

PHYSICAL EDUCATION

CODE NO 048

TIME ALLOWED: 3 HOURS

M.MARKS:70

General Instructions:

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

PART A

1. Differentiate between Aerobic and Anaerobic activities. (1)
2. What do you understand by Seeding? (1)
3. Distinguish between hostile and favourable spectators. (1)
4. What is correct posture? (1)
5. What is pranayama? (1)
6. What are proteins? (1)
7. Define Cardiovascular endurance. (1)
8. What is ethics in Sports? (1)

9. What are the components of Physical fitness? (2)
 10. Wlucidate the role of individual in improvement of Sports environment. (2)
 11. Briefly explain the advantages of “Farrtlek training”. (2)
 12. Explain goal setting as a technique of motivation, in brief. (2)
 13. Briefly explain Asanas. (2)
 14. Explain the meaning and importance of Wellness. (3)
 15. Why is balanced diet important for a sportsperson? (3)
 16. “Yoga can play a significant role in Sports”. Justify. (3)
 17. What is the meaning and importance of Sports Psychology?(3)

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

PART B

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

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

(OR)

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

PAPER SUBMITTED BY: LAKHVINDER VIRK(98130-18781)
lakhvindervirk@hotmail.com