ISC SEMESTER 2 EXAMINATION
SPECIMEN QUESTION PAPER
PHYSICAL EDUCATION
(THEORY)

Maximum Marks: **35**

Time allowed: **One and a half hour**

Candidates are allowed an additional **10 minutes** *for* only *reading the paper.*

They must **NOT** *start writing during this time.*

Answer **all** *questions in* **Section A and Section B.**

Attempt **all** *questions on* **any two** *games in* **Section C.**

The intended marks for questions or parts of questions are given in brackets.[   ]

SECTION A – 7 MARKS

Question 1

(i)   Write the full form of *CPR*.   **[1]**

(ii)   Due to which postural deformity a person normally faces difficulty while walking?   **[1]**

(iii) Name the postural deformity that occurs due to lateral curvature of spine.   **[1]**

(iv)   Doctors mainly recognize _____ and _____ types of fractures in sports.   **[1]**

(v)   The process of providing relief and help to disabled or an injured person to again lead a normal and respectable life is known as _____.   **[1]**

(vi)   Which of the following is **NOT** a common sports injury?   **[1]**

    (a)   Cramps

    (b)   Sprain

    (c)   Abrasion

    (d)   Asthma

(vii)   Which of the following is **NOT** a soft tissue injury?   **[1]**

   (a)   Contusion

   (b)   Abrasion

   (c)   Strain

   (d)   Dislocation

SECTION B – 8 MARKS

Answer the following questions briefly.

Question 2   **[2]**

Briefly explain *any two* major principles of health education.

Question 3   **[2]**

What is *air pollution*? Mention *any one* cause of air pollution.

Question 4   **[2]**

What is First Aid? Give *one* benefit of First Aid.

Question 5   **[2]**

Briefly explain the basic causes of injuries in sports.

SECTION C – 20 MARKS

*Attempt all questions on **any two** games from this section*

FOOTBALL

Question 6

(i)   What is an *indirect free kick* in the game of football? Give *any three* situations   **[4]**
       when a referee awards an indirect free kick.

(ii)   Explain the term *Advantage*, with reference to the game of football.   **[4]**

(iii) What decision is taken by the referee when the goal is scored unintentionally   **[1]**
       by the centre referee?

(iv)   What decision is taken by the referee when a player touches the ball the second   **[1]**
       time at the kick-off?

CRICKET

Question 7

(i) Explain *Follow on*, with reference to the game of cricket. **[4]**

(ii) Mention *any four* instances when the umpire signals a no ball. **[4]**

(iii) A batsman comes to the crease at the start of a fresh over. As the bowler starts his run-up and reaches near the crease, the batsman backs away from the wicket and the bowler stops his run-up. **[1]**

What will be the decision of the umpire?

(iv) The batsman plays a sweep shot but misses the ball. The ball just nips the leg stump, but the bail does not come off. The bowler appeals. **[1]**

What will be the decision of the umpire?

HOCKEY

Question 8

(i) Draw a neat diagram of Hockey field with all its dimensions. **[4]**

(ii) Explain the procedure followed for taking a penalty corner. **[4]**

(iii) An attacking player hits the ball, and it touches the foot of the opponent in the striking circle. **[1]**

In the above situation, what will be the decision of the umpire?

(iv) If a ball goes out of the backline last touched by the defending team, what will be the decision of the umpire? **[1]**

BASKETBALL

Question 9

(i) Differentiate between *team foul maker* and *player foul maker*. **[4]**

(ii) List *any four* equipment used in the game of basketball. **[4]**

(iii) If a team fields an extra player without the knowledge of referee and that player scores a goal, what will be the decision of the referee? **[1]**

(iv) When a defender attempts to block a 10-foot shot and touches it while the ball is on its downward flight, what should the referee call? **[1]**

VOLLEYBALL

Question 10

(i)   List *any four* attack errors, with reference to the game of Volleyball.   **[4]**

(ii)   Answer the following questions.

    (a)   When is *technical time out* applied in a game?   **[2]**

    (b)   State the duration and number of technical time out.   **[2]**

(iii)   After the serve, the ball just touches the net and lands on the side line of the opponent's court instead of falling inside the play area. What will be the referee's decision (in/out) and which team will be given a point?   **[1]**

(iv)   While lifting the serve the lifter misjudges the ball's flight and the ball hits his face instead of touching the hand. What will be the referee's decision?   **[1]**

TENNIS

Question 11

(i)   Explain the pattern of scoring in a *tie-breaker*.   **[4]**

(ii)   What is *Grand Slam* in tennis? Name the different grand slam tournaments in tennis.   **[4]**

(iii)   What will be the decision of the chair umpire if the ball touches the outside of the side line during a rally?   **[1]**

(iv)   During a rally, player A catches his opponent's shot behind the baseline on the full before the ball goes over the fence. What will be the decision of the chair umpire?   **[1]**

BADMINTON

Question 12

(i)   Draw a well labelled diagram of a badminton racquet with all specifications.   **[4]**

(ii)   Explain *any four* duties of the service judge.   **[4]**

(iii)   What will be the decision of the umpire if the shuttle drops near the side line and the sight of the main umpire is blocked during a rally in the court?   **[1]**

(iv)   What will be the decision of the umpire if the shuttlecock is broken during a rally in the court?   **[1]**

SWIMMING

Question 13

(i) What is meant by *false start rope*? What is its importance in swimming? **[4]**

(ii) State *any four* duties of Inspector on Turns. **[4]**

(iii) In freestyle event, a starter shot a bullet and then a false start was taken by a swimmer. What will be the decision taken by the judge in this situation? **[1]**

(iv) If a swimmer reports for an event after the last call, what decision will be taken by the judge? **[1]**

ATHLETICS

Question 14

(i) What is meant by *decathlon*? List the events and their order in the decathlon competition. **[4]**

(ii) Draw a neat diagram of a discus throw sector, with all its specifications. **[4]**

(iii) After release, the discus touches the pole of safety case and lands inside the sector. What will be the decision of the judge? **[1]**

(iv) A javelin, on landing, does not leave a mark on the ground. Will the throw be measured? Give *one* reason for your answer. **[1]**