

**Guess Paper – 2009-10**  
**Class – XII**  
**Subject – PHYSICAL EDUCATION**

**TIME: 3 Hrs**

**MAX MARKS: 70**

**General Instructions:**

1. All questions are compulsory.
2. Question paper carries two parts namely A & B
3. Answer to any question carrying 2 marks should be in approximately 30 words.
4. Answer to any question carrying 3-4 marks should be in 50-60 words respectively.
5. Answer to any question carrying 5-6 marks should be in approximately 100-150 words.

**PART – A (50 Marks)**

- Q.1.** Write down the meaning & definition of physical fitness. 2
- Q.2.** Explain any two principles of physical fitness development. 2
- Q.3.** Discuss in detail the components of physical fitness. 6

OR

What are the different means of developing fitness of an individual?

- Q.4.** What is the concept of sports training? 2
- Q.5.** What are Iso-metric exercises? 2
- Q.6.** Discuss the methods of strength development. 6

OR

What are the different methods of developing endurance?

- Q.7.** Define Sociology and Sports Sociology. 2
- Q.8** Explain briefly about 'Drugs and Olympic Games'. 2
- Q.9** How can the quality of leadership be developed through Games and Sports? 6

OR

Describe the Olympic movement in modern era.

- Q.10** Briefly explain the meaning of Sports environment. 2
- Q. 11** Explain the importance of infrastructural set-up in sports environment. 3
- Q. 12** Discuss essential elements of positive environment and its importance in sports. 5

OR

Mention the causes of sports accidents. Explain the preventive steps for Sports related accidents.

- Q. 13** Define yoga. 2
- Q. 14** What are the elements of yoga? Explain. 3
- Q. 15** Discuss "yoga as heritage of India". 5

OR

Explain the role of yoga in increasing performance of Athlete.

**PART – B (20 Marks)**

**Answer to the following from any one game/Sport of your choice.**

- Q.16** (10)
- (i)** Give a brief account of history of game/Sport. 2
- (ii)** Explain any two terminologies related to game/Sport. 2

- (iii) Explain any two fundamental skills of the game/Sport. 2  
(iv) Draw the diagram of the field/ court of the game/Sport. 4  
OR
- Q. 17**  
(i) Explain any four latest general rules of the game/Sport 4  
(ii) Draw the diagram of the field/court of the related game's/sport's equipment and explain their specifications in details. 6
- Q.18** (10)  
(i) Name important two National and International tournament of the game/Sport of your choice. 4  
(ii) List any two personalities of the game/sport. 2  
(iii) Write a short note on Arjuna Award. 4  
OR
- Q.19**  
(i) Write a short note on Dronacharya Award. 2  
(ii) Define First aid. Mention any two sports injuries. 4  
(iii) What are the reasons for the occurrence of Injuries in Sports? 4

**EXPECTED ANSWER / VALUE POINTS**  
**(MARKING SCHEME)**

***PART - A***

- Q.1. Meaning:** - It is the capacity of an individual to do work effectively & efficiently with joy & pleasure. After the work is over he still has sufficient capacity to do more work with out **any exertion**.
- Definition:** - "It is the ability of a person to do daily routine work with out fatigue, moreover to participate in playful activity and still reserves enough capacity to meet any emergency". 1+1=2
- Q.2 Principles of physical fitness development:**
1. Continuity of training.
  2. Scientific training.
  3. General & specific training.
  4. Planed & systematic training
- 1+1=2
- Q.3 Components of physical fitness:**
1. Strength
  2. Endurance
  3. Speed
  4. Flexibility
  5. Co- coordinative ability
  6. Agility
- 1\*6=6

**OR**

**Means to develop physical fitness:**

- **Yogic techniques**
- **Weigh training exercises**
- **Aerobic activities:** Calisthenics, Jogging, cycling and rhythmic exercises
- **An-aerobic activities:** short sprint, shuttle run, jumping on the spot, agility runs and reflex

exercises

- **Participation in games and sports:** Field games, court games, Indoor games, Arena games, Contact games Indian games and sports.
- **Play and recreation**
- **swimming**

**Q.4 Concept of sports training:** The word “training” means to give practical and theoretical knowledge. But in physical education this word has a very deep meaning. Training methods are of various ways or means to enhance sports performance. In other words, we can say that these are long term processes based on scientific and systematic ways to enhance sports performance. 2

**Q.5 Isometric exercises:** exercises are those exercises in which muscular tension is developed without any visible movement of muscles or any body part while doing such exercises. In such exercises, the force or strength applied by an individual is equal to the force of resistance. Hence, there is no visible movement of the object. Eg. 1. Balancing on one foot. 2. Pressing against a wall. 2

**Q.6 Methods of strength development:**

1. Isometric exercises
2. Isotonic Exercises: (a) Concentric (b) Eccentric
3. Isokinetic exercises
4. Physical exercises
5. Weight training
6. Circuit training

1\*6=6

**OR**

**Methods of developing endurance:**

1. Continuous training method: a) slow pace. b) Fast pace. c) Variable pace
2. Interval training method: a) Slow pace b) Fast pace
3. Fartlek training method

**Q.7 Definition of Sociology:** - Sociology is the study of relationship of men with his environment.

**Definition of Sports-Sociology:-** Sports Sociology is the study of origin, development, organization and role of sports in human society. 1+1=2

**Q.8 Drugs and Olympic Games:** Today's sports has become very professional and there is lot of fame and money involved in sports. Thus, athletes and players some time choose illegal methods to achieve this. Many times they take drugs to enhance their performance. All unnatural methods of enhancing performance are banned in Olympics. Today IOC is strictly following its regular checks towards drugs and sports. It has also set up many laboratories to test athletes for drugs. It conducts regular check over equipments. IOC also provides technical help to set up various stadiums and provides latest knowledge related to training of athletes.\_

**Q.9 Quality of leadership be developed through Games and Sports**

Play ground outdoor activities and education institutions plays important role in developing leadership qualities among players and students. Qualities of good leader can be developed by following ways:-

1. By introducing children to organization and management skills by making them members of various committees like:-
  - Team selection committee.
  - Sports equipments purchase committee.
  - Group leaders of N.S.S., N.C.C, eco-friendly clubs, scout and guides etc.
  - organization and management committee of tournament.
2. By giving them responsibilities leadership posts like captain of school team, house captain, prefect of school and sports captain of school etc

**OR**

**Olympic movement in modern era:**

- Provided us healthy platform for competitive games & sport activities.
- Related with link between Ancient & Modern Olympic Games.
- Bring together the athletes of the world in great coordinational festival of sports.
- Promotes & regulates the development of various games & sports at various levels.

2

Olympic movement can be explained by understanding about-

1. Ancient Olympic Games (776 B.C to 394 A.D)
2. Modern Olympic Games (1896 onwards)
3. Winter Olympic.
4. Asian Games *etc.*

**Q.10 Meaning of Environment:**

Environment is surroundings. All organisms such as plants, animals, human beings as well as the physical surroundings are parts of environment.

2

**Q.11 Importance of infrastructural set-up in sports environment**

- It provides full opportunity for proper growth and development of every individual.
- It is safe, clean and hygienic to perform various activities of physical education programmes.
- It provides good place to practice and develop fitness thus efficiency is easily improved.
- It provides easy and good place to organise competition in games and sports.
- It helps to develop moral values, hygienical habits, sportsmanship, sports ethics etc.
- It makes us to realise the importance of health education in life.

1\*3=3

The environment is good place for fun, recreational and playing activities.

**Q.12 Essential elements of positive environment:**

1. Safe water
2. Safe food or diet
3. Safe air or atmosphere
4. Safe soil or surface
5. Low level of noise or reducing noise pollution
6. Safe sanitary disposal

1\*5=5

**OR**

**Causes of sports accidents:**

1. Lack or less of physical fitness may cause accidents or injuries.
2. Poor concentration while playing or lack of mental readiness.
3. Unbalanced psychological behavior, tension or stress over player.
4. Not performing proper warming up before the activity is main cause of injuries during game.
5. Equipment fault or failure of equipment can cause accident or injury in sports.
6. Faulty skill actions, poor coordinative ability or unbalanced movements while playing activity.
7. Not following training principles.
8. Incomplete treatment of injuries.
9. Not considering health education principles or preventive steps against diseases, etc.,
10. Poor class organization.
11. Poor training method.
12. None qualified coach/ instructor.

**Preventive steps for Sports related accidents:**

1. Proper warming up
2. Medical check before activity
3. Check equipment
4. Sufficient physical fitness.
5. Consider safety means
6. Good coaching skill
7. Follow rules and regulation
8. Consider sports ethics and sportsmanship
9. Proper training method
10. Follow training principles
11. Activity under experts observation
12. Regular conditioning and proper skill action

**Q.13 Definition of Yoga:** - Yoga means "union of soul with the God." The word 'Yog' is derived from Sanskrit word "Yuj", which means to join or union or to bind. In other words "union of soul with God". The correct meaning of yoga is to perform a task with excellence is called Yoga.

2

**Q.14 Elements of yoga:**

1. Yama
2. Niyam
3. Asana
4. Pranayam
5. Pratyahar
6. Dharana
7. Dhayana
8. Samadhi

1\*3=3

**Q.15 Yoga as heritage of India:** In the West, outside of Hindu culture, "yoga" is usually understood to refer to Hatha Yoga. Hatha Yoga is, however, a particular system propagated by Swami Swatamarama, a yogic sage of the 15th century in India.

After the Bhagavad Gita and Yoga Sutras, the most fundamental text of Yoga is the Hatha Yoga Pradipika, written by Swami Swatamarama, that lists in great detail all the main asanas, pranayama, mudra and bandha that are familiar to today's yoga student. This line of yoga is dedicated to Lord Adi Nath, a name for Lord Shiva, who is believed to have imparted the secret of Hatha Yoga to his divine consort Parvati. It is common for yogins and tantriks of several disciplines to dedicate their practices to a deity under the Hindu ishta-devata concept (see Patanjali's Yoga Sutras) while always striving to achieve beyond that: Brahma. Hindu philosophy in the Vedanta and Yoga streams, as the yogi will remember, views only one thing as being ultimately real: Satchidananda Atman, the Existence-Consciousness-Blissful Self. Very Upanishadic (scientific) in its notions, worship of Gods is a secondary means of focus on the higher being, a conduit to realization of the Divine Ground. Hatha Yoga follows in that vein and thus successfully transcends being particularly grounded in one religion.

5

Hatha is a Sanskrit word meaning 'violence' or 'force' (according to the Sir Monier-Williams Sanskrit-English Dictionary, page 1287). Nevertheless, there are other common interpretations this term, such as 'sun' (ha) and 'moon' (tha), that would represent opposing energies. Hatha yoga attempts to withdraw the mind from external objects through vigorous physical exercises or "asanas" and controlled breathing or "pranayamas". Asanas teach poise, balance & strength and were originally (and still) practiced to improve the body's physical health and clear the mind in preparation for meditation in the pursuit of enlightenment. "Asana" means "immovable", i.e. static, and often confused with the dynamic 108 natya karanas described in Natya Shastra and, along with the elements of Bhakti Yoga, is embodied in the contemporary form of Bharatanatyam.

**OR**

### **Role of Yoga for improving performance in competitive sports:-**

1. Flexibility
2. Strength
3. Endurance
4. Balance and rhythm
5. Meditation
6. Relaxation

**Asana-** Asana means holding the body in a particular posture to bring stability to the body and poise to mind. The practice of asana bring firmness to the body and vitality to the body and the mind.

Role of yoga for improving performance in competitive sports:-

By doing yoga regularly along with other fitness methods, it is very helpful in developing certain aspects of fitness that can improve performance in competitive sports.

**1. Improvement in flexibility** - Regular practice of yoga helps in improving joint range of motion that improves overall flexibility. Flexibility is a motor component without which a player is not complete for desired standards.

**2. Strength and Endurance:-** Regular practice of yoga helps in improving general strength and endurance. Asanas provide strength to certain muscles and breathing processes like Pranayama helps in improving breathing capacity and lungs become more efficient resulting in improved performance.

**3. Balance and Rhythm** - Regular practice of asanas helps in improving balance and rhythm of the body.

**4. Meditation:-** Meditation helps in improving concentration of the players towards their goal. The player become psychologically strong by meditating for high achievement.

**5. Relaxation:-** After each training session and practice, a player need to relax. Yoga and asanas are the best way to relax.

**6. At the time of injury and in off Season:-** At the time when a player is injured, he can maintain his fitness through certain asana. During off season, a player can maintain his fitness and strengthen his muscles through yoga without getting stressed.

### **PART – B**

Q.16

(i) **The History of Basketball**

Basketball was invented in December 1891 by the Canadian-American clergyman, educator, and physician James Naismith, then an instructor at the Young Men's Christian Association Training School (now Springfield College) in Springfield, Mass.

Naismith formulated the game on the request of his superior, Dr. Luther H. Gulick (1865–1918), that he organize a vigorous recreation suitable for indoor winter play. The game used elements of football, soccer, and hockey, and the first ball used was a soccer ball. Teams had nine players, and the goals were wooden peach baskets affixed to the walls. By 1897–98, teams of five became standard. The game rapidly spread nationwide and to Canada and other parts of the world, played by both women and men; it also became a popular informal outdoor game. U.S. servicemen in World War II popularized the sport in many other countries.

Many U.S. colleges adopted the game between about 1893 and 1895. In 1934 college games were staged in New York City's Madison Square Garden for the first time, and college basketball began to attract much interest. By the 1950s it had become a major college sport, thus paving the way for a growth of interest in professional basketball.

The first pro basketball league, the National League, was formed in 1898 to protect players from exploitation and to promote a less rough game. One of the first and greatest pro teams was the Original Celtics, organized about 1915 in New York City.

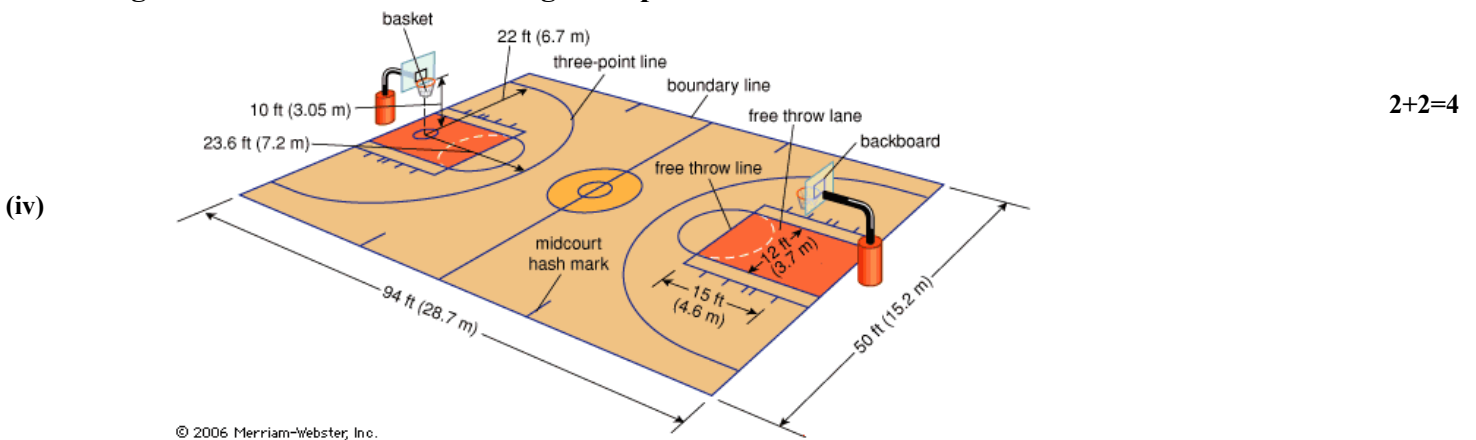
They played as many as 150 games a season and dominated basketball in the 1920s. The Harlem Globetrotters, an exhibition team, were founded in 1927 and achieved wide popularity for their amusing court antics and expert ball handling. By the 1960s pro teams from coast to coast played before crowds of millions annually. Since the 1980s the NBA has become one of the most popular sports organizations in the world, in part because of the marketability of a number of high-profile star players, most notably Michael Jordan. A labor dispute curtailed the 1998–99 season.

- (ii)
1. **Free throw:** Also called foul shot. An uncontested shot taken when one is fouled in the act of shooting, or when a team has more than 7 total fouls in a half. 1+1=2
  2. **Dribbling:** It is pumping of ball with hands which bounces back by which the movement of ball take place by a player.

**Skills of basketball:**

- (iii)
1. Passing
  2. Dribbling
  3. Shooting
  4. Defence 1+1=2

**Diagram of the field/ court of the game/Sport:**



**OR**

Q.17

**Rules of basketball:**

- (i)
1. Playing regulations
  2. Equipment
  3. Violations
  4. Fouls 2+24

(ii) **Sports Equipment Specifications:**

1. Area of court : 28\*15 Mts. (excluding lines 5 cm) {2 Mts. Safety zone on all sides}
2. Radius of circles: 1.80 Mts.
3. Height of board: 2.90 Mts. From surface
4. Backboard: 180cm\*105 cm (120cm inside the end line)
5. Diameter of ring: 45 cm
6. Circumference of ball: 75cm ± 3 cm (rubber or leather dust covering)
7. Weight of ball: 625 ± 25 gm (bounce should be above 1 Mts. If dropped from 1 ½ Mts. To check air pressure) 3+3=6
8. Duration of game: 40 Min. in four quarters (10 Minutes each)
9. Extra time: 5 Min.
10. Rest time in between: 2 to 5 Min. (between I TO ii and III to IV) 5 to 10 Min. (in half)
11. Time out: 1 Min. duration
12. Officials (Seven): {1 referee, 1 umpire, 1 scorer, 1 assistant scorer, 1 time keeper one 24

second operator, 1 table commissioner.}

13. Total players in team: 12 (Five field players and seven substitutes)

14. Chest Number of players (4 to 15 (FIBA rule)., any two digits (NBA rule)

Q.18

**Tournament:**

- (i) 1. Olympics games  
2. World championship  
3. Prathivi cup  
4. CBSE National
- 2+2=4

**Personalities:**

- (ii) 1. Sarbjit Singh  
2. Khushi Ram  
3. Michael Jordon  
4. Magic Johnson
- 1+1=2

**Arjuna Award:** The Arjuna Awards were instituted in 1961. The Government has recently revised the Scheme for Arjuna Award for outstanding performance in sports and games. As per the revised schematic guidelines, to be eligible for the Award, a sportsperson should have had not only good performance consistently for the previous three years at the international level with excellence for the year for which the Award is recommended, but also have shown qualities of leadership, sportsmanship and a sense of discipline. The Awardee is given a statuette, a scroll of honour, ceremonial dress and a cash award of Rs.3.00 lakhs.

(iii)

From the year 2001, the award is given only in disciplines falling under the following categories: Olympic Games / Asian Games / Commonwealth Games / World Cup / World Championship Disciplines and Cricket

4

(a.)Indigenous Games (b.) Sports for the Physically Challenged

**OR**

Q.19

**Dronacharya Award:**

(i) The Dronacharya Award, instituted in 1985, honours eminent Coaches who have successfully trained sportspersons or teams and enabled them to achieve outstanding results in international completions. The Awardee is given a statuette of Guru Dronacharya, a scroll of honour, ceremonial dress and a cash prize of Rs. 3.00 lakhs.

2

(ii) **Definition of first aid:** The immediate care given to a person who is injured or ill.

**Sprain** - Injury to ligament is called sprain.

**Strain** – Injury to muscles and tendons is called strain.

**Classification of sprain and strain**

1. I<sup>st</sup> Degree – Fibour destruction is nil.
2. II<sup>nd</sup> Degree – Fibour destruction is moderate.
3. III<sup>rd</sup> Degree – Total destruction of fibour.

Symptoms of strain and sprain

1. Pain
2. Swelling
3. Loss of movement

In acute injury – usually pain is more.

In chronic injury – Pain is less, swelling is more.

**Treatment**

For I<sup>st</sup> and II<sup>nd</sup> Degree

1. PRICE – Prevention, Rest, Ice, Compression, Elevation, Support
  2. Physiotherapy.
- 2+2=4



For III<sup>rd</sup> Degree – Surgery

For muscles – Catgut surgery.

For ligaments – Silk or metallic wire is used for surgery.

**Reasons for the occurrence of Injuries in Sports:**

Sports injuries are most commonly caused by not warming up properly, not using equipment correctly and not taking the proper safety precautions for your sport. Professional and competitive athletes are particularly at risk of injury due to the intense nature of their training and the overuse of specific muscles.

- (iii) Children are also more at risk of injury because they are still developing physically. The female shape in particular changes significantly during puberty (between age 10 and 16). As the hips widen, exercise can put pressure on different parts of the legs and feet, leading to injury. The repetitive and aggressive movements used in many sports can result in different types of injuries to different parts of the body, for example:

4