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## **Physical Education**

National Skills Qualification Framework (NSQF)

[Hindi and English Medium]

### **ACADEMIC**

समय: 2.30 घण्टे]

[ पूर्णांक: 60

Time allowed: 2.30 hours]

[ Maximum Marks:60

- कृपया जांच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 6 तथा प्रश्न 30 हैं।

Please make sure that the printed pages in this question paper are 6 in number and it contains 30 questions.

- कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, प्रश्न का क्रमांक अवश्य लिखें।

Before beginning to answer a question, its Serial Number must be written.

- उत्तर-पुस्तिका के बीच में खाली पन्ना न छोड़ें।

Don't leave blank page/pages in your answer-book.

- उत्तर-पुस्तिका के अतिरिक्त कोई अन्य शीट नहीं मिलेगी। अतः आवश्यकतानुसार ही लिखें और लिखा उत्तर न काटें।

Except answer-book, no extra sheet will be given. Write to the point and do not strike the written answer.

- परीक्षार्थी अपना रोल नं० प्रश्न-पत्र पर अवश्य लिखें। रोल नं० के अतिरिक्त प्रश्न-पत्र पर अन्य कुछ भी न लिखें और वैकल्पिक प्रश्नों के उत्तरों पर किसी प्रकार का निशान न लगाएं।

Candidate must write their Roll No. on the question paper. Except Roll No. do not write anything on question paper and don't make any mark on answer of objective type questions.

- कृपया प्रश्नों के उत्तर देने से पूर्व यह सुनिश्चित कर लें कि प्रश्न-पत्र पूर्ण व सही है, परीक्षा उपरान्त इस सम्बन्ध में कोई भी दावा स्वीकार नहीं किया जायेगा।

Before answering the questions, ensure that you have been supplied the correct and complete question paper, no claim in this regard, will be entertained after examination.

Instructions (निर्देश): -

1. All questions are compulsory. (सभी प्रश्न अनिवार्य है)
  2. Question no. **1 to 15** are MCQ/ One Word/ Fill in the Blank type's questions carrying **one marks** each. (प्रश्न 1 से 15 तक एक नंबर के है)
  3. Question no **16 to 21** are very short answer type question carrying **two marks**.  
(प्रश्न 16 से 21 दो नंबर के है)
  4. Question no **22 to 27** are short answer type question carrying **three marks**.  
(प्रश्न 22 से 27 तीन नंबर के है)
  5. Question no **28 and 30** are long answer type questions carrying **five marks**.  
(प्रश्न 28 से 30 पांच नंबर के है)
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[ खण्ड—अ ]

[Section-A]

**Objective Types Questions**

**15 x 1 = 15 Marks**

Q- 1 There is \_\_\_ steps of active listening?

Q- 2 \_\_\_\_\_ is the short cut is used for selecting entire worksheet.

Q- 3 Communication is a \_\_\_\_\_ way process.

Q- 4 How many types of communication ?

Q- 5 On which day sports day is celebrated?

Q- 6 Write two symptoms of allergies?

Q- 7 Which is not a dimension of personality ?

a) aggression            b) openness

c) agreeableness        d) neuroticism

Q- 8 Which one of the following is not a type of assessment?

- a) self
- b) peer
- c) formative
- d) checklist

Q- 9 Which one of the following is not a treatment of allergies?

- a) medication
- b) immunotherapy
- c) natural remedies
- d) X- ray

Q- 10 Assessment is a feedback of a-

- a) teacher
- b) school
- c) student
- d) all of these

Q- 11 In the following sports, which has highest risk of spinal injury?

- a) rugby
- b) chess
- c) volleyball
- d) basketball

Q- 12 Which is not a head injury?

- a) concussion
- b) skull fracture
- c) strain
- d) scalp wound

Q- 13 Assertion : Equipment with rounded edges are safe and not the angular edge.

Reason: It reduces the risk of injury.

- (a) assertion is correct but reason is wrong statement.
- (b) reason is correct but assertion is wrong statement.
- (c) both are correct but reason is not correct explanation of assertion.
- (d) both are correct and reason is correct explanation of assertion.

Q- 14 Assertion: Not drinking enough water can have a major effect on our performance.

Reason: this may lead hydration.

- (a) assertion is correct but reason is wrong statement.
- (b) reason is correct but assertion is wrong statement.
- (c) both are correct but reason is not correct explanation of assertion.
- (d) both are correct and reason is correct explanation of assertion.

Q- 15 Assertion: Grass and soil surfaces are the safe place for play.

Reason: these can cushion a fall.

- (a) assertion is correct but reason is wrong statement.
- (b) reason is correct but assertion is wrong statement.
- (c) both are correct but reason is not correct explanation of assertion.
- (d) both are correct and reason is correct explanation of assertion.

[ खण्ड-ब ]

[Section-B]

**Very Short Answer Types Questions**

**6 x 2 = 12 Marks**

Q- 16 What is active listening?

Q- 17 What is checklist?

Q- 18 What is heat stroke?

Q- 19 What is first aid ?

Q- 20 What is emergency response?

OR

What is sudden cardiac arrest?

Q- 21 What is intensive interval method of training?

OR

What is composting?

[ खण्ड—स ]

**[Section-C]**

**Short Answer Types Questions**

**6 x 3 = 18 Marks**

Q- 22 Differentiat between diagnostic and dynamic assessment?

Q- 23 Write the difference between qualitative and quantitative assessment?

Q- 24 What is hygiene and write some good hygiene practices?

Q- 25 How to maintain props and equipments ?

Q- 26 Write about meaning of personality and it's basic traits?

OR

What is evolution and types of it?

Q- 27 What is overuse injuries?

OR

Write the types of skin allergies?

[ खण्ड—द ]

**[Section-D]**

**Long Answer Types of Questions**

**3 x 5 = 15 Marks**

Q- 28 What do you mean by assessment and discrib the factors that influence child and assessment?

Or

Differentiate between recreation and adventure games?

Q- 29 Explain the points of playground safety?

Or

Explain roles of a coach?

Q- 30 Write the points of inspection of play area?

Or

How to maintain balls before and after using balls?

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