PHYSICAL EDUCATION & SPORTS

National Skills Qualification Framework (NSQF)

Level – 2

[ Hindi and English Medium ]

(Only for Fresh/Re-appear Candidates)

Time allowed: 2.30 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 right side 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.
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.

PART – A

Very Short Answer Type Questions. Each question carry one mark.

1. How many types of Athletics are there ?

2. Who is the father of Physical Education ?
3. What is the function of carbohydrate in our body?

4. What is Physical Education?

5. What is the importance of sports competitions in our lives?

6. Explain the main functions of white blood cells (corpuscles).

7. What is Kwashiorkor disease?

8. What are the events in Haptathlon?

9. What is the importance of physiotherapy in sprain and strain?

10. What is the importance of good posture?

11. What do you understand by 'Knock-Knees'?

12. Why is Enquiry method, a powerful method to teach children?

13. Name factors that influence Physical Fitness.
14. संतुलित आहार के तत्व क्या होते हैं?
What are the elements of balanced diet?

15. विटामिन 'डी' की कमी से होने वाली बीमारियों के बारे में लिखिए।
Write down about diseases caused due to the deficiency of Vitamin 'D'.

PART - B

नोट : वस्तुनिष्ठ प्रकार के प्रश्न प्रत्येक प्रश्न एक अंक का है।
Objective Type Questions. Each question carry one mark.

16. ‘फ्लाइंग सिख’ किसे कहा जाता है?
Who is known as 'Flying Sikh'?

17. 1 ग्राम वसा कितनी शक्ति देता है?
How much energy is provided by 1 gm. fat?

18. संचार के घुसपैठ के रूप का एक उदाहरण दीजिए।
Give one example of Intensive form of communication.

19. लंबी कूद के चार चरण क्या हैं?
What are the four phases of long jump?

20. ‘बेरी-बेरी’ रोग किस विटामिन की कमी से होता है?
Which vitamin's deficiency causes disease 'Beri-Beri'?

21. रणजी ट्राफी किस खेल से संबंधित है?
Ranji Trophy is related to which game?
22. How many types of Yogasanas are there? Name them.

23. Name fat-soluble vitamins.

24. What colour is the background of the flag of Asian Games?

25. How many times Asian Games are organized in India?
   (a) 2  (b) 1  (c) 4  (d) Never

26. What helps in Blood coagulation?
   (a) Vitamin - K  (b) Vitamin - B  (c) Vitamin - C  (d) Vitamin - D

27. Which of the following is not a part of Planning Activity?
   (a) Checklist  (b) Feedback  (c) Team Meetings  (d) None of the above
28. Which is the National Game of India?  
   (a) Kabaddi  (b) Kho-Kho  
   (c) Wrestling  (d) Hockey

29. What is important to remain healthy?  
   (a) Sound sleep  (b) Regular daily routine  
   (c) Avoiding intoxicating things  (d) All of the above

30. The aim of starting Ancient Olympics was:  
   (a) To honour best players  
   (b) Mutual friendship  
   (c) To show the world strength of the country  
   (d) All of the above
PART – C

Short Answer Type Questions. Each question carry two marks.

31. What is the importance of Physical Education in our Lives? 2
   शारीरिक शिक्षा का हमारे जीवन में क्या महत्व है?

32. What are the various methods of teaching? Describe any two. 2
   शिक्षण के विभिन्न तरीके क्या हैं? किन्हीं दो का वर्णन कीजिए।

33. Discuss about seeding method with an example. 2
   बीज बोने के विषय के बारे में चर्चा कीजिए।

34. What is the most important thing to become a good athlete? 2
   एथलीट बनने के लिए सबसे जरूरी क्या होता है?

35. What is the importance of feedback in teaching? 2
   शिक्षण में प्रतिक्रिया का क्या महत्व है?

36. “जल ही जीवन है” इस कथन पर टिप्पणी कीजिए। 2
   जल ही जीवन है” इस कथन पर टिप्पणी कीजिए।

37. Discuss the factors influencing Health. 2
   स्वास्थ्य को प्रभावित करने वाले कारकों का वर्णन कीजिए।

38. What is acquired immunity? Explain it via an example. 2
   अधिग्रहण प्रतिरक्षा क्या है? उदाहरण के माध्यम से समझाइए।

P. T. O.
39. What are the importance of sports for any Country?

PART – D

Note: Answer any two of the following Essay type questions. Each question carry 6 marks.

40. What do you mean by environment? Describe things to be taken care of for maintaining a healthy environment for sports.

41. Describe various types of minerals with their benefits, sources & problems faced due to its deficiency.

42. What is the meaning of health? Define health education and explain its basic elements in detail.