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Date:

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NORTHWEST ACCREDITATION COMMISSION, USA GRADE 10TH 2017-2018

Subject- PHYSICAL EDUCATION

Question Paper No. :

P	E	2	9
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Subject Code : PE1003

Question Paper Code:

P	T	7	5
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Total Time: 03.00 Hours.

Total Marks: 70

GENERAL 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 4 are very short questions carrying 2 marks each in approximately 40-60 words.
- b) Section B question No. 5 to 11 are short questions carrying 3 marks each in approximately 80-100 words.
- c) Section C question No. 12 to 16 are long questions carrying 5 marks each in approximately 150-200 words.

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.

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

This Question Paper MUST be attached with Answer Sheet

SECTION A

Total number of questions: 4	Marks allocated to each question: 3	Total marks: 12
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- Question 1.** Suggest any four ways through which women participation in sport across age group can be enhanced.
- Question 2.** Enlist two objectives of Intranurals.
- Question 3.** Enlist two sources for Calcium and Iron separately.
- Question 4.** Explain correct sitting posture.

SECTION B

Total number of questions: 7	Marks allocated to each question: 4	Total marks: 28
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- Question 5.** Elucidate the role of individual for improving sports environment.

OR

Describe the qualities, develop by sports competitions.

- Question 6.** "Yoga is an Indian heritage." Justify.

- Question 7.** What is interval training? Write its two advantages and two disadvantages.

- Question 8.** Explain the role of Games and Sports as means of fitness development.

OR

Explain any three techniques of meditation.

- Question 9.** What is the role of spectators in creating a positive sports environment? Explain.

- Question 10.** Explain any two methods for speed development.

OR

Explain any three principles of training in brief.

- Question 11.** Is physical construction of females creating problems in Games and Sports? Discuss.

SECTION C

Total number of questions: 5	Marks allocated to each question: 6	Total marks: 30
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Question 12. Suggest the formation of various committees for systematic and smooth conduct of sports day in your school.

OR

Explain in detail about any five advantages of correct posture.

Question 13. What is the role of various elements of diet on performance of an athlete?

OR

What is endurance? Explain the various methods for its development.

Question 14. What is balanced diet? Explain the components of diet.

OR

Draw the field/court/table, with all specifications and measurements, of the game/sport of your choice.

Question 15. Explain in detail different causes of anxiety.

OR

What are the important functions of our skeletal system?

Question 16. Explain Sheldon's classification of personality and explain its importance in physical education and sport.

OR

What is movement speed? Explain the methods to develop speed endurance.

END OF THE QUESTION PAPER

Sample Paper