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Roll No.

Date:

NORTHWEST ACCREDITATION COMMISSION, USA

GRADE 10TH (Secondary)

**Subject- Physical Education
Subject Code – P207**

Question Paper No. :

Question Paper code:

Important Instructions

1. OPENING AND CHECKING OF THE QUESTION-BOOKLET

Break open the seal of the Question-Booklet only when the announcement is made by the Invigilator. After breaking the seal and before attempting the questions, student should immediately check for:

a) The number of the printed page in the Question-Booklet is the same as mentioned on the cover page of the Booklet and

b) Any printing error in the Booklet pages, if any.
Any discrepancy or error should be brought to the notice of the Invigilator who will then replace the Booklet.

No additional time will be given for this.

2. No student, without the permission of the Superintendent, or the Invigilator concerned, is to leave his/her seat or the Examination Room.

3. FILLING UP THE REQUIRED INFORMATION ON QUESTION-BOOKLET AND ANSWER SHEET

After breaking open the seal and checking the Booklet, student should:

a) Fill up the **Question Paper No.** and **Question Paper Code** (mentioned on the cover of Question-Booklet) in the space provided on the First Answer Sheet.

b) Fill up his/her Roll Number on the First Answer Sheet and on each Supplementary Answer Sheet,

if taken.

- C) Student should mention the total number of **Supplementary Answer Sheet**, if taken, in the space provided on the First Answer Sheet and also fill up the Serial Number mentioned on each **Supplementary Answer Sheet** along with his/her Roll Number in the register maintained by the Invigilator. Student must tie all the Answer Sheets with the thread provided by the Invigilator.

4. INSTRUCTIONS ABOUT QUESTION PAPER

This Question Paper is divided into three Sections – **A, B and C**. All Sections are compulsory. Attempt all Sections as per instructions.

- a) Section A question No. 1 to 5 are very short questions carrying 2 marks each.
- b) Section B question No. 6 to 15 are short questions carrying 3 marks each.
- C) Section C question No. 16 to 21 are long questions carrying 5 marks each.

5. Student found in possession of Cellular Phone / Mobile Phone / Pager or any other Communication Device and/or any Book/Note whether using or not, will be liable to be debarred for taking examination(s) either permanently or for specified period or/and dealt with as per law or/and ordinance of the School/SERI according to the nature of offence, or/and he/she may be proceeded against and shall be liable for prosecution under the relevant provision of the Statutory Law.

TIME: 3 Hours.

TOTAL MARKS: 70

THE ANSWER SHEET IS TO BE RETURNED ON COMPLETION OF THE TEST

P.T.O.

SECTION A

Total number of questions: 5	Marks allocated to each question: 2	Total marks: 10
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- Question 1. What are the symptoms of ringworm?
- Question 2. Write down the two reasons of less participation in Games and Sports by females.
- Question 3. Write down the two diseases spread by air.
- Question 4. Name the *four* sports in which women do not participate in Olympics?
- Question 5. Which woman got medal in Olympic Games? Write down her name and game?

SECTION B

Total number of questions: 10	Marks allocated to each question: 3	Total marks: 30
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Question 6. State three precautions to be observed while exercising.

Question 7. Name the causal agents for the following viral diseases:

(i) common cold (ii) yellow fever (iii) rabies.

Question 8. Describe the qualities, develop by sports competitions.

Question 9. Write a short note on National Level Tournament.

Question 10. Write a brief note on Kidneys.

Question 11. List three injuries to the skin?

Question 12. State any three duties of the Umpires in the cricket.

Question 13. Is physical construction of females create problems in Games and Sports? Discuss.

Question 14. Describe the qualities, develop by sports competitions.

Question 15. What is meant by the term Droplet Infection? Suggest two ways of prevention it.

SECTION C

Total number of questions: 6	Marks allocated to each question: 5	Total marks: 30
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Question 16. Describe the various sense-organs in human system.

OR

What is the role of various elements of diet on performance of an athlete?

Question 17. What do you know about Skeletal System?

OR

What is muscular system? How many types of muscles are there? Describe their functions.

Question 18. What are communicable diseases? Describe how they spread?

OR

Write down the symptoms and preventive measures of smallpox.

Question 19. Which are the systems that are in practice for organisation of tournament?

OR

Describe the different systems for the organisation of tournament.

Question 20. Explain five soft tissue injuries in sports.

OR

What is the full form of FIFA? What is its importance for the game?

P.T.O.

Question 21. Advantages of weight training.

OR

What role an individual can play in improvement of sport environment?

END OF THE QUESTION PAPER

Sample Paper