

2026

## 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. The eight limbs of Yoga, as described in Astanga Yoga, were propounded by : 1  
(A) Swami Sivananda (B) Maharshi Patanjali  
(C) Swami Vivekananda (D) Lord Krishna
2. Which one of the following is the correct motto of the Olympic Game? 1  
(A) Faster, Higher, Stronger, Together  
(B) Faster, Unity, Together, Stronger  
(C) Higher, Stronger, Unity, Faster  
(D) Stronger, Together, Unity, Higher

P.T.O.

3. Which of the following is the site for the exchange of gases (oxygen and carbon dioxide) in the respiratory system? 1
- (A) Bronchi (B) Trachea  
(C) Alveoli (D) Bronchioles
4. Which of the following is the primary objective of Fit India Movement? 1
- (A) To produce Olympic champions  
(B) To build more stadiums  
(C) To make fitness an integral part of everyday life  
(D) To replace traditional games with modern sports
5. An athlete performs light jogging and dynamic stretches before starting 400m race. This process is crucial to prepare the body. What is this process called? 1
- (A) Limbering down (B) Tactical session  
(C) Warming - up (D) Recovery
6. Given below are the two statements labelled Assertion (A) and Reason (R). 1
- Assertion (A): Applying the PRICE method is the recommended first-aid procedure for a student who has just suffered a sprained ankle during a basketball match.
- Reason (R) : The PRICE method helps to reduce swelling, alleviate pain and prevent further damage to the injured part.
- In the context of the above two statements, which one of the following is correct?
- (A) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

(B) Both (A) and (R) are true, and (R) is the correct explanation of (A).

(C) (A) is true but (R) is false.

(D) (A) is false but (R) is true.

7. Direction : In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice and rewrite : 1

Assertion (A) : A badminton player uses a pronated grip for a powerful smash.

Reason (R) : Pronation of the forearm allows for greater force generation by engaging larger muscle groups effectively.

Choose the correct answer from the following options.

(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.

**Question Nos. 8 to 17 carry one (1) mark each. Write the answer in one word or a sentence.**

8. Name one national sports promotion initiatives launched by the Government of India. 1
9. Name one Yogic Kriya (Shat Karma). 1
10. Give one example of a traditional Indian Sport. 1
11. Which body movement decreases the angle at a joint? 1

12. Define the term 'Psychology' in the context of sports. 1
13. Mention one Principle of Sports Training. 1
14. Which Indian award is given for outstanding sporting achievement? 1
15. How far the used of synthetic surfaces changed modern sports? 1
16. Why is 'Fair Play' considered as a fundamental Olympic value? 1
17. How does practising Pranayama contribute to stress management? 1

*For Short Answer Question Nos. 18 to 27, write the answers in about 30-40 words each.*

18. State any two career options of Physical Education. 2
19. List any two important rules of Kabaddi. 2
20. Differentiate between 'Khelo India Programme' and 'Fit India Movement' based on their primary focus. 2
21. Explain the importance of 'Compression' step in the PRICE method for First Aid. 2
22. Differentiate between the body characteristics of an 'Ectomorph' and an 'Endomorph'. 2
23. When a person stands up from a chair, what type of movement occurs at the knee joint? In which plane does this movement mainly occurred? 2
24. Suggest two strategies to improve Team Cohesion among players. 2

25. A runner increases her training distance gradually from 5km to 10km over a month. Explain the principle of sports training she is applying? 2
26. Why is a 'low serve' considered a fundamental skill in Badminton? 2
27. A Kho - kho player with a muscular and athletic build is highly agile and powerful during matches. Which somatotype best describes him? Explain its characteristics. 2

**Question Nos. 28 to 33 carry 3 marks each. Write the answers in about 40 - 60 words each.**

28. (a) Explain the relationship between 'Health' and 'Wellness'. List the components of health - related physical fitness. 2+1=3

**OR**

- (b) What is 'Leadership'? Explain any two ways in which physical activity and sports help in developing leadership qualities in an individual. 1+2=3
29. (a) Define 'Mental Toughness'. How does it help an athlete in dealing with competitive pressure? 1+2=3

**OR**

- (b) What is 'Team Cohesion'? Explain its two advantages for a sports team. 1+2=3
30. (a) A student is feeling stressed and anxious before final exam. Recommend a specific Pranayama Technique he/she can practice. Explain how it will help him/her. 1+2=3

**OR**

- (b) Explain how practicing Yoga can contribute to an 'Active Lifestyle'. 3

31. (a) Explain how the principle of 'Force' is applied by a shot-put athlete to achieve a longer throw. 3

*OR*

- (b) Suggest two technical adjustments that can be made by a football player to increase the kicking power by applying biomechanical principles. 3
32. (a) Miss 'ABC', a promising 400 m runner, has been training intensely without any breaks. She has recently started feeling constantly tired, and her performance has declined. 3

- (i) Identify the likely cause of her condition.
- (ii) Which principle of sports training she has been violated?
- (iii) Suggest one important practice she should include immediately in her routine.

*OR*

- (b) An athlete is considering using a banned substance to speed up recovery after an injury, hoping to return to competition faster. 3
- (i) Identify this unethical practice.
- (ii) State two major disadvantages of this practice for the athlete.
33. (a) Draw a neat and well - labelled diagram of the human heart showing its four chambers. Label each chambers. 2+1=3

*OR*

- (b) Draw a neat and well - labelled diagram of the human respiratory system. Label the part where the exchange of gases primarily takes place. 2+1=3

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

34. (a) "The Olympics Games are about much more than just winning medals". Based on this statement, explain how the three core Olympic Values of Excellence, Friendship, and Respect transform the Games from a mere sports competition into a platform for global human development. 5

**OR**

- (b) Compare and contrast the ancient Olympic Games with the modern Olympic Games. 5

35. (a) "Awards recognized excellence and inspired future generations". Justify this statement in the context of India's three major national sports awards. 5

**OR**

- (b) A coach is training a group of beginners in Badminton. Explain any five fundamental skills the coach must teach and state the importance of each skill during a match. 5

36. (a) Why is BMI alone insufficient tool to evaluate the health and fitness of all individuals? Which additional measurements and tests should be used for a more accurate evaluation? Give examples. 5

**OR**

- (b) In a physical education class, a teacher conducts the following tests : 5
- (i) Measures height and weight of all students
  - (ii) Conducts a 800m run for girls and 100m run for boys
  - (iii) Uses the sit and reach test to measure flexibility

Identify the component of physical fitness being measured by each test.