PHYSICAL EDUCATION & SPORTS
National Skills Qualification Framework (NSQF)
Level - 3
[ Hindi and English Medium ]
(Only for Fresh/School Candidates)

Time allowed: 2½ hours | Maximum Marks: 60

Please make sure that the printed pages in this question paper are 8 in number and it contains 42 questions.

The Code No. on the top of the question paper should be written by the candidate on the front page of the answer-book.

Before beginning to answer a question, its Serial Number must be written.
Before answering the question, ensure that you have been supplied the correct and complete question paper, no claim in this regard, will be entertained after examination.

Note: All questions are compulsory. Attempt any two questions from Question No. 1 to 3.

[Essay Type Questions]

1. एक समाज में, उन कारकों का वर्णन कीजिए जो खेलों को सकारात्मक व नकारात्मक रूप से प्रभावित करते हैं।

 Discuss those factors in a society which affect the sports in a positive and negative way.
2. What do you mean by Skeletal System? Discuss the types of bones and their functions in detail.

3. What is Speed? Elucidate the various methods of speed development.

[ लघु उत्तरीय प्रश्न ]
[ Short Answer type Questions ]


5. What is Recreation? How will you design various Recreational Activities?

6. Explain Dronacharya Award in brief.

7. Discuss the main parts of Nervous System.
8. Discuss the chronic effects of exercise on Muscular System.

9. Clarify the difference between Muscular Strength and Explosive Strength.


11. If a child is facing difficulty in performing a Skill, what will be your action? Explain.

12. What are the teaching points for the children of the age group of 6 to 8 years?

13. What do you mean by Yoga?

[Very Short Answer Type Questions]

What do you mean by Yoga?
14. What is First Aid?

15. What do you mean by Rehabilitation?

16. What do you mean by Life Skills?

17. What is Verbal Communication?

18. Enlist the qualities of a Role Model Coach.

19. What do you mean by Tournament?

20. Discuss the dimensions of Volleyball court.

21. What do you mean by March Past?

22. What are the responsibilities of an Equipment Manager?

24. Enlist any three functions of Endocrine System.

25. What do you mean by Frontal Plane?

26. What is Cardio-vascular Endurance?

27. How does age affect Physical Fitness?

[Objective Type Questions]

28. Write down the full form of I. C. C.

29. In which year, Dhyan Chand Award was started?

30. What are the bones of Arm?
31. If 19 teams are participating in a Knock-out tournament, how many byes will be given?

32. How many steps are there in Surya Namaskar?

33. "Fartlek Training Method is a significant method of strength development."

34. Write down the full form of R. I. C. E.

35. Non-verbal communication is .......... in communication.

36. What is the duration of a football match?
37. पुरुषों तथा महिलाओं के लिए वालीबॉल के नेट की ऊंचाई कितनी होती है?

What is the height of Volleyball net for men and women?

38. हमारे शरीर में कितनी मांसपेशियाँ होती हैं?

How many muscles are there in our body?

39. सपाट मांसपेशियों को ............ मांसपेशियाँ भी कहा जाता है।

Smooth muscles are also called .......... muscles.

40. आसन खड़ी हुई, बैठी हुई तथा ................. स्थितियों में किए जा सकते हैं।

Asanas can be performed in standing, sitting and ................. positions.

41. ‘फार्टलेक’ एक स्वीडिश शब्द है जिसका अर्थ है ...........।

"Fartlek" is a Swedish word which means .......... .

42. जो प्रशिक्षण विधि, एरोबिक व एनारोबिक पुष्टि को बढ़ाती है, उसे ................. प्रशिक्षण विधि कहा जाता है।

The training method, which improves aerobic and anaerobic fitness, is called ........... training method.