

**Physical Education (048)**

**Session – 2022-23**

**Marks – 70**

**Time – 03 Hrs**

General Instructions

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

**Section A**

**(18\*1= 18)**

1. When was Indian cricket team won first ICC world cup Twenty20 ?  
A.2007                      B.2011                      C. 2010                      D. 2009
2. Olympic Flag was hoisted for the first time in ?  
A. Berlin Olympic Games                      B. Paris Olympic Games  
C. Antwerp Olympic Games                      D. Amsterdam Olympic Games
3. Which colour does represent our continent ?  
A. Blue                      B . Black                      C. Yellow                      D. Green
4. Which type of muscle fibre generate Speed ?  
A. Red Fibres                      B. White Fibres  
C. Slow Twitch Fibre                      D. None Of These
5. How many Active members are in IOC?  
A. 105                      B. 137                      C. 109                      D.103
6. Which of the following is not a component of "Skill – Related Physical Fitness"?  
A. Agility                      B. Muscular Strength  
C. Coordination                      D. Reaction Time
7. Exclusion from physical activity adds to lifestyle related challenges. The most important is -  
A. Hyper activity                      B. obesity  
C. diabetes                      D. Postural problems

8. The purpose of Yoga is to attain -  
A. Perfect health  
B. peace of mind  
C. stress relief  
D. enlightenment or self-realization
9. Sagittal plane divides the body in to : 1  
A. Front and back  
B. Left and Right  
C. Upper lover  
D. None of these
10. The term Ectomorph describes  
A. the relative volume of the abdominal trunk  
B. the relative slenderness of the body ageing  
C. the roundness of the body  
D. the musculo-skeletal development of the body
11. The scientific study about the human or non-human body movements it is known as-  
A. Physiology  
B. Anatomy  
C. Biology  
D. Kinesiology
12. The short bones are generally -  
A. flat  
B. cube-shaped  
C. Curved  
D. thin
13. The synovial joints in which angular movement is allowed in just one plane is called -  
A. hinge joint  
B. Saddle joint  
C. plane joint  
D. pivot joint
14. The ability of a muscle to shorten forcefully is known as  
A. extensibility  
B. Contractility  
C. Elasticity  
D. Excitability
15. Trachea is also known as -  
A. Windpipe  
B. Voice box  
C. Pharynx  
D. Nose
16. Centre of gravity is the average location of the of an object's -  
A. weight  
B. Force  
C. balance  
D. velocity
17. Growth refers to -  
A. change in emotion  
B. change in physiology  
C. change in ability  
D. change in maturity
18. Infancy stage is for the age group  
A. 2-6 years  
B. 6-11 years  
C. 11-20 years  
D. 0-2 years

**Section B (Any Five)****(5\*2=10)**

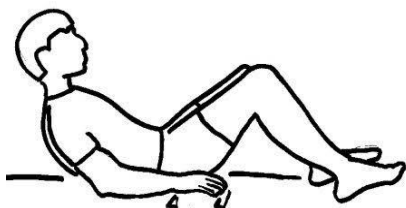
19. What is the difference between active and passive warmup?
20. Define Adolescence as per WHO?
21. Define concepts of Growth and Development?
22. What do you understand by equilibrium?
23. Define respiration.
24. List at least two functions of the skeletal system.

**Section C (Any Five)****(5\*3=15)**

25. Name the four main classification of bones.
26. What are the two basic classifications of a joint?
27. How many different kinds of courses and career options in Physical Education are available in India?
28. What is the motto of the Olympic Games? What does it mean?
29. List the importance of Yogic Asanas in school.
30. Abhimanyu , a male person whose weighs is 90 kg and his height is 1.7 m. Calculate his BMI. Also state the category in which he falls.

**Section –D****(3\*4= 12)**

31. On the basis of the picture given below, answer the following questions.

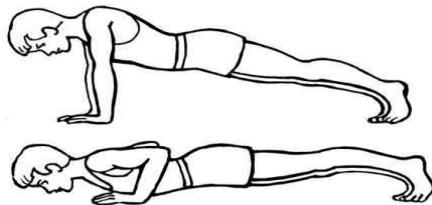


- (a) Identify the test shown in the picture above.
  - (b) Who described these tests?
  - (c) What are the required equipments for this test?
  - (d) What is the purpose of this test?
32. On the basis of the picture given below, answer the following questions.



- (a) Identify the yoga pose.
- (b) State any two contraindications of the same.
- (c) It is also known as.....
- (d) Mention any two benefits of this asana.

33. On the basis of the picture given below, answer the following questions.



- (a) Identify the test shown in the picture above.
- (b) Who described these tests?
- (c) What are the required equipments for this test?
- (d) What is the purpose of this test?

#### Section – E (Any Three)

(3\*5= 15)

34. Describe various adolescence problems? How can they be managed?
35. “Warm up gives a strong acceleration to the body, to perform at its best.” Justify the statement?
36. What are the functions of respiratory system?
37. Write down the factors on which the centre of gravity depends with suitable examples.