीचे दो कथन दिए गए हैं, एक को अभिकथन (A) और दूसरे को कारण (R) के रूप में अंकित किया गया है । दोनों कथनों को ध्यानपूर्वक पढ़िए : 1

अभिकथन (A) : अधिक रंगीन सब्जियाँ, फल और अन्य पादप खाद्य पदार्थ खाने से कैंसर के खतरे को कम किया जा सकता है, जिनमें कुछ फाइटोकेमिकल्स होते हैं ।

कारण (R) : आहार के गैर-पोषक घटक सन्तुलित आहार का एक हिस्सा हैं ।

उपर्युक्त दो कथनों के संदर्भ में, निम्नलिखित में से कौन सा सही है ?

(A) अभिकथन (A) और कारण (R) दोनों सही हैं और कारण (R), अभिकथन (A) की सही व्याख्या है ।

(B) अभिकथन (A) और कारण (R) दोनों सही हैं, परन्तु कारण (R), अभिकथन (A) की सही व्याख्या नहीं है ।

(C) अभिकथन (A) सही है, परन्तु कारण (R) गलत है ।

(D) अभिकथन (A) गलत है, परन्तु कारण (R) सही है ।

12. किस परीक्षण में प्रारंभिक और अंतिम गणना के बीच निकटतम सेंटीमीटर तक स्कोर दर्ज किया जाता है ? 1

(A) आंशिक कर्ल-अप (B) बैक स्ट्रेच परीक्षण

(C) सिट एण्ड रीच परीक्षण (D) चेयर सिट एण्ड रीच परीक्षण

13. सूची – I में अस्थिभंग के प्रकार और सूची – II में उनके लक्षण दिए गए हैं : 1

सूची – I **अस्थिभंग के प्रकार**		**सूची – II** **लक्षण**
(a) अनुप्रस्थ	i.	अस्थि का तिरछा टूटना
(b) तिर्यक	ii.	अस्थि का कई टुकड़ों में कुचलना
(c) ग्रीन स्टिक	iii.	अस्थि का आर-पार सीधा टूटना
(d) विखंडित	iv.	कोमल अस्थि, जिसमें हड्डी मुड़ जाती है

सूची – I की मदों का सूची – II से मिलान कीजिए तथा निम्नलिखित में से सही विकल्प का चुनाव कीजिए :

	(a)	(b)	(c)	(d)
(A)	iii	iv	ii	i
(B)	iii	i	iv	ii
(C)	i	ii	iii	iv
(D)	ii	iii	iv	i

14. "गोल्फ की गेंद तब तक स्थिर रहती है जब तक उस पर गोल्फ क्लब से प्रहार न किया जाए ।" – यह कथन किस ओर इंगित करता है ? 1

(A) जड़त्व का नियम (B) त्वरण का नियम

(C) गुरुत्वाकर्षण का नियम (D) प्रतिक्रिया का नियम

10. The scientific name of Vitamin 'C' is _____. **1**

(A) Betadine acid (B) Ascorbic acid
(C) Acetonic acid (D) Hydrochloric acid

11. Given below are two statements, one of which is labelled as Assertion (A) and other is labelled as Reason (R). Read both the statements carefully : **1**

Assertion (A) : The risk of cancer can be reduced by eating more colourful vegetables, fruits and other plant-foods that have certain phytochemicals in them.

Reason (R) : Non-nutritive components of diet are part of balance diet.

In the context of the above two statements, which one of the following is correct ?

(A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).
(B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
(C) Assertion (A) is true, but Reason (R) is false.
(D) Assertion (A) is false, but Reason (R) is true.

12. In which test, score is recorded to the nearest centimetre between the initial and final score ? **1**

(A) Partial curl-up (B) Back stretch test
(C) Sit and reach test (D) Chair sit and reach test

13. Given below are types of fractures in List – I with their features in List – II : **1**

List – I **Types of Fractures**		**List – II** **Features**
(a) Transverse	i.	Bone breaks diagonally
(b) Oblique	ii.	Bone is crushed into number of pieces
(c) Green stick	iii.	Straight break right across a bone.
(d) Comminuted	iv.	Soft bone, in which bone bends

Match the items of List – I with List – II and choose the correct option from the following :

	(a)	(b)	(c)	(d)
(A)	iii	iv	ii	i
(B)	iii	i	iv	ii
(C)	i	ii	iii	iv
(D)	ii	iii	iv	i

14. "The golf ball remains at rest until it is struck by a golf club." This statement indicates – **1**

(A) Law of Inertia (B) Law of Acceleration
(C) Law of Gravity (D) Law of Reaction

15. नीचे सूची – I में व्यक्तित्व के पाँच बड़े सिद्धान्तों के लक्षण हैं और सूची – II में उनकी विशेषताएँ दी गई हैं : **1**

सूची – I **5 बड़े लक्षण**		**सूची – II** **विशेषताएँ**
(a) खुलापन	i.	सक्रिय, आशावादी व सामाजिक
(b) बहिर्मुखता	ii.	असुरक्षित, घबराया हुआ व चिंतित
(c) मनोविक्षुब्धता	iii.	रचनात्मक, नई चुनौतियों से निपटने पर केन्द्रित व जिज्ञासु
(d) सहमतता	iv.	मिलनसार, मददगार व भरोसेमंद

सूची – I की मदों का सूची – II से मिलान कीजिए और निम्नलिखित में से सही विकल्प चुनिए :

	(a)	(b)	(c)	(d)
(A)	iii	i	iv	ii
(B)	iii	i	ii	iv
(C)	iv	ii	iii	i
(D)	iv	i	ii	iii

16. _____ की अवधारणा आमतौर पर किसी व्यक्ति के स्वयं के प्रति उसके मूल्यांकन या दृष्टिकोण को संदर्भित करती है । **1**

(A) मानसिक-कल्पना (B) आत्म-सम्मान
(C) आत्म-चर्चा (D) लक्ष्य-निर्धारण

17. स्वीडिश शब्द स्पीड प्ले को _____ के रूप में भी जाना जाता है । **1**

(A) फार्टलेक प्रशिक्षण (B) अंतराल विधि
(C) निरंतर विधि (D) पेस विधि

18. किस प्रकार के व्यायामों में गतिक्रिया प्रत्यक्ष रूप से दिखाई नहीं देती है ? **1**

(A) आइसोटॉनिक (B) आइसोकाइनेटिक
(C) आइसोमेट्रिक (D) प्लायोमेट्रिक

खण्ड – ख

(किन्हीं 5 प्रश्नों के उत्तर दीजिए ।)

19. धनुषाकार टाँगों और गोल कन्धों के लिए दो-दो सुधारात्मक उपाय सुझाइये । **1 + 1 = 2**

20. विशेष आवश्यकता वाले बच्चों के लिए शारीरिक गतिविधियों में भाग लेने के चार लाभों को सूचीबद्ध कीजिए । **½ × 4 = 2**

21. खाद्य-पदार्थों से संबंधित किन्हीं दो मिथकों और उनसे संबंधित तथ्यों का उल्लेख कीजिए । **1 + 1 = 2**

22. हार्वर्ड स्टेप परीक्षण के मानदंडों तथा फिटनेस इंडेक्स स्कोर के सूत्र का उल्लेख कीजिए । **1 + 1 = 2**

23. व्यायाम अनुपालन को बढ़ाने के लिए किन्हीं दो रणनीतियों का उल्लेख कीजिए । **1 + 1 = 2**

24. जब कुश्ती में खिलाड़ी मैट पर गिरते हैं, तो वे अपने हाथ, घुटने और पैर क्यों फैलाते हैं ? अपने उत्तर का औचित्य सिद्ध कीजिए । **2**

15. Given below are traits of the big five theories of personality in List – I with their characteristics in List – II : **1**

List – I **Traits of Big 5**		**List – II** **Characteristics**
(a)	Openness	i. Active, optimistic and social
(b)	Extroversion	ii. Insecure, nervous and anxious
(c)	Neuroticism	iii. Creative, focused on tackling new challenges and curious
(d)	Agreeableness	iv. Friendly, helpful and trustworthy

Match the items of List – I with List – II and choose the correct option from the following :

	(a)	(b)	(c)	(d)
(A)	iii	i	iv	ii
(B)	iii	i	ii	iv
(C)	iv	ii	iii	i
(D)	iv	i	ii	iii

16. The concept of _____, generally refers to a person's evaluation of, or attitude towards, him or herself. **1**

(A) Mental-imagery (B) Self-esteem
(C) Self-talk (D) Goal-setting

17. The Swedish word speed play is also known as _____. **1**

(A) Fartlek training (B) Interval method
(C) Continuous method (D) Pace method

18. In which type of exercises movement can NOT be seen directly ? **1**

(A) Iso-tonic (B) Iso-kinetic
(C) Iso-metric (D) Plyometric

SECTION – B
(Attempt any 5 questions.)

19. Suggest any two corrective measures for each, bow legs and round shoulders. **1 + 1 = 2**

20. Enlist four benefits of participation in physical activities for children with special needs. **½ × 4 = 2**

21. Enumerate any two myths related to food items with their respective facts. **1 + 1 = 2**

22. Mention the fitness index score formula and its norms for the Harvard Step Test. **1 + 1 = 2**

23. Mention any two strategies for enhancing adherence to exercise. **1 + 1 = 2**

24. When wrestlers fall on the mat, why they spread their arms, knee and legs ? Justify your answer. **2**

खण्ड – ग

(किन्हीं 5 प्रश्नों के उत्तर दीजिए ।)

25. "किसी भी देश की प्रगति उसके सामुदायिक खेलों के आयोजन से प्रतिबिंबित होती है ।" इस कथन के संदर्भ में "विशिष्ट कारण के लिए दौड़" तथा "एकता के लिए दौड़" की रूपरेखा तैयार कीजिए । **1½ + 1½ = 3**

26. खेलों में महिलाओं की भागीदारी से होने वाले शारीरिक व मनोवैज्ञानिक लाभों का वर्णन कीजिए । **1 × 3 = 3**

27. लचीलेपन को परिभाषित कीजिए । एक जिमनास्ट के लचीलेपन को सुधारने की विधियों का वर्णन कीजिए । **1 + 2 = 3**

28. प्रतियोगिता के दौरान आहार के किन्हीं तीन महत्त्वों का उल्लेख कीजिए । **1 × 3 = 3**

29. निम्न का वर्णन कीजिए : **1½ + 1½ = 3**

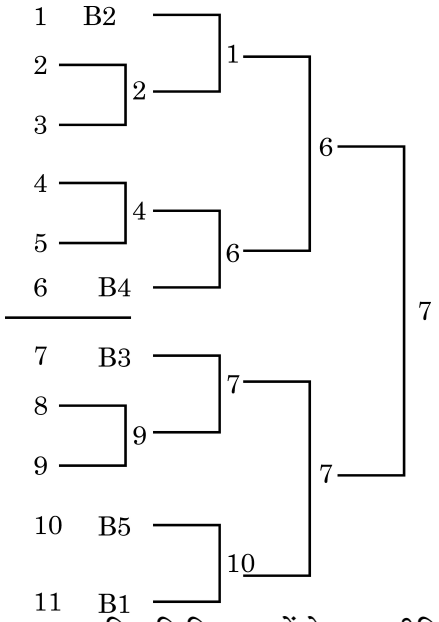
(a) अवशिष्ट मात्रा (रेसिडुअल वॉल्यूम) (b) आघात मात्रा (स्ट्रोक वॉल्यूम)

30. शत्रुतापूर्ण और निमित्त-आक्रामकता की तुलना कीजिए व अंतर बताइये । **3**

खण्ड – घ

(आंतरिक विकल्प उपलब्ध हैं)

31. आरती ने अपने क्षेत्र में खो–खो प्रतियोगिता आयोजित करने के लिए 11 टीमों का एक फिक्सचर तैयार किया, जैसा कि नीचे दिखाया गया है : **4**



ऊपर दिए गए फिक्सचर के आधार पर निम्नलिखित प्रश्नों के उत्तर दीजिए :

(i) इस प्रतियोगिता में बाई नहीं मिलने वाली टीमों की संख्या क्या है ?

(A) 06 (B) 07
(C) 08 (D) 09

(ii) यदि उपरोक्त फिक्सचर 48 टीमों का होता तो बाई की संख्या _____ होती ।

SECTION – C
(Attempt any 5 questions.)

25. "The organisation of its community sports reflects the progress of any country." In the context of this statement, outline 'Run for a specific cause' and 'Run for unity'. **1½ + 1½ = 3**

26. Describe the physical and psychological benefits of women's participation in sports. **1 × 3 = 3**

27. Define flexibility. Explain the methods to improve flexibility for a gymnast. **1 + 2 = 3**

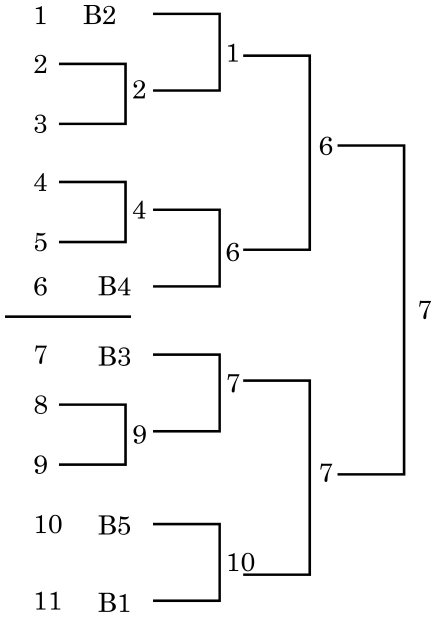
28. Mention any three importance of diet during competition. **1 × 3 = 3**

29. Describe the following : **1½ + 1½ = 3**
    (a) Residual Volume (b) Stroke Volume

30. Compare and contrast the hostile and instrumental aggression. **3**

SECTION – D
(Internal choices available)

31. Aarti prepared a fixture of 11 teams to conduct Kho-Kho tournament in her locality as shown below : **4**



Based on the above given fixture, answer the following questions :

(i) What is the number of Non-bye teams in this tournament ?
    (A) 06 (B) 07
    (C) 08 (D) 09

(ii) If the above fixture had been of 48 teams, then the number of byes would have been _____.

(iii) 7वाँ मैच टीम संख्या _____ और _____ के बीच खेला जाएगा ।

अथवा

निचले अर्ध की बाई की संख्या ज्ञात करने का सूत्र लिखिए ।

(iv) वह प्रावधान जिसमें रैंकिंग या पूर्व प्रदर्शन के आधार पर अच्छी टीमों को अलग-अलग अर्ध अथवा पूल में रखा जाता है न कि ड्रा के आवंटन से, ताकि वे पहले दौर में अन्य टीमों के साथ न खेलें, इसे _____ के रूप में जाना जाता है ।

(A) बाई (B) ब्रिटिश पद्धति

(C) सीडिंग (D) अमेरिकन पद्धति

(केवल दृष्टिबाधित परीक्षार्थियों के लिए)

तरुण के शारीरिक शिक्षक ने उसे विद्यालय में कबड्डी प्रतियोगिता आयोजित करने की जिम्मेदारी दी । तरुण ने अपने सहपाठियों के साथ मिलकर कई समितियों का गठन किया और कबड्डी प्रतियोगिता के लिए 17 टीमों का एक नॉकआऊट फिक्सचर तैयार किया । मैच के आयोजन में उसे कई चुनौतियों का सामना करना पड़ा, लेकिन अन्ततः उसे सफलता मिली । **4**

उपर्युक्त प्रकरण तथा अपने पूर्व ज्ञान के आधार पर निम्नलिखित प्रश्नों के उत्तर दीजिए :

(i) इस प्रतियोगिता में कुल कितने मैच खेले जाएँगे ?

(ii) _____ लागत और समय बचाता है तथा बाहर होने के डर से प्रत्येक मैच को प्रखर बनाता है ।

(A) नॉकआऊट टूर्नामेंट (B) लीग टूर्नामेंट

(C) राउंड-रॉबिन टूर्नामेंट (D) कम्बीनेशन टूर्नामेंट

(iii) मैच के दौरान एक टीम के दो खिलाड़ी घायल हो गए, किस समिति के द्वारा इसका प्रबंधन किया जायेगा ?

(A) लॉजिस्टिक समिति (B) तकनीकी समिति

(C) वित्त समिति (D) विपणन समिति

(iv) निचले अर्ध में उपरोक्त टीमों को बाई आबंटित करने के लिए किस सूत्र का उपयोग किया गया था ?

अथवा

ऊपरी अर्ध में उपरोक्त टीमों को बाई आबंटित करने के लिए किस सूत्र का उपयोग किया गया था ?

32. शारीरिक शिक्षा की कक्षा के दौरान, विवेक के शारीरिक शिक्षा शिक्षक ने विशेष आवश्यकता वाले बच्चों के खेलों के बारे में जानकारी प्रदान की । उन्होंने बताया कि पैरालंपिक, डेफलंपिक और स्पेशल ओलंपिक के लिए उन्हें किस तरह तैयार किया जाता है । इसके अतिरिक्त उन्होंने ऐसे बच्चों के प्रदर्शन को सुधारने के लिए उन्हें शारीरिक गतिविधियों में भाग लेने के लिए प्रेरित करने की सलाह भी दी । **4**

उपर्युक्त प्रकरण और अपने पूर्व ज्ञान के आधार पर निम्नलिखित प्रश्नों के उत्तर दीजिए :

(i) विशेष ओलम्पिक में भाग लेने के लिए न्यूनतम आयु _____ वर्ष होनी चाहिए ।

(A) 7 (B) 6

(C) 8 (D) 9

(iii) 7th match will be played between team number _____ and _____.

OR

Write the formula to calculate byes in lower half.

(iv) The provision in which good teams are placed in different half or pool, based on their ranking or previous performance not by allotment of draw, so that they do not play with other teams in the first round is known as _____.

(A) Bye (B) British method
(C) Seeding (D) American method

(For Visually Impaired Candidates Only)

Tarun's physical education teacher gave him the responsibility of organizing a Kabaddi competition in school. Tarun along with his classmates formed several committees and prepared a knockout fixture of 17 teams for the Kabaddi tournament. He faced many challenges in organizing the match, but finally, he was successful. **4**

Answer the following questions based on the above case and your prior knowledge :

(i) How many matches will be played in this tournament ?

(ii) _____ saves cost and time and makes each match intensive because of fear of elimination.

(A) Knockout tournament (B) League tournament
(C) Round robin tournament (D) Combination tournament

(iii) Two team players got injured during the match, which committee will manage it ?

(A) Logistics committee (B) Technical committee
(C) Finance committee (D) Marketing committee

(iv) Which formula was used to allot byes to the above teams in the lower half ?

OR

Which formula was used to allot byes to the above teams in the upper half ?

32. During the Physical Education class, Vivek's physical education teacher provided information about sports for children with special needs. He explained, how they are catered for the Paralympics, Deaflympics and Special Olympics. Additionally, he advised them to motivate such children to participate in physical activities to improve their performance. **4**

Answer the following questions based on the above case and your prior knowledge :

(i) To participate in Special Olympic, minimum age should be _____ years old.

(A) 7 (B) 6
(C) 8 (D) 9

(ii) पहला बधिर ओलंपिक वर्ष _____ में हुआ ।

(iii) पैरालंपिक के संस्थापक कौन थे ?

(iv) विशेष बच्चों के लिए शारीरिक गतिविधियों को सुलभ बनाने के लिए कोई दो रणनीतियाँ लिखिए ।

33. दिया पहली बार खेल प्रशिक्षण केन्द्र में गई थी । उसके कोच ने उसे बताया कि खेलों में भाग लेने से न केवल शारीरिक विकास होता है बल्कि सामाजिक व मनोवैज्ञानिक लाभ भी होता है । उन्होंने मांसपेशियों, हृदय और श्वसन प्रणाली पर होने वाले अनेक शारीरिक लाभों पर भी प्रकाश डाला । उन्होंने उसकी स्वास्थ्य व कौशल सम्बन्धी पुष्टि में सुधार के लिए उसे प्रतिदिन लगातार अभ्यास करने की सलाह दी । **4**

उपर्युक्त प्रकरण व अपने पूर्व ज्ञान के आधार पर निम्नलिखित प्रश्नों के उत्तर दीजिए :

(i) व्यायाम का मांसपेशीय प्रणाली पर कौन सा दीर्घकालिक प्रभाव नहीं है ?

(A) मांसपेशियों की अधिवृद्धि (B) ग्लाइकोजन भंडारण में वृद्धि

(C) अस्थिबंध व टेंडन मजबूत होते हैं । (D) लैक्टेट का संचय

(ii) कार्डिएक-आऊटपुट (हृदय-निगमन) क्या है ?

(iii) 'टाइडल वॉल्यूम' से सम्बन्धित सही कथन का चुनाव कीजिए :

(A) एक श्वास में अंदर ली गई और छोड़ी गई वायु की मात्रा

(B) एक श्वास में अंदर ली गई वायु की मात्रा

(C) एक आघात में हृदय द्वारा छोड़ी गई रक्त की मात्रा

(D) एक श्वास में बाहर छोड़ी गई वायु की मात्रा

(iv) लैक्टिक-अम्ल सहनशीलता _____ से सम्बन्धित है ।

(A) शक्ति (B) गति

(C) लचीलापन (D) सहनक्षमता

खण्ड – ङ

(किन्हीं 3 प्रश्नों के उत्तर दीजिए ।)

34. उच्च रक्तचाप को नियंत्रित करने के लिए मंडूकासन व मकरासन की विधि और लाभों का वर्णन करें । **2½ + 2½ = 5**

35. संतुलन से आपका क्या तात्पर्य है ? खेलों से उपयुक्त उदाहरण देते हुए स्पष्ट कीजिए कि विभिन्न कारकों के प्रभाव से संतुलन कैसे बढ़ता है । **1 + 4 = 5**

36. परिधि प्रशिक्षण से आप क्या समझते हैं ? एक कोच अपने नए प्रशिक्षुओं की पुष्टि विकसित करने के लिए छह स्टेशनों के साथ परिधि–प्रशिक्षण–सत्र की योजना कैसे बनाएगा ? व्याख्या कीजिए । **2 + 3 = 5**

37. 'साई–खेलो इंडिया' द्वारा 5 से 8 वर्ष के आयु वर्ग के लिए अनुशंसित 'फ्लेमिंगो बैलेंस टेस्ट' तथा 'प्लेट–टैपिंग–टेस्ट' की प्रक्रिया व स्कोरिंग के बारे में विस्तार से लिखिए । **2½ + 2½ = 5**

(ii) The first Deaflympics was held in the year _____.
(iii) Who was the founder of the Paralympics ?
(iv) Write any two strategies to make physical activities accessible for special children.

33. Diya went to sports training centre for the first time. Her coach informed her that participation in sports not only promotes physical growth but also has social and psychological benefits. He highlighted numerous physical benefits for muscles, heart and respiratory systems. He advised her to continue daily practice to improve her health related and skill related fitness. **4**

Answer the following questions based on the above case and your prior knowledge :

(i) Which is not a long-term effect of exercises on the muscular system ?
  (A) Hypertrophy of muscle
  (B) Increase in glycogen stored
  (C) Ligament and tendon strengthen
  (D) Accumulation of lactate
(ii) What is cardiac output ?
(iii) Choose the correct statement related to tidal volume :
  (A) Amount of air inhaled and exhaled in one breath.
  (B) Amount of air inhaled in one breath
  (C) Amount of blood pumped out by heart in one stroke.
  (D) Amount of air exhaled in one breath
(iv) Lactic acid tolerance relates to _____.
  (A) Strength (B) Speed
  (C) Flexibility (D) Endurance

SECTION – E
(Attempt any 3 questions.)

34. Describe the procedure and benefits of Mandukasana and Makrasana to control hypertension. **2½ + 2½ = 5**

35. What do you mean by Equilibrium ? Explain how Equilibrium increases with the influence of various factors by giving suitable examples from sports. **1 + 4 = 5**

36. What do you understand by circuit training ? How a coach will plan circuit training sessions with 6 stations to develop fitness of his new trainees ? Explain. **2 + 3 = 5**

37. Write in detail the procedure and scoring of 'Flamingo Balance Test' and 'Plate Taping Test' recommended for the age group 5 – 8 years by SAI Khelo India. **2½ + 2½ = 5**



Marking Scheme
Strictly Confidential
(For Internal and Restricted use only)
Senior Secondary School Certificate Examination, 2025
SUBJECT NAME PHYSICAL EDUCATION (Q.P. CODE 75)

General Instructions: -

1	You are aware that evaluation is the most important process in the actual and correct assessment of the candidates. A small mistake in evaluation may lead to serious problems which may affect the future of the candidates, education system and teaching profession. To avoid mistakes, it is requested that before starting evaluation, you must read and understand the spot evaluation guidelines carefully.
2	**"Evaluation policy is a confidential policy as it is related to the confidentiality of the examinations conducted, Evaluation done and several other aspects. Its' leakage to public in any manner could lead to derailment of the examination system and affect the life and future of millions of candidates. Sharing this policy/document to anyone, publishing in any magazine and printing in News Paper/Website etc may invite action under various rules of the Board and IPC."**
3	Evaluation is to be done as per instructions provided in the Marking Scheme. It should not be done according to one's own interpretation or any other consideration. Marking Scheme should be strictly adhered to and religiously followed. **However, while evaluating, answers which are based on latest information or knowledge and/or are innovative, they may be assessed for their correctness otherwise and due marks be awarded to them. In class-X, while evaluating two competency-based questions, please try to understand given answer and even if reply is not from marking scheme but correct competency is enumerated by the candidate, due marks should be awarded.**
4	The Marking Scheme carries only suggested value points for the answers These are in the nature of Guidelines only and do not constitute the complete answer. The students can have their own expression and if the expression is correct, the due marks should be awarded accordingly.
5	The Head-Examiner must go through the first five answer books evaluated by each evaluator on the first day, to ensure that evaluation has been carried out as per the instructions given in the Marking Scheme. If there is any variation, the same should be zero after deliberation and discussion. The remaining answer books meant for evaluation shall be given only after ensuring that there is no significant variation in the marking of individual evaluators.
6	Evaluators will mark(√) wherever answer is correct. For wrong answer CROSS 'X' be marked. Evaluators will not put right (✓) while evaluating which gives an impression that answer is correct and no marks are awarded. **This is most common mistake which evaluators are committing.**
7	If a question has parts, please award marks on the right-hand side for each part. Marks awarded for different parts of the question should then be totaled up and written in the left-hand margin and encircled. This may be followed strictly.
8	If a question does not have any parts, marks must be awarded in the left-hand margin and encircled. This may also be followed strictly.

9	If a student has attempted an extra question, answer of the question deserving more marks should be retained and the other answer scored out with a note **"Extra Question"**.
10	No marks to be deducted for the cumulative effect of an error. It should be penalized only once.
11	A full scale of marks _____(example 0 to 80/70/60/50/40/30 marks as given in Question Paper) has to be used. Please do not hesitate to award full marks if the answer deserves it.
12	Every examiner has to necessarily do evaluation work for full working hours i.e., 8 hours every day and evaluate 20 answer books per day in main subjects and 25 answer books per day in other subjects (Details are given in Spot Guidelines).This is in view of the reduced syllabus and number of questions in question paper.
13	Ensure that you do not make the following common types of errors committed by the Examiner in the past:- ● Leaving answer or part thereof unassessed in an answer book. ● Giving more marks for an answer than assigned to it. ● Wrong totaling of marks awarded on an answer. ● Wrong transfer of marks from the inside pages of the answer book to the title page. ● Wrong question wise totaling on the title page. ● Wrong totaling of marks of the two columns on the title page. ● Wrong grand total. ● Marks in words and figures not tallying/not same. ● Wrong transfer of marks from the answer book to online award list. ● Answers marked as correct, but marks not awarded. (Ensure that the right tick mark is correctly and clearly indicated. It should merely be a line. Same is with the X for incorrect answer.) ● Half or a part of answer marked correct and the rest as wrong, but no marks awarded.
14	While evaluating the answer books if the answer is found to be totally incorrect, it should be marked as cross (X) and awarded zero (0)Marks.
15	Any unassessed portion, non-carrying over of marks to the title page, or totaling error detected by the candidate shall damage the prestige of all the personnel engaged in the evaluation work as also of the Board. Hence, in order to uphold the prestige of all concerned, it is again reiterated that the instructions be followed meticulously and judiciously.
16	The Examiners should acquaint themselves with the guidelines given in the "**Guidelines for Spot Evaluation**" before starting the actual evaluation.
17	Every Examiner shall also ensure that all the answers are evaluated, marks carried over to the title page, correctly totaled and written in figures and words.
18	The candidates are entitled to obtain photocopy of the Answer Book on request on payment of the prescribed processing fee. All Examiners/Additional Head Examiners/Head Examiners are once again reminded that they must ensure that evaluation is carried out strictly as per value points for each answer as given in the Marking Scheme.

General instruction

a. The marking scheme carries only suggested value point for the answers.

b. These are only guidelines and do not constitute the complete answer.

c. The student can have their own expression and if the expression is correct, the marks be awarded accordingly

d. The candidates would be permitted to obtain a photocopy of the answer book on request on payment of the prescribed processing fee. All evaluator /Additional head examiners/Head examiners are once again reminded that they must ensure that evaluation is carried out as per value point for each answer as given in the marking scheme.

e. All Head examiners/Additional head examiners/Evaluators are instructed that while evaluating the answer book if the answer found to be totally incorrect, (X) should be marked on the incorrect answer and awarded '0' marks

MARKING SCHEME
PHYSICAL EDUCATION **Max. Marks: 70**

Q. No.	Expected Answer	Distribution of Marks
1.	(D) Maintenance of the field	1
2.	(D) To promote health and recreation at the institution.	1
3.	(B) Scoliosis	1
4.	(C) Endurance activities	1
5.	(A) Obesity	1
6.	(B) Dhanurasana (For Visually Impaired Candidates only) (B) Forward bending in the sitting position	1
7.	(A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).	1
8.	(C) red, blue, yellow and green	1
9.	(B) Second class lever	1
10.	(B) ascorbic acid	1
11.	(B) Both Assertion (A) and Reason (R) are true, but Reason (R) is ***not*** the correct explanation of Assertion (A)	1
12.	(C) Sit and reach test	1
13.	(B) a – (iii), b – (i), c – (iv), d – (ii)	1
14.	(A) Law of Inertia	1
15.	(B) a - (iii), b - (i), c - (ii), d - (iv)	1
16.	(B) Self-esteem	1
17.	(A) Fartlek training	1
18.	(C) Iso-metric exercise	1

	SECTION B (any 5 Answers)	
19.	Q. Suggest any two corrective measures for each, bow-leg and round shoulder. Ans. Corrective measures for bow-leg – Walk on the inner edge of the feet Perform/Practice Garudasana Perform lunges (leg strengthening exercises) Wearing of braces and modified shoes Corrective measures for round shoulder : T-stretch, wall stretch, Handclasp stretch and planks, pull-ups, reverse shoulder stretch, etc. Developing the habit of keeping the spine straight is also helpful in correcting rounded shoulders. Perform asanas like Chakrasana, Dhanurasana, Ushtrasana, Bhujangasana Shoulder rotation clockwise and anticlockwise (Any two corrective measure for each)	1+1 = 2
20.	Q. Enlist four benefits of participation in physical activities for children with special needs. Ans. 1. Physical benefits – • Improves motor skills • Improves flexibility and mobility • Builds strength, endurance, and speed • Supports cardiovascular health 2. Psychological benefits- • Builds confidence and boosts self-esteem. • Reduces stress and anxiety • Enhances focus and attention • Develop a sense of achievement 3. Social benefits– • Enhances Team work • Improves communication skills • Develops Leadership • Promotes inclusion	0·5× 4 = 2

		4. Emotional benefits • Elevates mood • Encourages positive attitude • Develops resilience • Reduces fear (any four points)	
21.	Q. Ans.	Enumerate any two myths related to food items with their respective facts. Myth: The fewer the carbohydrates, healthier you are- Fact: Choosing the healthiest carbohydrates especially whole grains is important for health and well-being and is required in larger quantity. Myth: Oils/Margarine have fewer calories than Ghee/butter- Fact: Ghee/Butter and Oils/ Margarine have about the same amount of calories. Some margarines are actually unhealthier because they contain trans-fats, which have even more adverse effects on cholesterol and heart health. Myth: Apples and brinjals are rich in iron because they turn brown when cut- Fact: They are an excellent source of fibre but not of iron. This change in colour is an enzymatic reaction and has nothing to do with iron. Myth: Drinking water in between meals affects digestion- Fact: The truth is that drinking water simply fills up the stomach and as a result one tends to eat less which is especially good when someone is trying to lose weight. Myth: Vegetarian diet does not build muscle Fact: Vegetarians derive Protein required for muscle growth from grain, pulses (dals) & Soya bean,milk and milk product. (Any two or any other myths with their respective facts.)	1+1 = 2

<table>
<tr><td>22.</td><td>Q.

Ans.</td><td>Mention the the fitness index score formula and its norms for the Harvard step test.
The fitness index score formula =
$\frac{\text{Duration of the Exercise in Seconds} \times 100}{5.5 \times \text{Pulse count of 1} - 1.5 \text{ min after Exercise}}$
Norms for Harvard Step Test
<table><tr><td>Upto 49</td><td>Poor</td></tr><tr><td>50 – 80</td><td>Average</td></tr><tr><td>81 or above</td><td>Good</td></tr></table></td><td>1+1 = 2</td></tr>
<tr><td>23.</td><td>Q.

Ans.</td><td>Mention any two strategies for enhancing adherence to exercise.
strategies for enhancing adherence to exercise are:
1. Set realistic goals
2. Create a routine
3. Choose enjoyable activities
4. Track progress
5. Find a workout buddy/partner
6. Incorporate variety
7. Work load according to physical capacity
8. Focus on benefits
9. Mindful expectations
10. Advance communication about activity, space ,resource person should be communicated clearly
11. Approachable space
12. Appropriate equipment
13. Age appropriate graded activities (Any two)</td><td>1+1 = 2</td></tr>
<tr><td>24.</td><td>Q.

Ans.</td><td>When wrestlers fall on the mat, why they spread their arms, knees and legs? Justify your answer.
- As per the guiding principles of equilibrium and centre of gravity, the stability of an athlete depends on his/her COG. It is exactly in the middle of the body around which it can rotate freely in any direction and where the body weight is centred. Wrestlers always spread their feet, arms, knees and legs on the mat and make COG come down.
-May reduce the chances of injuries
-Maintain balance and stability,
- Broader the base, greater the stability.
- Lower the centre of gravity, higher the stability.</td><td>2</td></tr>
</table>

	SECTION C (Any 5 answers)		
25.	Q.	"The organisation of its community sports reflects the progress of any country". In the context of this statement, outline 'Run for a specific cause' and 'Run for unity'.	1·5+1·5 = 3
	Ans.	Run for a Specific Cause This event is generally conducted to spread awareness about social issues like cleanliness, promoting a green environment, etc. The purpose of such events is to spread awareness among the masses for a specific cause or to generate charity. For example, the specific cause may be cancer, AIDS, gender inequality, etc. Run for Unity In such a type of run, the purpose is to foster peace, promote the feeling of integrity and brotherhood in the community, state, nation or among different religions. Such events help to develop bonding and a sense of togetherness among people cutting across social and economic barriers.	
26.	Q.	Describe the physical and psychological benefits of women's participation in sports.	1× 3 = 3
	Ans	Physical benefits of women's participation in sports- 1. Reduce the chances of lifestyle diseases i.e. Diabetes, High blood pressure, Obesity etc. 2.Tones muscles 3.Improves cardiovascular system 4.Improves bone density 5.Improves reproductive health 6.Better sleep pattern 7.Improves posture and flexibility Psychological benefits of women's participation in sports 1.Reduces stress and anxiety 2.Improves mood and emotional well being 3.Improves self esteem 4.Better cognitive function 5.Improves sleep quality 6.Improves focus and concentration 7.Promotes goal setting skills 8.Develops leadership qualities (any 3 points explained)	

27.	Q. Ans.	Define flexibility. Explain the methods to improve flexibility for a gymnast. Flexibility –Flexibility is known as the range of motion around a joint or It is the ability to execute a movement with greater amplitude or range Methods to improve flexibility : 1.Slow Stretching 2.Slow Stretch and Hold 3.Static Stretching 4.Dynamic Stretching 5.Ballistic Method 6.Proprioceptive Neuromuscular Facilitation (PNF) Technique (Explanation of any two methods)	1+2 = 3
28.	Q. Ans.	Mention any three importance of diet during competition. 1. Dealing with nutritional needs during training is crucial for optimal performance. The main aim during exercise and training should be to maintain water balance, control body temperature, sustain normal blood sugar levels and delay fatigue. Water that is lost through sweating during exercise needs to be replaced, in order to maintain fluid balance and normal temperature. Even slight dehydration brings in mental and physical fatigue and weakens the performance. 2. During small breaks in the events, such as tennis, boxing, etc., the consumption of adequate carbohydrates and fluids may be taken care of. In shorter breaks, carbohydrate-rich foods like bananas, juices, carbohydrate-based drinks (less than 2 percent concentration) or simply water may be taken. 3. If exercising for more than 60 minutes, carbohydrate-electrolyte beverages like diluted fruit juices containing 5 percent to 8 percent carbohydrates can be ingested. 4. As the duration of high intensity events continues, muscle glycogen levels diminish. Therefore, for endurance athletes, in events lasting longer than two hours, carbohydrate-rich solids or liquid meals are recommended during exercise.	1× 3 = 3

5. Carbonated beverages, fizzy drinks and drinks that contain caffeine are not recommended.

(Any three points)

29. Q. Describe the following : 1·5+1·5 = 3

(a) Residual volume (b) Stroke volume

Ans. **Residual volume**: Residual volume is the volume of air that remains in the lungs after forceful expiration. Regular exercise increases residual volume that helps to exchange the gases in normal limits.

Stroke Volume: The volume of blood pumped during one beat (contraction) is called stroke volume. During exercise, stroke volume increases as more oxygen is required. This is accomplished by delivering blood to muscles. After an endurance training programme, the capacity of the heart to pump blood in one contraction is increased by 20 to 50 percent.

(Or any other relevant answer)

30. Q. Compare and contrast hostile and instrumental aggression. 3

Ans.

	Hostile	Instrumental
Intent	Harm or Suffering	Harm or Suffering
Primary Goal	Harm or injure	Win or advantage
Process	Non-Legitimate	Non-Legitimate
Emotion	Anger	No Anger
Explanation	Self-justification instead of apology	Offer apologies

(any 3 points)

	SECTION D (Internal Choices Available)	
31.	i. (A) 06 ii. 16 iii. 10 and 11 **OR** $\frac{NB+1}{2}$ iv. (C) Seeding (For ***Visually Impaired*** Candidates only) i. 16 ii. (A) Knock out tournament iii. (A) Logistics committee iv. $\frac{NB+1}{2}$ **OR** $\frac{NB-1}{2}$	1× 4 = 4
32.	i. (C) 8 ii. 1924 iii. Dr. Ludwig Guttmann iv. Two strategies are : 1. Proper instructions 2. Proper space 3. Adapted equipment 4. Modified rules 5. Graded activities 6. Social strategies 7. Involve people with disability in decision making 8. Regular medical check up (any 2 points or any other relevant points)	1× 4 = 4

33.	i. (D) – Accumulation of lactate ii. Cardiac output is the amount of blood pumped out by the heart in 1 minute. or Stroke volume X heart rate=cardiac output iii. (A) – Amount of air inhaled and exhaled in one breath. iv. (D) Endurance	1× 4 = 4
	SECTION - E **(Answer any 3)**	
34.	Q. Describe the procedure and benefits of Mandukasana and Makarasana to control hypertention. Ans. Mandukasana : Mandukasana comes from the Sanskrit word 'Manduk' which means frog. This yoga asana is aptly named frog pose as your body resembles a frog when you practice it. This yoga asana is fairly straightforward and can be practiced by almost all age groups. Procedure : • Sit in Vajrasana and make fists with both hands, the thumbs inside. • Place your fists on your belly next to the belly button. • Bend forward with exhalation. • Keep looking straight. • Hold your breath in the yoga posture for a few seconds and come up with inhalation. • Repeat this asana 3-4 times. Benefits : • This asana is beneficial to all organs of the body. • Mandukasana gives you relief from diabetes, digestive disorders and constipation. • This asana improves the flexibility and mobility of the knee and ankle joints. • It helps tone muscles of the shoulder and abdomen. • Regular practice of this asana increases your lung capacity.	2·5+2·5 = 5

- This yoga asana is beneficial for people suffering from problems of the pancreas and the heart.
- This asana helps reduce fat from thighs, belly and hips.

Makarasana :

Makar means crocodile. While doing this asana the body resembles the shape of a crocodile, hence it is known as Makarasana. It is also considered a relaxing asana like Shavasana.

Procedure :

1. Lie down on the floor on your stomach with your hands folded under the head.
2. Place the right palm over the left palm on the ground and place the head over the right palm in a relaxed way and close your eyes.
3. Stretch the leg as far as possible. The toes should point outwards.
4. Relax the whole body. Breathe normally and slowly feel the whole body touching the ground and the deep relaxation in all your muscles.
5. Relax in this posture for few minutes.
6. While returning from the posture, slowly bring the feet together unfold the arms and come to the prone position.

Benefits :

1. Deep relaxation to the shoulder and the spine.
2. Reduces waist pain.
3. Helps in slipped disc.
4. Beneficial for asthma
5. Relief for arthritis patients.
6. Abdominal muscles get an automatic massage.

(any 2 benefits for each)

35.	Q. Ans.	What do you mean by Equilibrium? Explain how Equilibrium increases with the influence of various factors by giving suitable examples from sports. Equilibrium- State of balance or a stable situation where opposite forces cancel each other and where no changes occur. Or Condition in which the sum of all forces acting on a body is zero, causing it to remain at rest or move with constant velocity. -Lower centre of gravity means more stability: Athletes lower their centre of gravity to improve stability during activities. For example, runners bend their knees to stop more quickly and effectively. Similarly, a wrestler adopts a half –sitting posture for better balance, and shot put thrower bends their knees for better stability to avoid foul. - Stability increases when centre of gravity is centred: Balance is lost if centre of gravity moves outside the support base. Keeping the weight centred over the support base enhances stability. For instance, balance is easily lost in activities like walking on a balance beam with narrow support base. If balance shifts, the gymnast might raise an arm or leg to bring the centre of gravity back to the centre. - Wider base of support enhance stability: Spreading the support base, like standing with feet apart adds stability. Using stance requiring both hands and feet, creates the most comprehensive base and, hence more stability. Body weight is directly proportional to stability: A heavier person or gravity or object is more stable and more challenging to move. This principle is applied in sports like Boxing, Judo, Wrestling, where competitors are classified by weight. More the friction on the surface more the stability: If the surface of a sport or activity has more friction, it leads to greater stability.For example, if the friction on a wrestling mat is less, wrestler will tend to slip. (Any four factors with any suitable example)	1+4 = 5

36.	Q.	What do you understand by circuit training? How a coach will plan circuit training sessions with 6 stations to develop fitness of his new trainees? Explain.	2·5+2·5 = 5
	Ans.	Circuit training: Circuit training method was introduced by R.E morgan and G.T. Admson of Leeds university in 1951. It is the training method in which certain exercises of various kinds are performed with or without apparatus with given dosage. A coach planning a circuit training session for new trainees must consider their fitness level goals and variety of exercises. Each station should focus on different component of fitness such as strength, endurance, agility and flexibility. Coach can plan following stations to develop fitness of his new trainees – 1.Push ups 2.Jump squat 3.Rope skipping 4.Pull ups 5.Shuttle run 6.Arm curling 7.Shoulder press 8.Burpees 9.Step ups 10.Lunges 11.Medicine ball throw 12.Sit ups 13.Spot running 14.Bench press 15.Exercises with dumbbells (Any 6 or any other relevant stations)	
37.	Q.	Write in detail the procedure and scoring of "Flamingo Balance Test' and 'Plate Tapping Test' recommended for the age group 5 – 8 years by SAI Khelo India.	1+2+2 = 5
	Ans.	Procedure Flamingo Balance Test: - Stand on the beam. Keep the balance by holding the instructor's hand (if required to start).	

	- Start the watch as the instructor let goes of the participant/subject. - Pause the stopwatch each time the subject loses balance (either by falling off the beam or letting go of the foot being held).Resume over, timing again until they lose balance. - Count the number of falls in 60 seconds of balancing. - If there are more than 15 falls in the first 30 seconds, the test is terminated. Scoring: The total number of falls or loss of balance in 60 seconds of balancing is recorded. If there are more than 15 falls in the first 30 seconds, the test is terminated. Procedure for Plate Tapping Test: If possible, the table height should be adjusted so that the subject may stand 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). Scoring: The time taken to complete 25 cycles is recorded.	

Series &RQPS

Set-4

प्रश्न–पत्र कोड
Q.P. Code **75**

रोल नं.
Roll No.

परीक्षार्थी प्रश्न–पत्र कोड को उत्तर–पुस्तिका के मुख–पृष्ठ पर अवश्य लिखें ।
Candidates must write the Q.P. Code on the title page of the answer-book.

शारीरिक शिक्षा (सैद्धान्तिक)

PHYSICAL EDUCATION (Theory)

*निर्धारित समय : **3** घण्टे* | *अधिकतम अंक : **70***

*Time allowed : **3** hours* | *Maximum Marks : **70***

	नोट		NOTE
(I)	कृपया जाँच कर लें कि इस प्रश्न–पत्र में मुद्रित पृष्ठ **15** हैं ।	(I)	Please check that this question paper contains **15** printed pages.
(II)	कृपया जाँच कर लें कि इस प्रश्न–पत्र में **37** प्रश्न हैं ।	(II)	Please check that this question paper contains **37** questions.
(III)	प्रश्न–पत्र में दाहिने हाथ की ओर दिए गए प्रश्न–पत्र कोड को परीक्षार्थी उत्तर–पुस्तिका के मुख–पृष्ठ पर लिखें ।	(III)	Q.P. Code given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
(IV)	**कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, उत्तर–पुस्तिका में प्रश्न का क्रमांक अवश्य लिखें ।**	(IV)	**Please write down the serial number of the question in the answer-book before attempting it.**
(V)	इस प्रश्न–पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है । प्रश्न–पत्र का वितरण पूर्वाह्न में 10.15 बजे किया जाएगा । 10.15 बजे से 10.30 बजे तक परीक्षार्थी केवल प्रश्न–पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर–पुस्तिका पर कोई उत्तर नहीं लिखेंगे ।	(V)	15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the candidates will read the question paper only and will not write any answer on the answer-book during this period.

सामान्य निर्देश :

(i) *प्रश्न-पत्र में* ***पाँच*** *खण्ड हैं तथा* ***37*** *प्रश्न हैं ।*

(ii) ***खण्ड-अ*** *में प्रत्येक* ***1*** *अंक वाले* ***1-18*** *बहुविकल्पी प्रश्न हैं ।* ***सभी*** *प्रश्न अनिवार्य हैं ।*

(iii) ***खण्ड-ब*** *में* ***19-24*** *तक अति लघु-उत्तरीय प्रकार के प्रश्न हैं, जिसमें से* ***5*** *प्रश्न करने हैं । प्रत्येक प्रश्न* ***2*** *अंक का है और* ***60-90*** *शब्दों में होना चाहिए ।*

(iv) ***खण्ड-स*** *में* ***25-30*** *तक लघु-उत्तरीय प्रकार के प्रश्न हैं, जिसमें से* ***5*** *प्रश्न करने हैं । प्रत्येक प्रश्न* ***3*** *अंक का है और* ***100-150*** *शब्दों में होना चाहिए ।*

(v) ***खण्ड-द*** *में* ***31-33*** *प्रकरण अध्ययन प्रश्न हैं । प्रत्येक प्रश्न* ***4*** *अंक का है । आन्तरिक विकल्प उपलब्ध है ।*

(vi) ***खण्ड-य*** *में* ***34-37*** *दीर्घ-उत्तरीय प्रश्न हैं, जिसमें से* ***3*** *प्रश्न करने हैं । प्रत्येक प्रश्न* ***5*** *अंक का है और* ***200-300*** *शब्दों से अधिक नहीं होना चाहिए ।*

खण्ड – अ

(सभी प्रश्न अनिवार्य हैं)

1. निम्नलिखित में से कौन सा प्राणायाम मोटापे को कम करने में सहायक है ? **1**

   (a) कपालभाति प्राणायाम (b) अनुलोम-विलोम प्राणायाम

   (c) सूर्यभेदन प्राणायाम (d) शीतली प्राणायाम

2. अंतर्राष्ट्रीय पैरालंपिक समिति का गठन _____ में किया गया था । **1**

   (a) 1985 (b) 2003

   (c) 1989 (d) 2001

3. निम्न में से कौन सा भोजन असहिष्णुता का कारण **नहीं** है ? **1**

   (a) खाद्य विषाक्तता के द्वारा टॉक्सिन बनना (b) एंजाइम्स का न होना

   (c) रुक्षांश (रफेज) (d) ग्लूटेन

4. नीचे दो कथन दिए गए हैं जो कि अभिकथन (A) तथा कारण (R) के रूप में हैं । **1**

   अभिकथन (A) : आराम की स्थिति में शरीर के कार्य को बनाए रखने के लिए आवश्यक कैलोरी की संख्या 'बेसल चयापचय दर' है ।

   कारण (R) : एक व्यक्ति जो कि किसी भी कार्य में संलग्न नहीं होता है, उसे भी आंतरिक अवयवों के कार्यों के लिए ऊर्जा की आवश्यकता होती है ।

   उपर्युक्त दो कथनों के संदर्भ में निम्नलिखित में से कौन सा विकल्प सही है ?

   (a) अभिकथन (A) और कारण (R) दोनों सही हैं और कारण (R), अभिकथन (A) की सही व्याख्या करता है ।

   (b) अभिकथन (A) और कारण (R) दोनों सही हैं, परन्तु कारण (R), अभिकथन (A) की सही व्याख्या नहीं करता है ।

   (c) अभिकथन (A) सही है, परन्तु कारण (R) गलत है ।

   (d) अभिकथन (A) गलत है, परन्तु कारण (R) सही है ।

General Instructions :

(i) *The question paper consists of **5** sections and **37** questions.*

(ii) ***Section-A** consists of question **1-18** carrying **1** mark each and are multiple choice questions. **All** questions are compulsory.*

(iii) ***Section-B** consists of question **19-24** carrying **2** marks each and are Very Short Answer Types and should not exceed **60-90** words. Attempt any **5**.*

(iv) ***Section-C** consists of question **25-30** carrying **3** marks each and are Short Answer Types and should not exceed **100-150** words. Attempt any **5**.*

(v) ***Section-D** consists of question **31-33** carrying **4** marks each and are case studies. There is internal choice available.*

(vi) ***Section-E** consists of question **34-37** carrying **5** marks each and are Long Answer types and should not exceed **200-300** words. Attempt any **3**.*

SECTION – A
(All Questions are compulsory)

1. Which of the following pranayama is helpful to reduce obesity ? **1**

   (a) Kapalbhati Pranayama (b) Anulom Vilom Pranayama

   (c) Suryabhedan Pranayama (d) Sitili Pranayama

2. International Paralympic Committee was formed in _____. **1**

   (a) 1985 (b) 2003

   (c) 1989 (d) 2001

3. Which of the following is **NOT** the cause of Food Intolerance ? **1**

   (a) Toxins formation due to food poisoning

   (b) Absence of an enzyme

   (c) Roughage

   (d) Gluten

4. Given below are two statements labelled Assertion (A) and Reason (R). **1**

   Assertion (A) : The Basal Metabolic Rate (BMR) is the number of calories needed to maintain body function at resting condition.

   Reason (R) : A person who does not engage in any work, still requires energy for the functioning of their internal organs.

   In the context of the above two statements, which of the following option is correct ?

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

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

   (c) Assertion (A) is true, but Reason (R) is false.

   (d) Assertion (A) is false, but Reason (R) is true.

5. सूची-I में खेल प्रबन्धन के कार्य तथा सूची-II में उनका स्पष्टीकरण दिया गया है : 1

सूची-I	सूची-II
I. योजना	1. यह संगठनात्मक लक्ष्यों को पूरा करने के लिए लोगों को मार्गदर्शन, प्रेरणा और निर्देश देने का कार्य है ।
II. नियंत्रण	2. भविष्य में होने वाले कार्य की रूपरेखा तैयार करना ।
III. निर्देशन	3. यह सुनिश्चित करना कि उचित प्रतिभा उस विशिष्ट कार्य को पूरा कर रही है ।
IV. स्टाफिंग	4. प्रदर्शन मानकों की स्थापना करना, वास्तविक प्रदर्शन को मापना और अनियमितताओं की तुलना करना ।

सूची-I की मदों का मिलान सूची-II से कीजिए तथा निम्नलिखित में से सही विकल्प का चुनाव करें :

	I	II	III	IV
(a)	1	2	3	4
(b)	1	2	4	3
(c)	2	4	1	3
(d)	2	4	3	1

6. नीचे दो कथन दिए गए हैं जो कि अभिकथन (A) तथा कारण (R) के रूप में हैं । 1

अभिकथन (A) : सामान्य खड़े होने की स्थिति में दोनों घुटने एक-दूसरे को छूते हैं जबकि टखनों के बीच 3-4 इंच का अंतर होता है ।

कारण (R) : यह जेनू वेलगम के कारण होता है और यह घुटने या पैर में चोट या संक्रमण, रिकेट्स, विटामिन-डी और कैल्सियम की गंभीर कमी, मोटापा या घुटने में गठिया के कारण विकसित हो सकता है ।

उपर्युक्त दो कथनों के संदर्भ में निम्नलिखित में से कौन सा विकल्प सही है ?

(a) अभिकथन (A) और कारण (R) दोनों सत्य हैं और कारण (R), अभिकथन (A) की सही व्याख्या करता है ।

(b) अभिकथन (A) और कारण (R) दोनों सत्य हैं, परंतु कारण (R), अभिकथन (A) की सही व्याख्या नहीं करता है ।

(c) अभिकथन (A) सत्य है, परन्तु कारण (R) गलत है ।

(d) अभिकथन (A) गलत है, परन्तु कारण (R) सत्य है ।

7. निम्नलिखित पुष्टि घटकों में से एक धावक किसमें बेहतर प्रदर्शन करता है, यदि उसमें तीव्र ट्विच तन्तुओं (फास्ट ट्विच फाइबर) की तुलना में धीमे ट्विच तन्तुओं (स्लो ट्विच फाइबर) की संख्या अधिक है ? 1

(a) गति (b) शक्ति

(c) सहनक्षमता (d) लचीलापन

8. उस कारक को पहचानें जो संतुलन को कम करता है । 1

(a) बड़ा आधार (b) अधिक वज़न

(c) निम्न गुरुत्वाकर्षण केन्द्र (d) उच्च गुरुत्वाकर्षण केन्द्र

5. Given below are functions of Sports Management in List-I and their Explanation in List-II : **1**

List – I	**List – II**
I. Planning	1. It is a function of guiding, inspiring and instructing people to accomplish organizational goals.
II. Controlling	2. Preparing a layout for the future course of action.
III. Directing	3. Ensuring that proper talent is serving that specific job.
IV. Staffing	4. Establishing performance standards, measuring actual performance and comparing them for irregularities.

Match the items of List-I with List-II and choose the correct option from the following :

	I	II	III	IV
(a)	1	2	3	4
(b)	1	2	4	3
(c)	2	4	1	3
(d)	2	4	3	1

6. Given below are two statements labelled Assertion (A) and Reason (R). **1**

Assertion (A) : In a normal standing posture, both knees touch each other, while there is a gap of 3-4 inches between the ankles.

Reason (R) : It is due to Genu Valgum and it can develop due to an injury or infection in the knee or leg, rickets, severe lack of vitamin D and calcium, obesity, or arthritis in the knee.

In the context of the above two statements, which one of the following option is correct ?

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

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

(c) Assertion (A) is true, but Reason (R) is false.

(d) Assertion (A) is false, but Reason (R) is true.

7. In which of the following fitness component an athlete gives better performance, if he/she has more slow twitch fibre in comparison to fast twitch fibres. **1**

(a) Speed (b) Strength

(c) Endurance (d) Flexibility

8. Identify the factor which decreases equilibrium. **1**

(a) Larger base (b) Greater weight

(c) Lower centre of gravity (d) Higher centre of gravity

9. अंतर्मुखी व्यक्ति के व्यक्तित्व की विशेषता को पहचानें । 1

(a) अनजान लोगों से आसानी से मिलना (b) आत्म–केन्द्रित

(c) अत्यधिक सामाजिक (d) अभिव्यक्त प्रकृति

10. वॉलीबॉल में स्मैश मारने के लिए उछलना _____ का एक उदाहरण है । 1

(a) स्थैतिक शक्ति (b) अधिकतम शक्ति

(c) विस्फोटक शक्ति (d) शक्ति सहनक्षमता

11. निम्न में से कौन सा अंतःप्राचीर प्रतियोगिता का उद्देश्य है ? 1

(a) उच्च प्रदर्शन को प्राप्त करना ।

(b) रोजगार के अवसर प्रदान करना ।

(c) स्वास्थ्य एवं पुष्टि को बढ़ावा देना ।

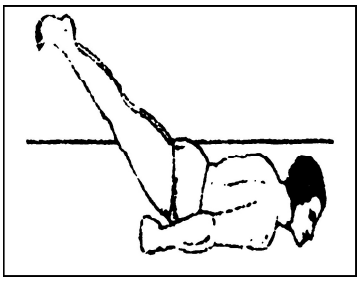
(d) सांस्कृतिक एवम् आर्थिक विकास को बढ़ावा देना ।

12. विश्व स्वास्थ्य संगठन (W.H.O.) की अनुशंसा अनुसार _____ के बच्चों को प्रतिदिन 180 मिनट तक शारीरिक गतिविधियों में शामिल होना चाहिए और 10-13 घंटे की अच्छी गुणवत्ता वाली नींद लेनी चाहिए । 1

(a) 1 वर्ष से कम (b) 1 – 2 वर्ष

(c) 3 – 4 वर्ष (d) 5 – 17 वर्ष

13. नीचे दिए गए चित्र में आसन की पहचान कीजिए तथा निम्न में से सही विकल्प चुनिए : 1



(a) भुजंगासन (b) कटिचक्रासन

(c) पवनमुक्तासन (d) शलभासन

(केवल दृष्टिबाधित छात्रों के लिए प्रश्न)

शिथिलीकरण व थकान को दूर करने के लिए निम्न में से कौन सा आसन उपयोगी है ? 1

(a) चक्रासन (b) शवासन

(c) मकरासन (d) उत्तानपादासन

14. डेफलिम्पिक के आयोजन के लिए जिम्मेदार मुख्य प्रबंध निकाय कौन सा/सी है ? 1

(a) विश्व बधिर चैम्पियन्स समिति

(b) राष्ट्रीय खेल महासंघ

(c) दिव्यांग खेलों के लिए अंतर्राष्ट्रीय समन्वयक समिति

(d) बधिरों के लिए अंतर्राष्ट्रीय खेल समिति

9. Identify the characteristic of introvert personality. **1**

(a) Meet unknown people easily (b) Self - centered
(c) Highly socialized (d) Expressive nature

10. Jump for smash in volleyball is an example of _____. **1**

(a) Static strength (b) Maximum strength
(c) Explosive strength (d) Strength endurance

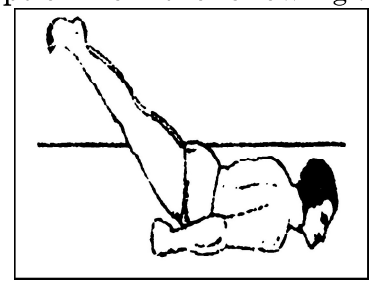
11. Which of the following is the objective of Intramural competition ? **1**

(a) To achieve high performance
(b) To provide career opportunities
(c) To promote health and fitness
(d) To promote cultural and economic development

12. According to W.H.O. (World Health Organisation) recommendations, children of _____ should be engaged in physical activities for 180 minutes and should have 10-13 hours of good quality sleep per day. **1**

(a) Less than 1 year (b) 1 – 2 year
(c) 3 – 4 year (d) 5 – 17 year

13. Identify the asana shown in the picture given below and choose the correct option from the following : **1**



(a) Bhujangasana (b) Katichakrasana
(c) Pawanmuktasana (d) Shalbhasana

(For Visually Impaired Candidates Only)

Which of the following asana is useful for relaxation and removing fatigue ? **1**

(a) Chakrasana (b) Shavasana
(c) Makarasana (d) Uttanpadasana

14. Which is the main governing body responsible for the organization of Deaflympics ? **1**

(a) World Deaf Champions Committee
(b) National Sports Federation
(c) International Co-ordinating Committee Sports for Disabled
(d) International Committee of Sports for the Deaf

15. बॉडी मास इंडेक्स (BMI), स्वस्थ शरीर के वज़न का आँकलन करने के सामान्य तरीकों में से एक है । स्वस्थ-भार के लिए निम्नलिखित में से कौन सी बी.एम.आई. श्रेणी को लिया जाता है ? 1

(a) 25.0 – 29.0 (b) 30.0 – 34.9
(c) 18.5 – 24.9 (d) 35.0 – 39.9

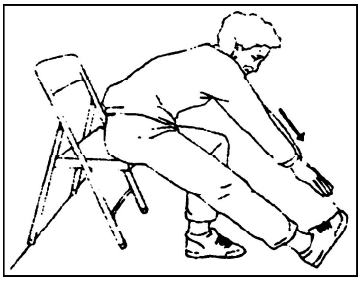
16. आंशिक कर्ल अप परीक्षण में दो समानांतर रेखाओं के बीच का अंतर _____ होता है । 1

(a) 8 इंच (b) 4 इंच
(c) 6 इंच (d) 10 इंच

17. प्रेरणा तकनीक के अंतर्गत, लक्ष्य निर्धारण एक _____ दृष्टिकोण है । 1

(a) संज्ञानात्मक (b) शैक्षणिक
(c) सामाजिक (d) सुविधाजनक

18. नीचे दिखाए गए परीक्षण में, वरिष्ठ नागरिकों का कौन सा कार्यात्मक पुष्टि घटक निर्धारित किया जाता है ? 1



(a) शारीरिक गतिशीलता (b) शरीर के ऊपरी भाग का लचीलापन
(c) शरीर के निचले भाग का लचीलापन (d) शरीर के ऊपरी भाग की शक्ति

(केवल दृष्टिबाधित छात्रों के लिए प्रश्न)

निम्न में से कौन सा परीक्षण वरिष्ठ नागरिकों के शरीर के ऊपरी भाग की शक्ति निर्धारित करता है ? 1

(a) चेयर स्टैंड परीक्षण (b) बैक स्क्रेच परीक्षण
(c) आर्म-कर्ल परीक्षण (d) चेयर सिट एण्ड रीच परीक्षण

खण्ड – ब

(किन्हीं पाँच प्रश्नों के उत्तर दें)

19. खेलों से उचित उदाहरण देते हुए, द्वितीय श्रेणी उत्तोलक (लीवर) की व्याख्या कीजिए । 2

20. गामक शिक्षणीयता (मोटर ऐडुकेबिलिटी) के जॉनसन-मेथेनी परीक्षण के चार परीक्षण मदों को सूचीबद्ध करें । ½ × 4

15. Body Mass Index is one of the common way of assessing healthy body weight. Which of the following BMI range is considered for healthy weight ? **1**

(a) 25.0 – 29.0 (b) 30.0 – 34.9

(c) 18.5 – 24.9 (d) 35.0 – 39.9

16. In partial curl up test the difference between two parallel lines is _____. **1**

(a) 8 inches (b) 4 inches

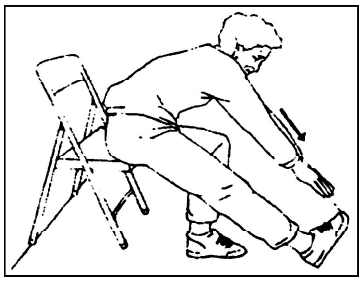
(c) 6 inches (d) 10 inches

17. Goal setting is a _____ approach, under motivational technique. **1**

(a) Cognitive (b) Pedagogical

(c) Social (d) Facilitation

18. Which functional fitness component of senior citizens is determined in the test shown below ? **1**



(a) Physical Mobility (b) Upper Body Flexibility

(c) Lower Body Flexibility (d) Upper Body Strength

(For Visually Impaired Candidates Only)

Which of the following test determines the upper body strength of a senior citizen ? **1**

(a) Chair Stand Test (b) Back Scratch Test

(c) Arm-Curl Test (d) Chair sit and Reach test

SECTION – B

(Attempt any 5 questions)

19. Describe the second class lever with suitable example from sports. **2**

20. Enlist four test items of Johnson – Metheny Test of Motor Educability. **½ × 4**

21. 'रजोदर्शन' पर संक्षिप्त टिप्पणी लिखिए । **2**

22. चार आसनों को सूचीबद्ध करें जो अस्थमा को नियंत्रित करने में मदद करते हैं । **½ × 4**

23. विशेष आवश्यकता वाले बच्चों (सी.डब्ल्यू.एस.एन.) के लिए शारीरिक गतिविधियों के कोई दो लाभ लिखिए । **1+1**

24. खेलों से उचित उदाहरण देते हुए, घर्षण के किन्हीं दो प्रकारों का उल्लेख कीजिए । **1+1**

खण्ड – स

(किन्हीं पाँच प्रश्नों के उत्तर दें)

25. मिस्टर X ने 275 सेकण्ड के लिए हार्वर्ड स्टेप टेस्ट किया और व्यायाम के बाद 1 – 1.5 मिनट में उसकी पल्स (हृदय दर) 100 थी । हार्वर्ड स्टेप टेस्ट के लिए फिटनेस इंडेक्स स्कोर का सूत्र लिखें और मिस्टर X के फिटनेस इंडेक्स स्कोर की गणना करें । **1+2**

26. 'प्रतिभा पहचान' व 'प्रतिभा विकास' की अवधारणा की विवेचना कीजिए । **1½+1½**

27. खेल प्रतियोगिता के दौरान किन्हीं दो समितियों के दायित्वों की व्याख्या करें । **1½+1½**

28. कमर दर्द के लिए किसी एक आसन की प्रक्रिया व लाभों का वर्णन कीजिए । **2+1**

29. महिला–धावक त्रय पर संक्षिप्त टिप्पणी लिखिए । **3**

30. बुढ़ापे के कारण होने वाले किन्हीं तीन शारीरिक परिवर्तनों का वर्णन करें । **1+1+1**

खण्ड – द

(आंतरिक विकल्प उपलब्ध हैं)

31. एक सर्वेक्षण में एक समावेशी विद्यालय की वार्षिक खेल प्रतियोगिता के दौरान सामान्य और विशेष बच्चों की भागीदारी के बीच विसंगतियाँ पाई गईं । नीचे दी गई तालिका का ध्यानपूर्वक अध्ययन करें – **4 × 1 = 4**

क्रम संख्या	प्रतियोगिता	सामान्य छात्र (150)	विशेष छात्र (10)
1.	100 मी.	40	5
2.	400 मी.	25	2
3.	लम्बी कूद	20	0
4.	ऊँची कूद	15	1
5.	रिले दौड़	8	4

21. Write a short note on 'Menarche'. **2**

22. Enlist four asanas those help to control asthma. **½ × 4**

23. Write any two advantages of physical activities for Children With Special Needs (CWSN). **1+1**

24. Mention any two types of friction by giving suitable examples from sports. **1+1**

SECTION – C
(Attempt any 5 questions)

25. Mr. X performs the Harvard step test for 275 seconds and his pulse in 1 – 1.5 min after exercise was 100. Write the formula of fitness index score for Harvard step test and calculate the fitness index score of Mr. X. **1+2**

26. Comment on the concept of Talent Identification and Talent Development. **1½+1½**

27. Explain the responsibilities of any two committees during sports competition. **1½+1½**

28. Explain the procedure and benefits of any one asana for back pain. **2+1**

29. Write short note on Female Athlete Triad. **3**

30. Describe any three physiological changes due to ageing. **1+1+1**

SECTION – D
(Internal choices available)

31. A survey in an inclusive school setup found the discrepancies between the participation of normal and special child during annual sports meet. Study the table given below carefully – **4 × 1 = 4**

S. No.	Event	Normal Child (150)	Special Child (10)
1.	100 Mtr.	40	5
2.	400 Mtr.	25	2
3.	Long Jump	20	0
4.	High Jump	15	1
5.	Relay Race	8	4

उपरोक्त अध्ययन व अपने ज्ञान के आधार पर निम्न प्रश्नों के उत्तर दीजिए :

(a) उपरोक्त तालिका के अनुसार _____ की प्रतियोगिता में विशेष छात्रों की कोई भागीदारी नहीं है ।

(b) नियमित शारीरिक शिक्षा कक्षाओं में दिव्यांग छात्रों की भागीदारी को _____ कहा जाता है ।

(c) विशेष आवश्यकता वाले बच्चों के लिए शारीरिक गतिविधियों को सुगम बनाने की किन्हीं दो रणनीतियों को सूचीबद्ध कीजिए ।

(d) विशेष ओलिम्पिक का आदर्श वाक्य _____ है ।

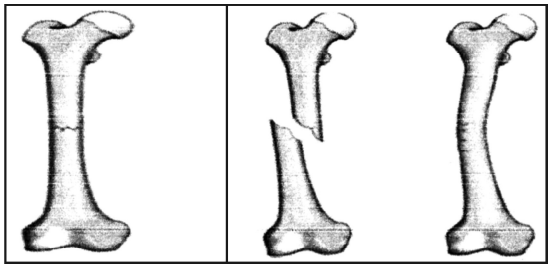
या

(d) पैरालिम्पिक का आदर्श वाक्य _____ है ।

(केवल दृष्टिबाधित छात्रों के लिए प्रश्न)

'पैरालिम्पिक' व 'विशेष ओलिम्पिक' पर संक्षिप्त टिप्पणी लिखिए ।

32. नीचे दिए गए चित्र का अध्ययन करें : **4 × 1 = 4**



चित्र-1 चित्र-2 चित्र-3

उपरोक्त अध्ययन व अपने ज्ञान के आधार पर निम्न प्रश्नों के उत्तर दीजिए :

(a) चित्र-1 में आप किस प्रकार का अस्थिभंग (फ्रैक्चर) देख रहे हैं ?

(b) जब कोई हड्डी तिरछी टूटती है, जैसा कि चित्र-2 में दिखाया गया है, तो इसे _____ के रूप में जाना जाता है ।

(c) _____ अस्थिभंग तब होता है जब चोट के बल से हड्डियों के टूटे हुए सिरे आपस में धँस जाते हैं ।

(d) किस प्रकार के अस्थिभंग (फ्रैक्चर) में हड्डी टूट जाती है, विभाजित हो जाती है या कई टुकड़ों में कुचली जाती है ?

(केवल दृष्टिबाधित छात्रों के लिए प्रश्न)

अस्थिभंगों के प्रकारों की व्याख्या कीजिए । (कोई चार)

Based on the above study and your knowledge, answer the following questions :

(a) As per the above table, in _____ event, there is no participation of Special Child.

(b) Participation of students with disabilities in regular physical education classes is known as _____.

(c) Enlist any two strategies to make physical activities accessible for children with special needs.

(d) Motto of Special Olympic is _____.

OR

(d) The motto of Paralympic is _____.

(For Visually Impaired Candidates Only)

Write short notes on 'Paralympics' and 'Special Olympic'.

32. Study the pictures given below : **4 × 1 = 4**

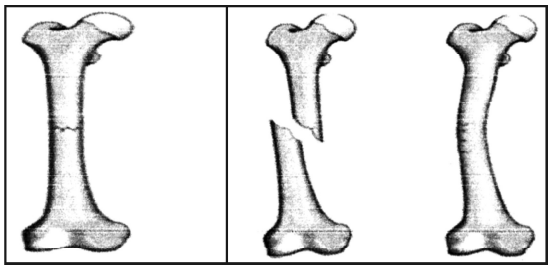


Image-1 Image-2 Image-3

Based on the above study and your knowledge, answer the following questions :

(a) Which type of fracture you see in image-1 ?

(b) When a bone breaks diagonally as shown in image-2, it is known as _____.

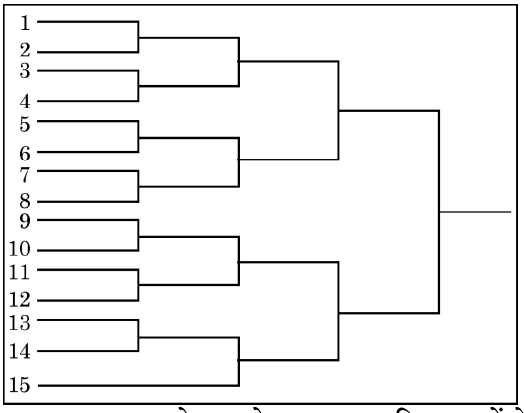
(c) _____ fracture occurs when the broken ends of the bones are jammed together by the force of the injury.

(d) In which type of fracture bone is broken, splinted, or crushed into number of pieces ?

(For Visually Impaired Candidates Only)

Describe types of fracture. (Any Four)

33. नीचे दिए गए फिक्सचर का अध्ययन करें : $4 \times 1 = 4$



उपरोक्त अध्ययन व अपने ज्ञान के आधार पर निम्न प्रश्नों के उत्तर दीजिए :

(a) उपरोक्त फिक्सचर के अनुसार राउंड्स की कुल संख्या _____ होगी ।

(b) उपरोक्त फिक्सचर के अनुसार यदि प्रतियोगिता की विजेता टीम सबसे कम मैच खेलती है, तो किस क्रमांक की टीम विजेता होगी ?

(c) नॉकआउट टूर्नामेंट में मैचों की संख्या की गणना करने का सूत्र क्या है ?

(d) यदि एक नॉक-आउट प्रतियोगिता में 16 टीमें भाग ले रही हैं, तो नॉक-आउट फिक्सचर बनाते समय कितनी बाई दी जाएँगी ?

या

(d) नॉक-आउट प्रतियोगिता में बाई की कुल संख्या की गणना करने का सूत्र क्या है ?

(केवल दृष्टिबाधित छात्रों के लिए प्रश्न)

'खेल दिवस' व 'स्वास्थ्य दौड़ें' किस प्रकार स्वास्थ्य जागरूकता व सौहार्द फैलाने में मदद करते हैं ? वर्णन कीजिए ।

खण्ड – य

(किन्हीं तीन प्रश्नों के उत्तर दें)

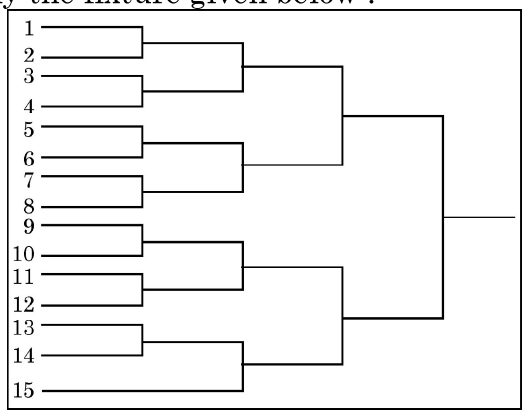
34. खेलों में आक्रामकता से आपका क्या तात्पर्य है ? खेलों से उपयुक्त उदाहरण देते हुए किन्हीं दो प्रकार की आक्रामकता की व्याख्या कीजिए । **1+2+2**

35. संतुलित आहार क्या है ? किसी खिलाड़ी के लिए प्रतियोगिता से पूर्व व उसके पश्चात् आहार का क्या महत्त्व है ? वर्णन कीजिए । **1+2+2**

36. प्रक्षेप्य-पथ से आप क्या समझते हैं ? खेलों में प्रक्षेप्य-पथ को प्रभावित करने वाले कारकों की व्याख्या करें । **1+4**

37. सहनक्षमता क्या है ? गतिविधि की अवधि के आधार पर सहनक्षमता के किन्हीं दो प्रकारों का खेलों से उचित उदाहरण देते हुए वर्णन कीजिए । **1+2+2**

33. Study the fixture given below : **4 × 1 = 4**



On the basis of the above study and your knowledge, answer the following questions :

(a) According to the above fixture total number of rounds will be _____.

(b) As shown in the fixture if the winner team plays least number of matches, then which number of team is the winner ?

(c) What is the formula for calculating number of matches in a knockout tournament ?

(d) If 16 teams are participating in a knockout tournament, then how many byes will be given to draw a knockout fixture ?

OR

(d) What is the formula for calculating total number of byes in a knockout tournament ?

(For Visually Impaired Candidates Only)

How 'Sports Day' and 'Health Run' contribute to spread health awareness and harmony ? Explain.

SECTION – E
(Attempt any 3 questions)

34. What do you understand by Aggression in sports ? Explain any 2 types of Aggression by giving suitable examples from sports. **1+2+2**

35. What is Balanced Diet ? What is the significance of pre and post competition meals for an athlete ? Explain. **1+2+2**

36. What do you understand by projectile trajectory ? Explain the factors affecting projectile trajectory in sports. **1+4**

37. What is Endurance ? Explain any two types of Endurance on the basis of duration of the activity with suitable examples from sports. **1+2+2**



Marking Scheme
Strictly Confidential
(For Internal and Restricted use only)
Senior School Certificate Examination,2024
SUBJECT NAME: PHYSICAL EDUCATION (Q.P. CODE 75)

General Instructions: -

1	You are aware that evaluation is the most important process in the actual and correct assessment of the candidates. A small mistake in evaluation may lead to serious problems, which may affect the future of the candidates, education system and teaching profession. To avoid mistakes, it is requested that before starting evaluation, you must read and understand the spot evaluation guidelines carefully.
2	**"Evaluation policy is a confidential policy as it is related to the confidentiality of the examinations conducted, Evaluation done and several other aspects. Its' leakage to public in any manner could lead to derailment of the examination system and affect the life and future of millions of candidates. Sharing this policy/document to anyone, publishing in any magazine and printing in News Paper/Website etc may invite action under various rules of the Board and IPC."**
3	Evaluation is to be done as per instructions provided in the Marking Scheme. It should not be done according to one's own interpretation or any other consideration. Marking Scheme should be strictly adhered to and religiously followed. **However, while evaluating, answers which are based on latest information or knowledge and/or are innovative, they may be assessed for their correctness otherwise and due marks be awarded to them. In class-XII, while evaluating two competency-based questions, please try to understand given answer and even if reply is not from marking scheme but correct competency is enumerated by the candidate, due marks should be awarded.**
4	The Marking scheme carries only suggested value points for the answers These are in the nature of Guidelines only and do not constitute the complete answer. The students can have their own expression and if the expression is correct, the due marks should be awarded accordingly.
5	The Head-Examiner must go through the first five answer books evaluated by each evaluator on the first day, to ensure that evaluation has been carried out as per the instructions given in the Marking Scheme. If there is any variation, the same should be zero after deliberation and discussion. The remaining answer books meant for evaluation shall be given only after ensuring that there is no significant variation in the marking of individual evaluators.
6	Evaluators will mark (√) wherever answer is correct. For wrong answer CROSS 'X" be marked. Evaluators will not put right (✓) while evaluating, which gives an impression that answer is correct, and no marks are awarded. **This is most common mistake, which evaluators are committing.**
7	If a question has parts, please award marks on the right-hand side for each part. Marks awarded for different parts of the question should then be totaled up and written in the left-hand margin and encircled. This may be followed strictly.
8	If a question does not have any parts, marks must be awarded in the left-hand margin and encircled. This may also be followed strictly.
9	If a student has attempted an extra question, answer of the question deserving more

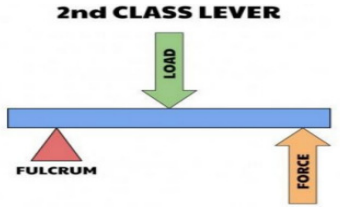
	marks should be retained and the other answer scored out with a note **"Extra Question"**.
10	No marks to be deducted for the cumulative effect of an error. It should be penalized only once.
11	A full scale of marks _____(example 0 to 80/70/60/50/40/30 marks as given in Question Paper) has to be used. Please do not hesitate to award full marks if the answer deserves it.
12	Every examiner has to necessarily do evaluation work for full working hours i.e., 8 hours every day and evaluate 20 answer books per day in main subjects and 25 answer books per day in other subjects (Details are given in Spot Guidelines).This is in view of the reduced syllabus and number of questions in question paper.
13	Ensure that you do not make the following common types of errors committed by the Examiner in the past:- ● Leaving answer or part thereof unassessed in an answer book. ● Giving more marks for an answer than assigned to it. ● Wrong totaling of marks awarded on an answer. ● Wrong transfer of marks from the inside pages of the answer book to the title page. ● Wrong question wise totaling on the title page. ● Wrong totaling of marks of the two columns on the title page. ● Wrong grand total. ● Marks in words and figures not tallying/not same. ● Wrong transfer of marks from the answer book to online award list. ● Answers marked as correct, but marks not awarded. (Ensure that the right tick mark is correctly and clearly indicated. It should merely be a line. Same is with the X for incorrect answer.) ● Half or a part of answer marked correct and the rest as wrong, but no marks awarded.
14	While evaluating the answer books if the answer is found to be totally incorrect, it should be marked as cross (X) and awarded zero (0)Marks.
15	Any unassessed portion, non-carrying over of marks to the title page, or totaling error detected by the candidate shall damage the prestige of all the personnel engaged in the evaluation work as also of the Board. Hence, in order to uphold the prestige of all concerned, it is again reiterated that the instructions be followed meticulously and judiciously.
16	The Examiners should acquaint themselves with the guidelines given in the "**Guidelines for Spot Evaluation**" before starting the actual evaluation.
17	Every Examiner shall also ensure that all the answers are evaluated, marks carried over to the title page, correctly totaled and written in figures and words.
18	The candidates are entitled to obtain photocopy of the Answer Book on request on payment of the prescribed processing fee. All Examiners/Additional Head Examiners/Head Examiners are once again reminded that they must ensure that evaluation is carried out strictly as per value points for each answer as given in the Marking Scheme.

General instruction

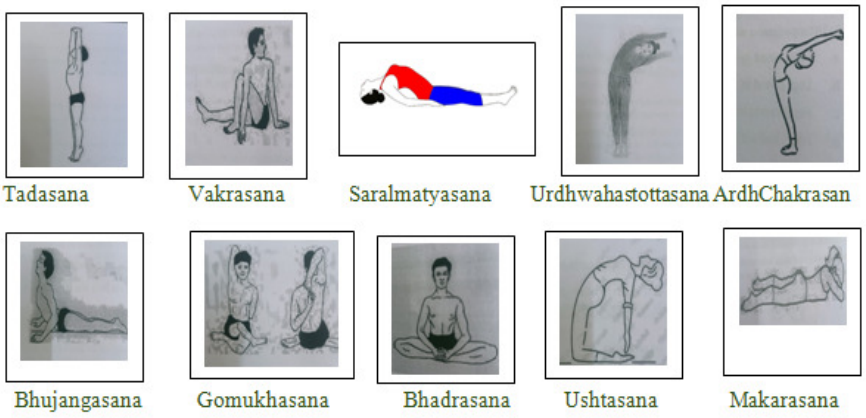
a. The marking scheme carries only suggested value point for the answers.
b. These are only guidelines and do not constitute the complete answer.
c. The student can have their own expression and if the expression is correct, the marks be awarded accordingly
d. The candidates would be permitted to obtain a photocopy of the answer book on request on payment of the prescribed processing fee. All evaluator /Additional head examiners/Head examiners are once again reminded that they must ensure that evaluation is carried out as per value point for each answer as given in the marking scheme.
e. All Head examiners/Additional head examiners/Evaluators are instructed that while evaluating the answer book if the answer found to be totally incorrect, (X) should be marked on the incorrect answer and awarded '0' marks

Physical Education Class – XII Max. Marks: 70

Q.NO	ANSWER	MARKS
1.	(c) Suryabhedan Pranayama	1
2.	(c) 1989	1
3.	(c) Roughage	1
4.	(a) Both Assertion (a) and Reason (r) are true and Reason (r) is the correct explanation of the Assertion (a).	1
5.	(c) I-2, II-4, III-1, IV-3	1
6.	(a) Both Assertion (a) and Reason (r) are true and Reason (r) is the correct explanation of the Assertion (a).	1
7.	(c) Endurance	1
8.	(d) Higher centre of gravity	1
9.	(b) Self-Centered	1
10.	(c) Explosive strength	1
11.	(c) To promote health and fitness	1
12.	(c) 3 – 4 year	1
13.	(d) Shalbhasana For visually impaired Candidates (b) Shavasana	1
14.	(d) International Committee of Sports for the Deaf	1
15.	(c) 18·5 – 24·9	1
16.	(c) 6 inches	1
17.	(a) Cognitive	1
18.	(c) lower body flexibility For visually impaired Candidates (c) arm curl test	1
	SECTION B	
19. Ans.	**Describe the second-class lever with suitable example from sports.** Second Class lever: It has the load resistance between the fulcrum and the force. So, there is always mechanical advantage as force arm is always greater than resistance arm.	2

	 Example: Full body push up/Wheel barrow/ wall climbing/ taking off for a jump/pushing against starting blocks in sprints (or any other relevant example)	
20. Ans.	**Enlist four test items of Jhonson-Metheny test of motor educability.** I. Front Roll II. Back Roll III. Jumping Half-Turns IV. Jumping Full-Turns	½x4
21. Ans.	**Write a short on 'Menarche'.** -First menstruation cycle of a girl -Point of sexual maturity of girl -Average age for a girl to get her first period ranges from 8-15yrs.age. (Or any other relevant description)	2
22. Ans.	**Enlist four asanas those help to control asthma.** Tadasana, Urdhwahastottansana, Uttan Mandukasana, Ushtrasana, Vakrasana, Matsyasana, Gomukhasana, Dhanurasana, Bhujangasana (any four asanas out of the above mentioned asanas)	½×4
23. Ans.	**Write any two advantages of physical activities for children with special Needs. (CWSN)** Advantages of physical activities for children with special needs: 1.Physical benefits 2.Fun and recreation 3.Improved emotional health 4.Active lifestyle 5.Behavioural benefits 6.Increased independence 7.Psychological benefits 8.Improvement in cognitive and intellectual ability 9.Increase in sleep and appetite 10.Improvement in social skill (any 2 relevant advantages)	1+1
24. Ans.	**Mention any two types of friction by giving suitable examples from sports.** Types of Friction: Static friction:Weightlifting,Holding the parallel bar	1+1

	Sliding friction: Icehockey, ice skating, Rolling friction: Rolling of the football, cricket ball,tennis ball Air friction: Riding a bicycle, skydiving Water friction: Swimming in water, diving (any 2 types with relevant example)	
	SECTION C	
25. Ans.	**Mr. X performs the Harvard step test for 275 seconds and his pulse in 1-1.5 min after exercise was 100. Write the formula of fitness index score for Harvard step test and calculate the fitness index score of Mr.X.** Harvard step test fitness index score: Duration of exercise = 275 seconds pulse count of 1–1·5 min after exercise = 100 Formula = Duration of the exercise in seconds × 100/5·5 × pulse count of 1–1·5 min after exercise $= (275 \times 100) / (5 \cdot 5 \times 100)$ $= 27500 / 550 = 50$	1+2
26. Ans.	**Comment on the concept of the talent identification and talent development.** Talent Identification: Recognizing participants with the potential at an earlier age to become elite performers in the future. For the talent identification process Physiological, Physical Fitness, Psychological, and Technical Components are taken into consideration. For the identification, various methods such as drills, test batteries, electronic gadgets, parameters, standard norms, performance and other techniques are adopted. Talent Development: Providing athletes with a suitable learning environment to accelerate or realize their potential. It is a complete systematic, scientific and long-term process.	1½ +1½
27. Ans.	**Explain the responsibilities of any one committee during sports competition**. Committees during sport competition 1.Reception committee 2.First aid committee 3.Refreshment committee 4.Technical committee 5. Media reporting committee 6. Announcement committee 7. Ground and equipment committee	1½ +1½

	8.Transportation committee 9. Finance committee 10.Boarding and loading committee (Explanation of any 2 from the above /relevant committees)	
28. Ans.	**Explain the procedure and benefits of any one asana for back pain.** Following are the asanas beneficial for back pain: Tadasana, Vakrasana, Sarala Matsyendrasana, Urdhwahastottansana,Ardh Chakrasana, Ushtrasana, Bhujangasana, Gomukhasana, Bhadrasana, Makarasana (Writethe procedure and benefits of any one, of the above mentioned asanas – the figs. given for reference)  Tadasana Vakrasana Saralmatyasana Urdhwahastottasana ArdhChakrasan Bhujangasana Gomukhasana Bhadrasana Ushtasana Makarasana	2+1
29. Ans.	**Write short note of Female Athlete Triad**. Female athlete triad **1.Eating disorders** (Low Energy Availability) Eating disorders are mainly of two types: **Anorexia nervosa** Anorexia nervosa is one type of eating disorder in which a person severely limits the amount of food he or she eats to prevent weight gain or lose weight. **Bulimia nervosa** Bulimia nervosa is an eating disorder in which a person eats a large amount of food in a short amount of time and gets rid of the food consumed. This may be done by vomiting or taking laxatives. **2.Amenorrhea** (Disruption of Menstrual and Endocrine Function) Long absence of no menstrual periods is called amenorrhea. It is the state	3

	of a woman, where there is no monthly cycle despite reproductive age, or absence of menstrual cycle for three or more months. There are two main types of amenorrhea: **Primary amenorrhea.** When the first menstrual bleeding at puberty does not start by the age 15 years. **Secondary amenorrhea.** When normal menstrual bleeding stops for 3 months or more. **3.Osteoporosis** (Loss of Bone Mineral Density) This is the condition when bones lose minerals such as calcium, more quickly than the body can replace them leading to a loss of bone thickness (bone density). Any bone can be affected by osteoporosis but the most common sites are the hip, spine, wrist, upper arm, forearm or ribs. (Explain all 3)	
30. Ans.	**Describe any three physiological changes due to ageing**. Physiological changes due to ageing: - 1.Changes in metabolism and body composition 2.Changes in respiratory system 3.Changes in brain and nervous system 4. Changes in digestive system 5. Changes in excretory system 6. Changes in sensory organs 7. Changes in endocrine system 8. Decline in muscle strength 9. Diminishes memory 10.Decrease in cardiovascular function, 11.Loss of bone density 12.Decrease in body mass 13.Decrease in mobility (Explain any 3 points out of the above mentioned point, or any other relevant points)	1+1+1
	SECTION D (Case study based)	
31. Ans. Ans.	**a) As per the above table in _____event, there is no participation of special child** Long Jump **b) Participation of student with disabilities in regular physical education classes is known as _____** Inclusion/ Adaptive Physical Education . **Enlist any two strategies to make physical activities accessible for**	4 ×1= 4

Ans.	**children with special needs**. Any two strategies from the following: (½ X 2=01) ✓ To Create Specific Environment ✓ To assess physical and mental ability ✓ To assess the interest of child ✓ Plan for different strategies for instruction ✓ Modified Rules ✓ Use of modified equipment ✓ Plan activity as per need ✓ Plan for implementation from easy to difficult ✓ Extra Care or Concern for safety ✓ Plan for additional support of parents and trained assistants	
Ans.	**c) Motto of special Olympics is_____** "Let me win. But if I cannot win, let me be brave in the attempt." (OR) "Joy and Happiness for all the children of the world."	
Ans.	**OR** **d) The motto of Paralympic is _____** "Spirit in motion."	
	<u>For Visually Impaired</u> **Write short notes on "Paralympic" and "Special Olympic".** **Paralympics** The Paralympic Games is a periodic series of international multisport events involving athletes with a range of disabilities. These were held for the first time in1960 in Rome. They are held immediately after the respective summer and winter Olympic games. The international Paralympics Committee governs all Paralympics games. The Paralympics athletes compete in six different disability groups- Amputee, cerebral palsy, visual impairment, spinal cord injuries, intellectual disability and 'Les autres' i.e. Dwarfism (or any other relevant points.) **Special Olympic** Eunice Kennedy Shriver, founder of Special Olympics, was a pioneer in the worldwide struggle for rights and acceptance for people with intellectual disabilities The first special Olympic games were held in July 1968 at Chicago. They were recognized by IOC in 1988.Special Olympic is the world's largest sports event for children and adult with intellectual and physical disability comprising of 5 million participants from unified sports partner from 172 countries. These games provide opportunities to develop fitness, demonstrate courage and participate in competition and experience joy. The special Olympic world games are organized with interval of two years alternatively as summer and winter games. (Or any other relevant information)	2+2=4

32. Ans. Ans. Ans. Ans.	**(a) Which type of fracture you see in image -1?** Transverse fracture **(b) When a bone breaks diagonally as shown in image-2,it is known as _____.** Oblique fracture **(c) _____fracture occur when the broken ends of the bones are jammed together by the force of the injury.** Impacted fracture **(d) In which type of fracture bone is broken, splinted, or crushed into number of pieces?** Comminuted fracture For Visually Impaired candidates only **Describe types of fractures. (Any four)**4 ×1= 4 Stress Fracture— Stress fractures are tiny cracks in a bone Green stick Fracture-- A fracture in a soft bone, in which the bone bends. Oblique Fracture-- Oblique fracture occurs when a bone is broken at an angle/diagonally. Impacted Fracture-- An impacted fracture occurs when the force of the injury jams the broken ends of the bone together. Comminuted Fracture-- A comminuted fracture is one in which the broken ends of the bone are shattered into many pieces. Transverse Fracture -- Transverse fracture occurs when the bone is broken perpendicular to its length. (Explain any 4 fractures from the above mentioned fractures)	4 ×1= 4
33. Ans. Ans. Ans. Ans. Ans.	**a) According to the above fixture total number of round will be _____** 4 (four) **b) As shown in the fixture if the winner team plays least number of matches, then which number of team is the winner?** Serial no 15 **c) What is the formula to calculate number of matches in a knockout tournament?** No of matches =N-1 where N=Number of teams **d) If 16 teams are participating in a knockout tournament, then how many byes will be given to draw a knockout fixture?** If the number of participating team is 16, the answer will be 0(zero) byes If the number of participating team is 19, the answer will be 13 byes (OR) **d) What is the formula for calculating total number of byes in a knockout tournament?** No. of byes = (Next higher Power of 2– Number of Teams)	4 ×1= 4

Ans.	**<u>For Visually Impaired</u>** **How 'Sports day' and 'Health Run' contribute to spread health awareness and harmony? Explain.** **Sports day** Modern day challenges and needs of today in education give emphasis on other aspects rather than academics for all round development of students. With this objective in mind, each school celebrates sports day as a mark of focus on physical and mental health awareness. It encourages leadership qualities, management and co-ordination among students, teachers and other staff members. Participation in Sports day is an ongoing process to provide recreation, generate awareness and development of ethical values. **Health Run** The health runs are conducted by various Social, Govt., Non-Govt. Organisations, Health and Sports departments to create awareness about health and fitness.	2+2=4
	SECTION E	
34. Ans.	**What do you understand by Aggression in sports? Explain any 2 types of aggression by giving suitable example from sports.** Aggression is a type of behaviour aimed at causing physical or psychological harm to another person. or The term aggression refers to a range of behaviour that can result in both physical and psychological harm to one self, others or objects in the environment. (any other relevant definition) Types of Aggression: **1. Instrumental Aggression: This** type of aggression is necessary to achieve performance goals and is displayed in a planned manner. The purpose of this aggression is not to cause harm to the opponent but to achieve one's goals. For example, in Football, the player moves ahead and snatches the ball from the opponent with great aggression to score a goal and not to harm the opponent. This type of aggression is visible in contact games such as Wrestling, Kabaddi and Boxing, aggressive attack can help the player to win. 2. Hostile Aggression: In this type of aggression, the purpose is to cause physical or psychological harm. This aggression is usually caused as a reaction to someone's action. The main aim is to injure the opponent in order to be able to win**.** In this type of aggression, the person is biased	1+2+2

	and this is caused due to hopelessness. For example, in the game of Kabaddi, after catching the raider, the players try to inflict injury upon him or in a game of hockey or football, hitting with the stick or kicking purposely to make the other person fall, displays hostile aggression. 3. Assertive behaviour: Assertive behaviour can also be called aggression, when a player uses it to improve sports performance. These are forceful **behaviour not** intended to injure the opponent and are within the rules of the games. The intention is to establish dominance rather than harm. Example: A rugby player using aggression to tackle his opponent to win the ball. (explain any 2 types)	
35. Ans.	**What is balanced diet? What is the significance of pre and post competition meals for an athlete? Explain.** A Balanced diet consists of all the essential food elements i.e. Proteins, Carbohydrates, Vitamins, Fats, minerals and water in correct proportion. OR A Balanced diet contains an adequate amount of all the nutrients required by the body to grow, remain healthy and be disease free. (any other relevant definition) <u>Importance of pre competition meals for an athlete</u> 1.The focus is to fuel up muscle glycogen stores to provide /obtain energy. Therefore, meal should have moderate proteins, low fat, low fibre and high carbohydrate containing food. 2. Proper hydration is must to control fatigue, hunger. 3. It should be light to provide athlete a comfortable gastro intentional state for sports performance. 4. Pre competitive meal should be taken about 2-4 hour before competition. 5. New food/food with known allergies should be avoided. <u>Importance of post competition meals for an athlete</u> 1. The main focus is on recovery of body and reduce chances of injury. 2. Fluids lost during competition have to be replenished. 3. Carbohydrates store i.e. muscle glycogen have to be refilled. 4. Electrolytes i.e. sodium, potassium chloride lost during competition have to be recovered. 5. Within two hour of completion of event a balanced meal including carbohydrates and good quality proteins should be eaten by the athlete.	1+2+2

36.	**What do you understand by projectile trajectory? Explain the factors affecting projectile trajectory in sports.**	1+4
Ans.	A projectile is a force that acts under the influence of gravity and air resistance. When any object is projected in the air, these force result into a curved or parabolic path, known as projectile trajectory. Factors that affect projectile trajectory: 1.Angle of projection- When it is 45 degree, maximum horizontal distance is achieved 2. Initial velocity – The horizontal range depends on initial velocity. Greater the initial velocity applied on the projectile during release, greater horizontal distance is achieved. 3. Gravity –It is the force of attraction exerted by the earth. The greater the weight of an object, the greater is the influence of gravity upon it. Gravitational pull stops the upward movement of an object resulting into decreased height of projectile. 4. Air resistance –Surface area, speed, surface of object and mass of object all have an impact on air resistance. 5. Spin- It changes the path of projectile. The amount and direction of spin directly affects the distance that projectile travels because the air pressure acts on the ball. (Or any other relevant point)	
37.	**What is Endurance? Explain any two types of Endurance in the basis of duration of the activity with suitable example from sports.**	1+2+2
Ans.	Endurance is the ability of the body to sustain a physical activity for longer duration of time. Or Endurance is the ability of resist fatigue. Or The result of physiological capabilities of an individual to sustain movement over a period of time. (any other relevant definition) Following are the types of endurance on the basis of duration of activity: 1. Speed Endurance: This is the ability to resist fatigue in cyclic activities that last up to 45 seconds. The classic example of this endurance type is a 400 m sprint in track and field. This type of endurance is majorly dependent on the power and capacity to produce energy. 2. Short-term Endurance: This ability is needed for activities lasting from 45 seconds to about 2 minutes. The most appropriate example for	

	short-term endurance is an 800 m run. This endurance depends majorly on speed endurance and strength endurance. 3. Medium-term Endurance: Medium-term endurance is needed to resist fatigue in activities lasting from 2 minutes to about 11 minutes. The most common example of this type is 1500 m and 3000 m run and 100 m rowing. As in short- term endurance, this type of endurance also depends on speed and strength endurance, but to a limited extent. 4. Long-term Endurance: This type of endurance is needed for activities that last for more than 11 minutes. This type of endurance is required in events like marathons, cross-country, etc. (Any two types)	