

**FT- F**

**SUBJECT : PHYSICAL EDUCATION**

Time : 3 hrs.

M.M.: 70

**General Instructions :**

- (i) All questions are compulsory.
- (ii) Answer to questions carrying 1 mark should be in approximately 30 words.
- (iii) Answer to questions carrying 2 marks should be in approximately 60 words.
- (iv) Answer to questions carrying 3 marks should be in approximately 100 words.
- (v) Answer to questions carrying 5 marks should be in approximately 150-200 words.

- Q1. What is the meaning of physical fitness? (1)
- Q2. Define the term 'Doping'? (1)
- Q3. What is Olympic Motto? (1)
- Q4. What do you mean by physical education? (1)
- Q5. What do you mean by Narcotics? (1)
- Q6. What do you mean by shatkarmas or yogic kriyas? (1)
- Q7. Enlist the components of health? (1)
- Q8. What are niyamas? (1)
- Q9. Discuss the role of maintaining a healthy weight in preventing health threats through lifestyle changes. (2)
- Q10. Explain the objectives of physical education and explain any one of them. (2)
- Q11. What do you mean by autologous and homologous blood doping? (2)
- Q12. What do you mean by asnas? Discuss the types of asnas. (2)
- Q13. Explain about Rajeev Gandhi Khel Ratna Award. (3)
- Q14. What are the side effects of anabolic steroids? (3)
- Q15. Elucidate the objectives of Modern Olympic Games. (3)
- Q16. Explain the performance enhancing substances. (3)

- Q17. Discuss "Yoga as an Indian Heritage". (3)
- Q18. Are the Olympic Games free from discrimination today? Give your views. (3)
- Q19. What do you mean by the concept of adapted physical education? Explain its principles. (3)
- Q20. What are the various career options available in physical education? Discuss the teaching career in detail. (3)
- Q21. Enumerate the factors affecting physical fitness and wellness in detail. (5)
- Q22. What do you mean by indicators of health? Describe their types in detail. (5)
- Q23. Explain any five importance of Yoga in detail. (5)
- Q24. What do you mean by common lifestyle diseases? Discuss the prevention and management of hypertension. (5)
- Q25. Write short notes on the following:
- (a) Prevention and management of back pain (2)
  - (b) Olympic Flag (2)
  - (c) Chacha Nehru Sports Award (2)
  - (d) Arjuna Award (2)
  - (e) In-competition and Out-of-competition testing (2)