

Series : SSJ/2

SET - 4

प्रश्न पत्र कोड नं. 075  
Question Paper Code No. 075

रोल नं.  
Roll No.

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परीक्षार्थी QP कोड को OMR उत्तर-पत्रक के मुख-पृष्ठ पर अवश्य लिखें/भरें।  
Candidates must write / fill the QP Code in the space allotted on OMR Sheet.

नोट / NOTE :

- (i) कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 40 हैं।  
Please check that this question paper contains 40 printed pages.
- (ii) कृपया जाँच कर लें कि इस प्रश्न-पत्र में 60 बहुविकल्पीय प्रश्न (MCQs) हैं।  
Please check that this question paper contains 60 multiple choice questions (MCQs.)
- (iii) प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए QP कोड नम्बर को छात्र OMR शीट में उपयुक्त स्थान पर लिखें।  
QP Code given on the right hand side of the question paper should be written on the appropriate place of the OMR Sheet by the candidates.
- (iv) परीक्षा शुरू होने के वास्तविक समय से पहले इस प्रश्न-पत्र को पढ़ने के लिए 20 मिनट का अतिरिक्त समय आबंटित किया गया है।  
20 minutes additional time has been allotted to read this question paper prior to actual time of commencement of examination.

शारीरिक शिक्षा (सैद्धान्तिक)  
PHYSICAL EDUCATION (Theory)

निर्धारित समय : 90 मिनट  
Time allowed : 90 Minutes

अधिकतम अंक : 35  
Maximum Marks : 35

075

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P.T.O.

## ENGLISH VERSION

### General Instructions :

- (i) This question paper contains *three* Sections.
- (ii) *Section-A* has 24 questions. Attempt any 20 questions.
- (iii) *Section-B* has 24 questions. Attempt any 20 questions.
- (iv) *Section-C* has 12 questions. Attempt any 10 questions.
- (v) All questions carry equal marks.
- (vi) There is no negative marking.

### Section - A (Knowledge & Understanding)

**Section-A** consists of 24 questions. Attempt any 20 questions from this section. 20 Questions attempted first, will only be evaluated.

1. In planning, defining procedure means –
  - (a) setting goals
  - (b) making a policy
  - (c) formation of rules and regulation
  - (d) defining course of action
2. Logistics committee deals with –
  - (a) Accommodation
  - (b) Transportation
  - (c) Medical Staff
  - (d) All of the above
3. Factors affecting motor development –
  - (a) Personal
  - (b) Psychological
  - (c) Genetic
  - (d) All of the above
4. Standing broad jump is administered to test –
  - (a) Explosive leg speed
  - (b) Explosive leg endurance
  - (c) Explosive leg strength
  - (d) (a) and (c) both

5. Floor based physical activities should be planned for –  
(a) less than 1 year child (b) 1-2 year child  
(c) 3-4 year child (d) 5-17 year child
6. Extension is \_\_\_\_\_ movement, that increases the angle at a joint.  
(a) bending (b) straightening  
(c) twisting (d) turning
7. Carrot and orange come under –  
(a) energy giving foods (b) body building foods  
(c) protective or regulatory foods (d) Normal foods
8. Which of the following tests is conducted to measure cardiovascular fitness ?  
(a) Back scratch test (b) Rockport one mile test  
(c) Harvard step Test (d) Both (b) & (c)
9. If odd numbers of teams are participating in a Round robin tournament then the formula for calculating number of rounds is –  
(a)  $N - 1$  (b)  $N(N - 1)_2$   
(c)  $N$  (d)  $N + 1$
10. Which test is to be conducted to measure agility ?  
(a) Standing board jump (b)  $4 \times 10$  shuttle run  
(c) Partial curl up (d) Push-ups
11. Mechanical analysis of Javelin thrown by Neeraj Chopra will be done under –  
(a) Biology (b) Biomechanics  
(c) Physiology (d) Anatomy



12. Which Newton's law of motion is depicted through the picture ?



- (a) Newton's 3<sup>rd</sup> law
- (b) Newton's 2<sup>nd</sup> law
- (c) Newton's 1<sup>st</sup> law
- (d) Newton's 1<sup>st</sup> & 2<sup>nd</sup> law

**Note :** The following question is for Visually Impaired Students only, in Lieu of Q. No. 12 :

Kicking off a stationary ball is an example of –

- (a) Law of Action and Reaction
- (b) Law of Acceleration
- (c) Law of Inertia
- (d) Both (a) & (b)

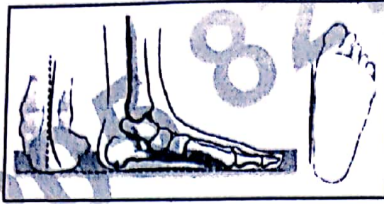
13. IPL cricket tournament is an example of –

- (a) Knockout Tournament
- (b) League Tournament
- (c) Combination Tournament
- (d) Single League Tournament

14. Balanced diet is related to –

- (a) Consuming right amount of vitamins
- (b) Consuming correct ratio of carbohydrates and fats
- (c) Consuming all the nutrients in right amount
- (d) Consuming excess of protein and minerals

15. Which postural deformity is shown in the illustration ?



- (a) Bow Leg
- (b) Knock Knee
- (c) Flat Foot
- (d) Round Foot

Note : The following question is for Visually Impaired Students only, in Lieu of Q. No. 15 only :

Kyphosis is a deformity found in

- (a) Shoulders
- (b) Lumbar region
- (c) Thoracic region
- (d) Hips

16. \_\_\_\_\_ refers to inability to digest a particular kind of food.

- (a) Food Myths
- (b) Food Intolerance
- (c) Food Tolerance
- (d) Healthy Food

17. In a knockout tournament, if byes are in odd numbers then number of byes in lower half is calculated by -

- (a)  $\frac{NB+1}{2}$
- (b)  $\frac{NB-1}{2}$
- (c)  $\frac{NB}{2}$
- (d)  $NB - 1$

18. Which vitamins were consumed the most during Covid ?

- (a) Vitamin C and D
- (b) Vitamin B and C
- (c) Vitamin A and B
- (d) Vitamin B and D

19. Flexion is \_\_\_\_\_ movement, that decreases the angle at the moving joint.

- (a) Turning
- (b) Straightening
- (c) Twisting
- (d) Bending

20. Which Newton's law of motion is depicted through this picture ?



- (a) Newton's 1<sup>st</sup> law of motion      (b) Newton's 2<sup>nd</sup> law of motion  
(c) Newton's 3<sup>rd</sup> law of motion      (d) Both (a) and (b)

**Note :** The following question is for Visually Impaired Students only, in Lieu of Q. No. 20 :

Newton's 3<sup>rd</sup> law of motion is known as –

- (a) Law of Action and reaction      (b) Law of Inertia  
(c) Law of Acceleration      (d) Law of Gravity

21. Rockpost test is used to measure –

- (a) V0 3 Max.      (b) V0 4 Max.  
(c) V0 5 Max.      (d) V0 2 Max.

22. \_\_\_\_\_ helps in smooth elimination of stool or faeces.

- (a) Carbohydrates      (b) Roughage  
(c) Minerals      (d) Vitamins

23. "Sway Back" is also known as –

- (a) Lordosis      (b) Kyphosis  
(c) Scoliosis      (d) Round Shoulder

24. Following are the constraints for women which restrict their participation in sports, except –

- (a) Psychological constraints      (b) Social constraints  
(c) Eating habits      (d) Economical constraints



### Section - B

(Application + Hots)

Section-B consists 24 questions. Attempt any 20 questions from this section. 20 Questions attempted first, will only be evaluated.



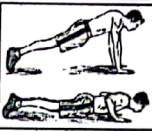

25. In a knockout tournament, if 9 teams are participating then number of byes in upper half will be –

(a) 3 (b) 4  
(c) 5 (d) 2

26. In sports, a Snooker shot is an example of –

(a) Loco motor skill (b) Extended motor skill  
(c) Fine motor skill (d) Gross motor skill

27. Match the following :

- |     |   |  |
|-----|---|--|
| (1) |    | (i) Lower body flexibility             |
| (2) |    | (ii) Upper body strength               |
| (3) |   | (iii) Abdominal strength and Endurance |
| (4) |  | (iv) Speed                             |

- |     | 1   | 2  | 3  | 4  |
|-----|-----|----|----|----|
| (a) | iii | ii | i  | iv |
| (b) | iii | i  | iv | ii |
| (c) | iii | i  | ii | iv |
| (d) | iii | iv | i  | ii |

Note : The following question is for Visually Impaired Students only, in Lieu of Q. No. 27 :

The correct formula to compute fitness index is –

- (a)  $\frac{\text{Duration of Exercise (in sec.)} \times 100}{2 \times \text{Sum of six pulse counts after test}}$   
 (b)  $\frac{\text{Duration of Exercise (in sec.)} \times 100}{2 \times 3 \text{ Pulse counts after test}}$   
 (c)  $\frac{\text{Duration of Exercise (in seconds)} \times 100}{5.5 \times \text{pulse count of 1-1.5 min. after exercise}}$   
 (d)  $\frac{\text{Duration of Exercise (in sec.)} \times 100}{2.5 \times \text{Pulse count of 1-1.5 seconds after test}}$

28. In 50 mt. standing start of Motor Fitness Test, time is taken nearest to –

- (a) 10<sup>th</sup> of a second (b) 9<sup>th</sup> of a second  
(c) 5<sup>th</sup> of a second (d) 20<sup>th</sup> of a second

29. Match the following vitamins with their functions :

- |               |   |
|---------------|---|
| (1) Vitamin K | (i) Need for blood clotting                   |
| (2) Vitamin D | (ii) For protection of cell wall              |
| (3) Vitamin E | (iii) For vision in dim light                 |
| (4) Vitamin A | (iv) For Absorption of calcium and phosphorus |

Select the correct answer :

- |     | 1  | 2  | 3   | 4   |
|-----|----|----|-----|-----|
| (a) | i  | iv | iii | ii  |
| (b) | i  | ii | iii | iv  |
| (c) | ii | iv | iii | i   |
| (d) | i  | iv | ii  | iii |

30. Movement of leg from "Stand at ease" position to attention is –

- (a) Abduction (b) Adduction  
(c) Flexion (d) Extension

31. Match the following :

- |                         |   |
|-------------------------|---|
| (1) Marketing Committee | (i) Head of organizing committee  |
| (2) Chairperson         | (ii) Responsible for liaison with Print Media                             |
| (3) Tournament          | (iii) Series of contest between a number of competitors                   |
| (4) Fixture             | (iv) A sports match that has been arranged for a particular time and date |

Select the correct answer :

- |     | 1  | 2  | 3   | 4   |
|-----|----|----|-----|-----|
| (a) | ii | i  | iii | iv  |
| (b) | ii | i  | iv  | iii |
| (c) | i  | ii | iii | iv  |
| (d) | i  | ii | iv  | iii |



32. Asanas show in the picture are performed to correct :



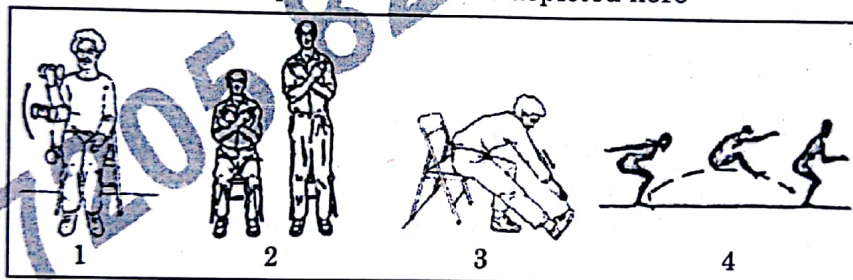
- (a) Kyphosis and Lordosis
- (b) Round shoulder and Kyphosis
- (c) Scoliosis and Lordosis
- (d) Lordosis and Round Shoulders

Note : The following question is for Visually Impaired Students only, in Lieu of Q. No. 32 :

Following are the lower extremities deformities except –

- (a) Flat Foot
- (b) Round Shoulder
- (c) Knock Knee
- (d) Genu Varum

33. Identify the odd component of fitness depicted here –



- (a) 1
- (b) 2
- (c) 3
- (d) 4

Note : The following question is for Visually Impaired Students only, in Lieu of Q. No. 33 :

Name the test in which endurance is not measured –

- (a) 600 mt. run/walk
- (b) Harvard step test
- (c) 4 × 10 mt. shuttle run
- (d) 6 minutes walk test

34. Identify the movement depicted in the picture :



- |               |               |
|---------------|---------------|
| (a) Extension | (b) Flexion   |
| (c) Abduction | (d) Adduction |

**Note :** The following question is for Visually Impaired Students only, in Lieu of Q. No. 34 :

Increasing and decreasing the angle between two body parts are known as –

- |                           |                             |
|---------------------------|-----------------------------|
| (a) Flexion and Abduction | (b) Abduction and Adduction |
| (c) Extension and Flexion | (d) Flexion and Adduction   |

35. In a knockout tournament 4<sup>th</sup> Bye will be given to –

- |                              |                              |
|------------------------------|------------------------------|
| (a) Last team of Lower half  | (b) Last team of Upper half  |
| (c) First team of Upper half | (d) First team of Lower half |

36. Given below are the two statements labelled Assertion (A) and Reason (R) :

**Assertion (A) :** Consuming food that are low in calories and fat, and increasing in physical activity will help in maintaining a healthy weight.

**Reason (R) :** There are several ways of assessing a healthy body weight that include weight and height chart, Body Mass Index (BMI) or assessment of body fat percentage.

In the context of above two statements, which one of the following is correct –

- |  |
|--|
| (a) Both (A) and (R) are true and (R) is the correct explanation of (A).     |
| (b) Both (A) and (R) are true but (R) is not the correct explanation of (A). |
| (c) (A) is true, but (R) is false.   |
| (d) (A) is false, but (R) is true.   |

37. What is the minimum number of steps to be done in one minute for 5 minutes, as shown in the figure :



- (a) 25 (b) 30  
(c) 35 (d) 40

Note : The following question is for Visually Impaired Students only, in Lieu of Q. No. 37 :

Gender value for women in Rockport 1 mile test is -

- (a) 1 (b) 0  
(c) -1 (d) +1

38. Following are energy giving food except -

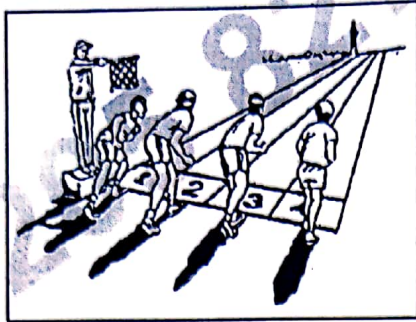
- (a) Cereals (b) Sugar and Jaggery  
(c) Fats and Oil (d) Yellow and Orange fruits

39. Heading the foot-ball into opposition goal post through a corner kick is an example of -

- (a) Newton's 1<sup>st</sup> law of motion (b) Newton's 2<sup>nd</sup> law of motion  
(c) Newton's 3<sup>rd</sup> law of motion (d) (a) & (b) Both



40. Name the test shown in the picture :



- (a) 4 × 10 mt. relay  
(b) 50 mt. standing start  
(c) 600 mt. run/walk  
(d) Standing board jump

**Note :** The following question is for Visually Impaired Students only, in Lieu of Q. No. 40 only :

In arm Curl test, weight of the dumbbell for women is —

- (a) 2.5 kg  
(b) 2.3 kg  
(c) 2.8 kg  
(d) 2.1 kg

41. How many matches will be played in 2<sup>nd</sup> round, if 14 teams are participating in a knockout tournament ?

- (a) 3  
(b) 2  
(c) 4  
(d) 6

42. Match the following minerals with their functions :

- |             |                                     |
|-------------|-------------------------------------|
| (1) Iron    | (i) Found in red blood cell         |
| (2) Calcium | (ii) Found in thyroid hormone       |
| (3) Sodium  | (iii) Needed for muscle contraction |
| (4) Iodine  | (iv) For healthy bone and teeth     |

Select the correct answer :

- |     | 1 | 2  | 3   | 4   |
|-----|---|----|-----|-----|
| (a) | i | iv | iii | ii  |
| (b) | i | iv | ii  | iii |
| (c) | i | ii | iii | iv  |
| (d) | i | ii | iv  | iii |

43. Match the following postural deformities with their corrective Asanas –

(1) Flat Foot

(i)



(2) Scoliosis

(ii)



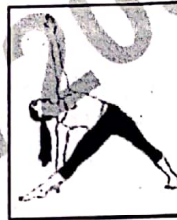
(3) Knock-knee

(iii)



(4) Lordosis

(iv)



Select the correct answer :

- |     | 1  | 2   | 3   | 4   |
|-----|----|-----|-----|-----|
| (a) | i  | iv  | iii | ii  |
| (b) | ii | iii | i   | iv  |
| (c) | ii | i   | iii | iv  |
| (d) | i  | iv  | ii  | iii |

Note : The following question is for Visually Impaired Students only, in Lieu of Q. No. 43 :

Lateral curvature or sideways curvature of spine is related to –

- |                    |               |
|--------------------|---------------|
| (a) Round shoulder | (b) Kyphosis  |
| (c) Knock-knee     | (d) Scoliosis |

44. What will be the distance between the chair and marker cone, to measure agility and co-ordination of senior citizens shown in the figure –



- (a) 8 feet (b) 12 feet  
(c) 16 feet (d) 18 feet

Note : The following question is for Visually Impaired Students only, in Lieu of Q. No. 44 :

Which test is used to measure physical fitness and a person's ability to recover after a strenuous exercise ?

- (a) 6 minute walk test (b) Rockport 1 Mile test  
(c) Harvard step test (d) 600 mt. walk/run

45. Identify the law of motion, shown in the illustration :



- (a) Law of Inertia (b) Law of Action and Reaction  
(c) Law of Acceleration (d) Both (b) & (c)



**Note :** The following question is for Visually Impaired Students only, in Lieu of Q. No. 45 :

Which Newton's law is applied while swimming ?

- (a) Law of Inertia (b) Law of Acceleration  
(c) Law of Action and Reaction (d) Both (a) and (b)

46. Choose odd one from the check list of organizing a sports event –

- (a) Accommodation (b) Place of event  
(c) Art integration (d) Sponsorship

47. Which statement is not true about food myths ?

- (a) Don't drink water during meal  
(b) Eating potatoes increases obesity  
(c) The fewer the carbohydrates, healthier you are  
(d) Vitamins are essential for your body

48. Given below are the two statements labelled **Assertion (A)** and **Reason (R)** :

**Assertion (A) :** "Achieving health for all means doing what is best for health right from the beginning of people's lives" says WHO Director General, Dr. Tedras Adhanm Ghebreyesus.

**Reason (R) :** For children at least 180 minutes of physical activities of which 60 minutes is moderate to vigorous intensity physical activity should be planned.

In the context of the above two statements, which one of the following is correct ?

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).  
(b) Both (A) and (R) are true but (R) is not the correct explanation of (A).  
(c) (A) is true, but (R) is false.  
(d) (A) is false, but (R) is true.

**Section - C**  
**(Case Study)**

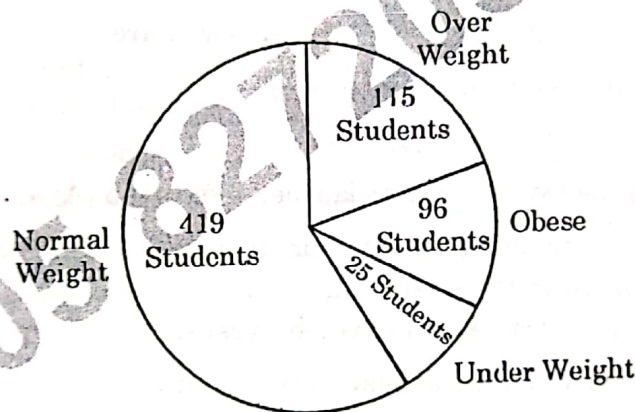
Section-C consists of 12 questions. Attempt any 10 questions from this section. 10 Questions attempted first, will only be evaluated.

49. If you want to be on the top position in games and sports, you have to adhere to proper sports planning. The attainment of good performance in the field of games and sports depends on effective planning.

Following are the objectives of planning, except –

- |                           |                                      |
|---------------------------|--------------------------------------|
| (a) Goal orientation      | (b) Making strategies                |
| (c) Facilitate recreation | (d) Formation of rule and regulation |

50. The XYZ school conducted a research in their school and checked the BMI of all students and they have shared their findings as depicted in the figure :



According to the above data, how many students are at risk of their health

- |         |         |
|---------|---------|
| (a) 419 | (b) 211 |
| (c) 121 | (d) 236 |

**Note :** The following question is for Visually Impaired Students only, in Lieu of Q. No. 50 :

BMI between 25.0 to 29.9 is considered \_\_\_\_\_.

- |                   |                |
|-------------------|----------------|
| (a) Normal weight | (b) Obese-I    |
| (c) Obese         | (d) Overweight |



51. Children and sports are closely related to each other. Children have an innate tendency to participate in sports. We must focus on the motor development of the children. The important thing is that the motor development of the children should always be according to the requirement of the sports.

Following are the example of gross motor development, except –

- (a) running (b) jumping  
(c) standing (d) painting

52. The chief aim of physical activities during 5 to 17 years of age groups is to improve cardio-respiratory and muscular fitness, bone health, cardiovascular and to reduce symptoms of anxiety and depression.

Rate at which activity is performed is known as –

- (a) Volume (b) Intensity  
(c) Type of activity. (d) Frequency

53. Rock port test may be useful for those who are unable to run due to sedentary lifestyle or for older individual or for those of low fitness level or injury.

In Rockport test gender value for men is –

- (a) 1 (b) -1  
(c) 0 (d) + 1

54. In a residential area, a camp was organized to check the functional fitness level of the senior citizens. During testing, it was found that there was a less range of motion in the joints of upper extremities in most of the elderly people.

Which test is administrated to check this functional fitness component?



- (a) 1 (b) 2  
(c) 3 (d) 4



Note : The following question is for Visually Impaired Students only, in Lieu of Q. No. 54 :

Upper body flexibility of senior citizen is determined by –

- (a) Sit and reach test
- (b) Chair sit and reach test
- (c) Back scratch test
- (d) Arm curl test

55. Archana a P.E. Teacher of ABC School sent invitations to 26 teams to play Kho-Kho under Khelo India programme. All teams accepted the invitation. Now, help Archana and suggest her which type of tournament she should organise to make the competition successful.

- (a) Knockout tournament
- (b) League tournament
- (c) Round robin tournament
- (d) Berger tournament

56. Mirabai Chanu is from a very simple family but she always used to dream big. Though she knew that her family would not be able to afford her nutrition still she continued to pursue her dreams, And finally the day came when she won the silver medal in weight-lifting in Tokyo Olympics.

The women who got two medals in Olympics in –

- (a) P.V. Sindhu
- (b) Lolvina Borgohain
- (c) Sakshi Malik
- (d) Meerabai Chanu

57. Physical education teacher of XYZ school explained how Newton's law of motion are used in sports. She explained while dribbling in Basket-ball. How the laws can be helpful.

Which law of motion is shown in picture :



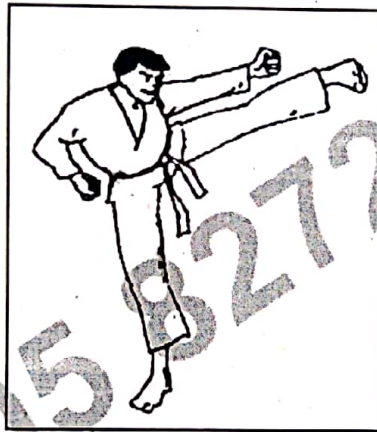
- (a) Law of Inertia
- (b) Law of Acceleration
- (c) Law of Action and reaction
- (d) Both (a) and (b)

**Note :** This question is for Visually Impaired Students only, in Lieu of Q. No. 57 :  
Application of Newton's laws at motion is very useful in sports. In this context, Acceleration is related to –

- (a) Newton's first law of motion (b) Newton's third law of motion  
(c) Newton's second law of motion (d) Both (a) and (b)

58. Mamta was practicing the skill of Judo. During the training, her coach told her about different skills of Judo and advised her to practice the kick regularly.

Which movement is shown in the picture ?



- (a) Flexion (b) Extension  
(c) Abduction (d) Adduction

**Note :** The following question is for Visually Impaired Students only, in Lieu of Q. No. 58 :

Which movement occurs during Arm-Curl test ?

- (a) Extension and Adduction (b) Extension and Abduction  
(c) Flexion and Extension (d) Abduction and Adduction

59. During the morning assembly in the school, Anu fell unconscious. She was taken to nearby doctor. The doctor declared her malnourished and advised her to take balanced diet everyday.

Balance diet consists –

- (a) Macro Nutrients
- (b) Micro Nutrients
- (c) Nutritive and Non-Nutritive components
- (d) Nutritive component

60. In general sports biomechanics is a quantitative based study and analysis of professional athletes and sports activities. It explains how and why the human body moves in the way that it does.

Following are the importance of biomechanics, except –

- (a) Improvement in training
  - (b) Improvement in equipment
  - (c) Improvement in performance
  - (d) Improvement in aesthetic
-