

प्रश्न-पत्र बोर्ड द्वारा निर्धारित पुस्तकों से ही सैट किया जाएगा। कृपया अध्यापकगण बोर्ड द्वारा निर्धारित पुस्तकें ही पढ़ाएँ।

DESIGN

QUESTION PAPER

Subject : Physical and Health Education
Paper : Annual or Supplementary
Class : 10+1 Year 2018-19
Time : 3Hrs.
Marks : 60

1. Weightage to Objectives:

Objective	K	U	A	S	Total
Percentage of marks	40	33	27	-	100
Marks	24	20	16	-	60

2. Weightage to Form of Questions:

Forms of Questions	E	SA	VSA	O	Total
No. of Questions	03	07	06	12	28
Marks Allotted	15	21	12	12	60
Estimated Time	70	70	25	15	180

3. Weightage to Content:

	<u>Units/Sub-Units</u>	<u>Marks</u>
1.	Meaning and Definition of Physical Education	09
2.	Meaning and Definition of Health Education	09
3.	Communicable Diseases	08
4.	Occupational Health	06
5.	Posture	06
6.	Body System	08
7.	Second wind	05
8.	Psychology and Sports psychology	09
	Total	60

4. Scheme of Sections : X X X

5. Scheme of Options : Internal Choice in long answer question i.e. essay type.

6. Difficulty level : Difficult : 10 % marks
 Average : 50 % marks
 Easy : 40 % marks