SHAARITIK SHIKSHA

PHYSICAL EDUCATION
[Hindi and English Medium]

ACADEMIC/OPEN
(Only for Fresh/Re-appear Candidates)

Time allowed: 3 hours]              [Maximum Marks: 60

• कृपया जाँच कर लें कि इस प्रश्न-पत्र में मूलिक प्रश्न 17 हैं।

Please make sure that the printed question paper are contains 17 questions.

• प्रश्न-पत्र में दाहिने हाथ की ओर दिये गये कोड नंबर तथा सेट को छात्र उत्तर-पुस्तिका के मुख्य-पृष्ठ पर लिखें।

The Code No. and Set on the right side of the question paper should be written by the candidate on the front page of the answer-book.

• 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 पृष्ठ/ पृष्ठ न छोड़ें।

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

• उत्तर-पुस्तिका के अंतिम कोई अन्य शीट नहीं मिलेगी। अतः आक्षेपक्षातनुसार 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.
Candidates must write their Roll Number on the question paper.

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.

General Instructions:

(i) All questions are compulsory.

(ii) Marks for each question are indicated against it.

(iii) Question Nos. 1 to 3 are long answer type questions. Each question carries 5 marks.

(iv) Question Nos. 4 to 10 are short answer type questions. Each question carries 3 marks.
(v) Question Nos. 11 to 16 are very short answer type questions. Each question carries 2 marks.

(vi) Question No. 17 consists of twelve (i-xii) objective type questions. Each question carries 1 mark.

[ दीर्घ उत्तरीय प्रश्न ]
[ Long Answer Type Questions ]

1. शारीरिक पुष्टि के घटकों की व्याख्या कीजिए।
   Elucidate the components of Physical Fitness.
   अथवा
   OR
   वार्मिंग अप क्या है ? खिलाड़ियों के लिए इसके महत्त्व का वर्णन कीजिए।
   What is Warming up ? Discuss its importance for sports persons.

2. ‘राजीव गांधी खेल रत्न पुरस्कार’ की विस्तृत व्याख्या कीजिए।
   Explain 'Rajiv Gandhi Khel Ratna Award' in detail.
   अथवा
   OR
   प्राचीन ओलिम्पिक खेलों का विस्तारपूर्वक वर्णन कीजिए।
   Elaborate the Ancient Olympic Games in detail.

3. योग से क्या अभिप्राय है ? आधुनिक जीवन में इसके महत्त्व पर प्रकाश डालिए।
   What do you mean by Yoga ? Throw light on its importance in modern life.
4. What is Endurance? Discuss its types.

5. Write down a brief note on Fartlek Training Method.

6. Discuss the objectives of Health Education.

7. Discuss the duties of a First Aider in brief.

8. Discuss the importance of Sociology in Physical Education in brief.

9. What role can Physical Education play in utilising the energy of adolescents in a proper way? Discuss in brief.

10. What are Yamas? Discuss them in brief.

11. What do you mean by Jogging?

12. What do you mean by Pace Runs?
13. What is Health Instruction ?

14. What is Contusion ?

15. What is Sociology ?

16. What is Abrasion ?

[ वस्तुनिष्ठ प्रश्न ]
[ Objective Type Questions ]

17. (i) Who propounded Circuit Training Method ?

(ii) Who developed Isokinetic Exercises ?

(iii) Who said, "Health is the First Wealth" ?

(iv) Who said that "Nurse the baby, protect the child and free the adult" ?

(v) Pooch ka kya abh is ?
What is the meaning of Puraka?

(vi) ‘राजीव गांधी खेल रत्न पुरस्कार’ कब प्रारम्भ किया गया था?

In which year 'Rajiv Gandhi Khel Ratna Award' was started?

(vii) एक राष्ट्र कैसी संस्था है?

Which type of Institution is a Nation?

(viii) शारीरिक क्रियाकलाप या खेल खेलने के बाद शरीर को सामान्य अवस्था में लाने की प्रक्रिया का क्या नाम है?

What is the name of process to bring the body back to normal stage after playing games or physical activities?

(ix) ओलंपिक ध्वज का रंग कैसा होता है?

What is the colour of Olympic Flag?

(x) सन् 2020 के ओलंपिक खेल कहाँ आयोजित किए जाएंगे?

Where will the 2020 Olympic Games be held?

(xi) ‘भीम पुरस्कार’ किसके द्वारा प्रदान किया जाता है?

By whom 'Bheem Award' is presented?

(xii) पत्नजलि ने योग के चित्रने सौपण बताएं है?

How many steps of Yoga are stated by Patanjali?