PART – A (50 Marks)

1. Explain the term Biomechanics. 1
2. Discuss the role of preferences in career choices. 1
3. Write a note on community health. 1
4. Write down the Olympic Oath. 1
5. Discuss the concept of sports sociology. 1
6. Mention complete formula to find out BMI. 1
7. How environment affects the physical fitness components? 1
8. Mention the benefits of sports for all. 1
9. Explain any two Laws of Motion. 2
10. Write any two tales connected with the origin of ancient Olympic Games. 2
11. How games and sports are man’s cultural heritage? Explain. 2
12. Explain any two effects of exercises on respiratory system. 2
13. Elaborate the concept of integrated physical education. 2
14. Explain how friendship, solidarity and fair play can be achieved through Olympic Games. 3
15. Explain how socialization takes place at home, in school and in community? 3

R/2 [P.T.O.]
16. Elaborate any three effects of exercises on muscular system. 3
17. Explain any three principles of adapted physical education. 3
18. Elaborate the term philosophy and explain any four philosophies of physical education. 5
19. Explain any five careers in communication media with special reference to physical education and sports. 5
20. Elaborate the effects of any five drugs on sports persons and their performance. 5
21. Throw light on contents and administration of any five tests from AAPHER physical fitness test. 5

PART – B (20 Marks)

Answer the question 22 to 27 from any one game of your choice.

22. Explain about achievements of two sports personalities of game/sport. 2
23. Write a note on Arjuna award and Dronacharya award. 2
24. Explain about any three important tournaments of game/sport. 3
25. Explain about any three common sports injuries of game/sport. 3
26. Draw a diagram of field/court/table with all measurements and specification of related sports equipments. 5
27. Explain about CBSE sports committee, objectives and general rules related to organization of competitions. 5