

2025

HEALTH AND PHYSICAL EDUCATION

(Theory)

Full Marks : 70

Pass Marks : 21

Time : Three hours

Answer all the questions.

Figures in the right margin indicate full marks for the questions.

For Question Nos. 1 to 7, choose the correct answer from the given alternatives and rewrite the answer.

1. How many rings of different colours are there in Olympic flag? 1
(A) 4 (B) 5
(C) 6 (D) 7

2. What is mean by Dhouti in yoga? 1
(A) Dedication (B) Detachment
(C) Purification (D) Satisfaction

P.T.O.

3. The word 'pranayama' in yoga refers to : 1
- (A) Breathing control (B) Relaxation
(C) Meditation (D) Concentration
4. The process to concentrate on some object or point without blinking of eye in yoga is called : 1
- (A) Basti (B) Dhouti
(C) Tratak (D) Neti
5. The ability to overcome resistance for longer duration is called : 1
- (A) Speed (B) Strength
(C) Flexibility (D) Endurance
6. Given below are the two statements labelled Assertion (A) and Reason (R). 1
- Assertion (A) : Active flexibility is the ability to carry out movement to a longer distance without any external help.
- Reason (R) : Passive flexibility is always more than active flexibility.
- 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 explanations of (A).
(B) Both (A) and (R) are true. But (R) is not the correct explanations of (A).
(C) (A) is true, but (R) is false.
(D) (A) is false, but (R) is true.

7 Given below are the two statements labelled Assertion (A) and Reason (R).1

Assertion (A) : Test is the form of questioning or measuring used to assess retention of knowledge, capacity or ability of some endeavour.

Reason (R) : It is a decision making process which assists to make grade and ranking.

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.

For Question Nos. 8 to 17, write very short answer of each question.

8 "Olympism is a philosophy of life which places sports at the service of humanity". Justify the statement. 1

9 "Test, measurement and evaluation help in classification of sports persons". Justify the statement in one point. 1

10 Differentiate between arteries and veins. 1

11 Differentiate between pulmonary circulation and systematic circulation. 1

12 "Proper knowledge of anatomy and physiology is critical in the field of Sports". Explain your views on the statement. 1

13 "Bony system serves as the attachment of muscle". Justify the statement. 1

14 Differentiate between adduction and abduction. 1

- 15 "Biomechanics helps a coach to train sportspersons in a more scientific way".
Give reason for the statement. 1
- 16 Discuss the role of mental toughness in better resilience. 1
- 17 "Warming up gives strong acceleration to body, to perform at its best".
Justify the statement. 1

For Question Nos. 18 to 27, write short answer for each question.

- 18 Write down a brief note on 'Fit India Movement'. 2
- 19 "Technological advancement has changed the analysis of sports performance".
Discuss the statement with two examples. 2
- 20 Explain the concept of Olympism. 2
- 21 What do you mean by first aid? Write down the Full form of PRICE. 2
- 22 Elucidate the important functions of bones. 2
- 23 Differentiate between kinetics and kinematics. 2
- 24 Elucidate the principle of continuity in sports training. 2
- 25 Discuss the importance of strategy in sports. 2
- 26 "Tactics is an essential skill in any game or sports." Justify the statement. 2
- 27 "Athletes are using starting block in sprint race for better performance".
Discuss the mechanical application of starting block. 2

For Question Nos. 28 to 33, write the answer in about 50 to 60 words.

- 28 Enumerate the objectives of physical education in brief. 3

Or

Discuss the role of playing surface in sports? 3

- 29 Write down a detail note on National Olympic Committees (NOCs). 3

Or

Write down the main functions of the International Olympic Committee (IOC). 3

- 30 Define stress. Discuss the techniques for management of stress. 1+2=3

Or

Discuss the Ujjai Pranayama in detail.

- 31 Your institute has been organized a Mini-Marathon Race for 5 km on the theme 'Run for peace and unity'. All the teachers, staffs and students were involved in the Marathon. The main objectives of the race are to promote unity, peace and harmony among the people.

After the distance of 2 km of the run, a participant of the race was suddenly felt stomach ache and reported to the organizers. Ambulance team reached the spot and applied the necessary first aid procedure followed by check-up. After the thorough examination, Doctor suggested not to worry about and there is no serious problem identified. It was surely the problem of second wind which is usual phenomenon for individual who does not run regularly. 1+1+1=3

Based on the above passage, answer the following questions :

- (i) What is physical fitness?
- (ii) What is the importance of doing a regular exercise?
- (iii) Which types of endurance is used in Marathon race?

Or

The Physical Education Teacher of a school has given an assignment to the students of class XI of his school to list down the test items required to measure a fitness test and to give reasons why they choose that particular activity. The idea behind the assignment is to make students understand the impact of each activity and relationship between components of physical fitness. 1+1+1=3

On the basis of above information, answer the following questions.

- (i) Standing Broad Jump is used to measure.....
 - (ii) Sit and reach test is used to measure.....
 - (iii) 50 m dash is used to measure.....
- 32 “Kinesiology helps in the selection of exercises and preparation of activity programmes”. Justify the statement. 3

Or

“Biomechanics supports in preventing injury”. Justify the statement in brief.3

- 33 Draw the playing court with measurement of any one of the following : 3
- (a) Badminton
 - (b) Sepak-Takraw
 - (c) Handball
 - (d) Kabaddi

Or

Draw the International standard size of football field with measurements. 3

For Question Nos. 34 to 36 write the answer in about 120 words for each question.

- 34 The age of a student of class X is 18 years. His body weight is 100 kg, height is 1.90 m, waist circumference is 32 inches and hip circumference is 45 inches. Calculate the BMI and waist hip ratio of the student. And also state the category which he belongs to. 5

Or

Calculate the waist hip ratio of a student whose BMI is 29, waist measurement is 40 inches and hip circumference is 42 inches. State whether the student is having healthy waist hip ratio or not? Also state the healthy WHR for men and women according to WHO. 5

- 35 Elucidate the factors that help in building resilience. 5

Or

Discuss the factors which affect Team Cohesion. 5

- 36 Briefly discuss the historical development of Football in India. 5

Or .

Discuss on account of Rajiv Gandhi Khel Ratna Award. 5