

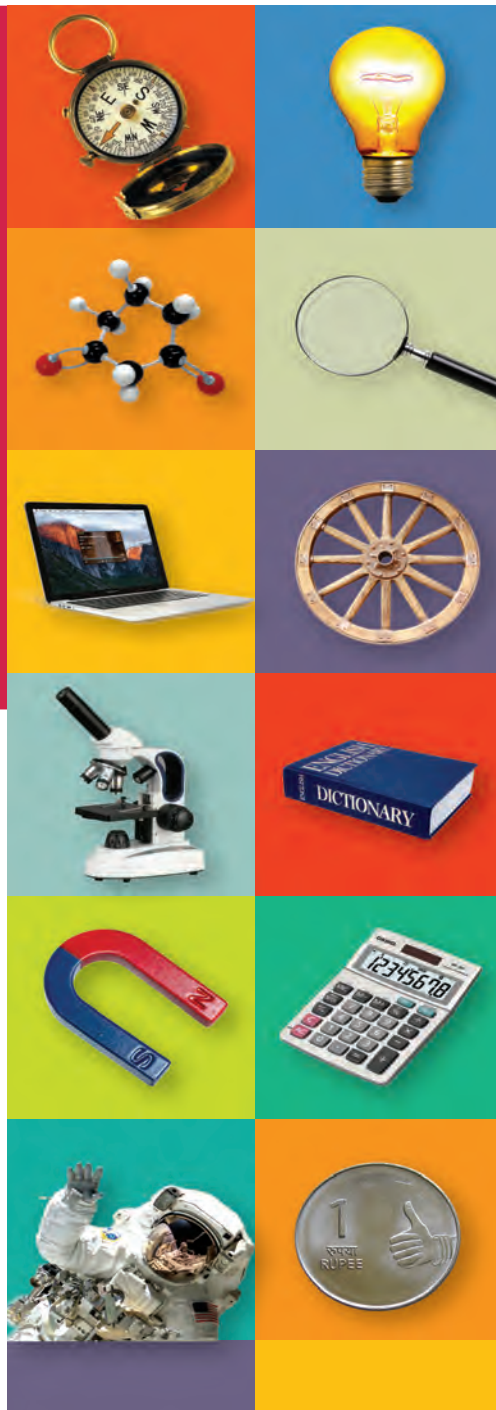
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 **OSWAAL BOOKS**
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For
2019
Exam

ISC SOLVED PAPER 2018

PHYSICAL EDUCATION



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LATEST SYLLABUS

PHYSICAL EDUCATION

CLASS 12

There will be two papers in the subject.

Paper I: Theory -

3 hours ... 70 marks

Paper II: Practical Work -

... 30 marks

PAPER I- THEORY : 70 Marks

The theory paper will be divided into two Sections A and B. Candidates will be required to answer **five** questions out of **seven** from **Section A**, each carrying **8 marks**. **Section B** will be based on questions on major games in the syllabus. Candidates will be required to select **two** games from this section and answer any **three** of the **five** subparts (a), (b), (c), (d) and (e) from **each** of the **two** selected games of their choice. Each question shall carry **15 marks**.

SECTION – A

1. Sociological Aspects of Physical Education

- (i) Games and sports as man's cultural heritage.
An understanding that sports have been a part of our culture and tradition since time immemorial.
- (ii) Development of the individual through games and sports.
Understanding how games and sports contribute in various ways towards the development of an individual.
- (iii) Role of Physical Education in promoting national integration.
How Physical Education helps in promoting National Integration.
- (iv) Physical Education and personality development.
The role of Physical education in development of personal qualities like an individual attitude, discipline, helpfulness, team spirit, patience, unity, friendship, etc.

2. Training Methods

- (a) Meaning and importance of Sports Training.
Definition of Sports Training and its importance.
- (b) Methods of training.
Methods of Training: Repetition, continuous & fartlek, and interval - Definition, purpose, advantages and procedure of each.
- (c) Warming up, conditioning and cooling/limbering exercises.
 - *Meaning of the terms 'warming up', 'conditioning' and 'cooling/limbering'.*
 - *Basic exercises related to warming up, conditioning and cooling/limbering.*
 - *Advantages of warming up, conditioning and cooling/limbering.*

- (d) Isometric and Isotonic exercises.

Meaning, advantages and examples of each.

- (e) Circuit Training.

Meaning and advantages of circuit training; procedure of conducting circuit training.

- (f) Weight Training.

Meaning and advantages of weight training.

An understanding of how the above training methods help an individual in different sports and help develop strength, speed, stamina, skill, endurance.

3. Career Aspects in Physical Education

- (i) Career options in Physical Education.

Professional sportsmen, sports manager, teacher/lecturer, sports coach, gym instructor, sports officials, sports events coordinators, sports journalist and commentator, sports software engineer, marketing and manufacturing of sports equipment.

- (ii) Important institutions of Physical Education in India.

Functions and objectives of Netaji Subhash National Institute of Sports (N.S.N.I.S.), Sports Authority of India (S.A.I), International Olympic Committee (I.O.C), Indian Olympic Association (IOA), YMCA College of Physical Education (Chennai), Lucknow Christian College of Physical Education (LCCPE), Luxmibai National University of Physical Education (LNUPE).

Development of training facilities, coaching systems, influence of media and sponsors, campaigns like Health runs in creating awareness towards social evil causes and promoting physical fitness.

4. Competitions and Tournaments

- (i) Tournaments and types of tournaments.

Candidates should be fully aware of :

- *the definition of 'tournament'.*
- *the types of tournaments : Fixtures, Knock-out, league matches (seeding and byes).*
- *merits and demerits of tournaments.*
- *objectives and importance of intramural and extramural competitions.*
- *Names of the National and International Federations / Bodies controlling the various tournaments/competitions.*

- (iii) Difference between Professional and Amateur Players. Self-explanatory.

Note : *Candidates should be aware of the above, for the past five years, with respect to the games included in the syllabus.*



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5. Health Education & Health Problems

- (a) Meaning and definition of 'Health' and 'Health Education'.

Meaning and definition of 'Health' (mental health and physical health) and 'Health Education'.

- (b) Principles and importance of Health Education. Health problems and role of Health Education in solving them.

Principles and objectives of Health Education. Importance of Health Education for adults and the younger generation through formal and non-formal channels of education. Various prevalent Health Problems : Communicable diseases – meaning, examples and common mode of spread. Epidemics – meaning and examples; Water, noise and air pollution – causes and prevention; Occupational Health Hazards – meaning and examples.

Note : Details of specific diseases not required.

- (c) Disability and Rehabilitation.

Causes of disability. General principles for prevention of disability;

Meaning and scope of Rehabilitation; services available for rehabilitation; role of the community and government organizations in rehabilitation programmes.

- (d) Posture.

Meaning of posture.

Correct posture – meaning, importance of correct posture (standing, sitting, walking).

Common postural deformities: kyphosis, scoliosis, lordosis, flat foot, knock-knees, bowlegged, hunch back, round shoulders – meaning, causes and corrective measures for each.

- (e) Personal hygiene and sleep requirements.

Personal hygiene : Meaning of personal hygiene, importance of personal hygiene for a healthy life style. Care of eyes, ears, feet, hair, skin, oral hygiene, nose and clothing.

Foot care: causes of corns, broken nails due to tight footwear; Causes of diseases like ring worm, athletes foot due to walking in wet areas; proper care of feet.

Sleep requirements : Sleep requirements for different age groups. Effects of insufficient sleep on human body.

- (f) Substance Abuse.

Effects of use of alcohol and smoking on the individual and society.

Drugs: Meaning of 'drugs' and 'drug abuse'; Stimulants and Narcotics – Analgesics.

Awareness of the fact that use of certain drugs has been banned by World Anti-Doping Agency (WADA) and National Anti-Doping Agency (NADA) and reasons for the same.

6. Sports Injuries and First Aid

- (i) Sports related injuries.

Types of sports related injuries: soft tissue injuries (contusion, abrasion, strain and sprain) bone injuries (fracture) and joint injuries (dislocation): causes and prevention of each.

- (ii) Role of individual in prevention of sports related accidents.

Types of injuries due to: sudden movement; environment (hot, cold, wet and dry); lack of preparation (warm up, cool down); inadequate clothing, body protection; not following instructions; surface and facilities, equipment being unsafe. Role of individual in prevention of sports related accidents.

- (iii) First Aid.

Meaning and importance of 'First Aid'. First Aid for various sports related injuries.

First Aid for cuts, grazes, strains, sprains, cramps, blisters, bruises, injuries of bone (fracture and dislocation); application of splints and Thomas splint; First Aid in drowning; Cardio Pulmonary Resuscitation (CPR) and Rest, Ice, Compression and Elevation (RICE).

SECTION – B

Any **two** of the following games are to be studied :

Cricket, Football, Hockey, Basketball, Volleyball, Badminton, Tennis, Swimming, Athletics.

The following aspects should be studied for **each** of the **two games** selected by the candidate.

Rules and regulations of the game; Interpretation of laws of the game; Duties and responsibilities of the officials and players; Measurement and dimensions related to the game; Terminologies related to the game; Fundamental skills of the game; Strategies and formation of the game; Names and abbreviations of the National and Major International Tournaments linked with the game; Diagrams and dimensions of play area; Diagrams and dimensions of equipment related to the game.

The details for each game are given below:

CRICKET

- Knowledge of the game, strategies and tactics, and how to improve performance.
- Detailed understanding of the rules and regulations of the game. Diagrams of the field and pitch, and various fielding positions.
- Knowledge of the dimensions of the field, thickness of the lines, dimensions of pitch and complete specifications and markings on it. Equipment of the game with their length, width weight, thickness and material. Score board, scorer and sightscreen. Flood light.



- Duties of the officials, before, during and after the match. Umpires and third umpire, requirements of the game, equipment needed, numbers of players, duty of coach, captain etc.
- Laws governing the game. Suspensions, penalisation, draws, match fixtures, arrangements needed to conduct tournaments, forfeitures, follow on, tie, power play, match fixing, duck worth rule, sledging, ball tampering.
- Basic skills and techniques. Batting (different types of shots, footwork, body position and actual bat movement. Bowling (run up, delivery stride, follow through, types of bowling variations, good line and length, grip action. Fielding positions, catching and throwing skills, Wicket keeping techniques, skills of getting the batsmen out.
- Different types of signals, extra runs, extra players, runner, substitute, provisions and restrictions, players equipment, danger area, various terms of cricket.
- Knowledge of associations and federations linked to the game. Important tournaments. Abbreviations of associations and federations concerned with the game.

FOOTBALL

- Knowledge of the game, strategies and tactics, and how to improve performance.
- Detailed understanding of the rules and regulations of the game. Match time, extra time, tie breaker, sudden death, ball in play and out of play, importance of lines on the field. Various methods of starting and restarting the game. Substitution procedure, penalty cards and their importance.
- Knowledge of the dimensions of the field, thickness of the lines, dimensions of center circle, quarter circle, goal and penalty area, penalty arc and complete specifications and markings on it. Equipment of the game with their length, width, weight, thickness, material and dimensions. Diagram of goal post and field.
- Duties of the officials, requirements of the game, equipment needed, numbers of players, duty of coach, captain, assistant referees, technical officials, grounds men, ball boys, match organizers, technical area.
- Laws governing the game. Suspensions, penalisation, draws, match fixtures, arrangements needed to conduct tournaments, punishment on players, coaches.
- Basic skills and techniques (Passing - types of pass, ground lofted, chip, volley, angle of pass. Control (use

of various surfaces-head chest, foot thigh). Dribbling (running with the ball, rhythm and pace, feints, body swerves, screening, beating an opponent. Heading the ball with intention of (attacking, defending, jumping, to head down, high, pass, score.) Shooting skills with either foot, inside or outside, short and long range shots, swerving shots, volleys, penalty kicks, power and accuracy. Tackling skills - interception, jockeying for the ball, trapping by various body parts, position, tackle front, side, slide, recovery. Goalkeeping skills - stopping, watching, guiding the team, saving goal, dealing, catching, heading, kicking, punching, throwing, diving, anticipation, speed and reflexes.

- Principles of play-attack, depth, defence, penetration, sweeper systems, 4-4-2, 4-3-3, 4-2-4. Kick-off, corner kick, throw-in, goal kick, free kick, penalty kick. Importance of penalty arc, center circle and lines on the field.
- Knowledge of associations and federations linked to the game. Important tournaments. Abbreviations of associations and federations concerned with the game.

HOCKEY

- Knowledge of the game, strategies and tactics, and how to improve performance.
- Detailed understanding of the rules and regulations of the game. Match time, extra time, tie breaker, sudden death, ball in play and out of play, penalty stroke, short corner, long corner, free hits, hit or push back, 16 yard hit, importance of lines on the field. Start and restart of the match.
- Knowledge of the dimensions and diagrams of the field and goalpost, thickness of the lines, dimensions and complete specifications and markings on it. Equipment of the game with their length, width, weight, thickness, material and dimensions. Protective equipment of the goalkeeper and players.
- Duties of the officials, requirements of the game, equipment needed, numbers of players, reserve bench, running substitution duty of coach, captain, assistant referees, ball boys, doctor, grounds men.
- Laws governing the game. Suspensions, penalisation, draws, match fixtures, arrangements needed to conduct tournaments, punishment on players, coaches.
- Basic skills and techniques (Passing - types of pass, ground lofted, chip, volley, angle of pass, push, scoop, flick, aerial ball. Receiving the ball - control, dribbling (running with the ball, rhythm and pace, feints, body swerves, screening, beating an opponent from the right to the left, right and behind. Shooting



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skills with Stick, inside or outside, short and long range shots, swerving shots, volleys, penalty, power and accuracy. Tackling skills - interception, jockeying for position. Goalkeeping skills - stopping, watching, guiding the team, saving goal, kicking, diving, anticipation, speed. Reflexes.

- Principles of play-attack, depth, defence, penetration, team formations 1-2-3-5/1-1-3-4-2/1-1-3-3.
- Knowledge of associations and federations linked to the game. Important tournaments. Abbreviations of associations and federations concerned with the game.

BASKETBALL

- Knowledge of the game, strategies and tactics, and how to improve performance.
- Detailed understanding of the rules and regulations of the game.
- Knowledge of the dimensions of the court, thickness of the lines, diagrams and dimensions of the court, full specifications of the ring, pole, boards and ball.
- Duties of the officials, table officials, referees, scorers, requirements of the game, equipment needed, numbers of players, reserve bench, duty of coach, captain, technical equipment team and player foul markers.
- Laws governing the game. Suspensions, penalisations, draws, match fixtures, arrangements needed to conduct tournaments.
- Basic skills and techniques, tactics and team skills Knowledge of basic skills, free throws stance (passing, dribble, shoot). Shooting (jump shot, layup, hook shot), passing (pass, signal, receive feint footwork, chest-pass, bounce pass, overhead pass, javelin pass. Footwork (pivot, 1 count and 2 count stop) One to one defence, fake and drive, pass and cut Defence, types of defence, zone defence, and fast break.
- Knowledge of associations and federations linked to the game. Important tournaments. Abbreviations of associations and federations concerned with the game.

VOLLEYBALL

- Knowledge of the game, strategies and tactics, and how to improve performance.
- Detailed understanding of the rules and regulations of the game.
- Knowledge of the dimensions and diagram of the court, thickness of the lines, dimensions within the court, full specifications of the net, pole and other equipment required for the game.

- Duties of the officials, table officials, referees, requirements of the game, equipment needed, numbers of players, reserve bench, duty of coach, captain, etc.
- Laws governing the game. Suspensions, penalisations, draws, match fixtures, arrangements needed to conduct tournaments, default by teams.
- Basic skills and techniques, tactics and team skills Knowledge of basic skills, volley-two hand pass over the head forearm pass. The serve underarm, over arm float, over arm jump, over arm top spin, round house jump. The smash - high set cross court, down the line, speed smash, tip the ball over the block. The block-line of defence, defence against smash, attack at set ball. Teamwork importance in both defence and attack. Understanding rotation, blocking and screening
- Knowledge of associations and federations linked to the game. Important tournaments. Abbreviations of associations and federations concerned with the game.

BADMINTON

- Knowledge of the game, strategies and tactics, and how to improve performance.
- Detailed understanding of the rules and regulations of the game. Match time, extra time, tie, shuttle in play and out of play, importance of lines on the court, singles and doubles.
- Knowledge of the dimensions and diagram of the court, thickness of the lines. Equipment required for the game with their length, width weight, thickness, material and dimensions.
- Duties of the officials, requirements of the game, equipment needed, number of players, duty of coach, match organisers.
- Laws governing the game. Suspensions, penalisations, draws, match fixtures, arrangements needed to conduct tournaments, punishment on players, coaches, match points, etc.
- Basic skills and techniques - forehand or backhand, correct grip, smash, drop, drive, net play, return upshots and low/high/flick serves. Basic positioning for men and women rallies.
- Knowledge of associations and federations linked to the game. Important tournaments. Abbreviations of associations and federations concerned with the game.

TENNIS

- Knowledge of the game, strategies and tactics, and how to improve performance.



- Detailed understanding of the rules and regulations of the game. Match time, deuce, advantage, tie foot fault. Ball in play and out of play. Dimensions and importance of lines on the court, singles and doubles.
- Knowledge of the dimensions and diagram of the court net, racket, thickness of the lines. Equipment required for the game with their length, width, weight, thickness, material and dimensions. Types of courts.
- Duties and number of officials, requirements of the game, number of players, duty of coach, match organisers.
- Laws governing the game. Suspensions, penalisations, draws, match fixtures, arrangements needed to conduct tournaments, punishment on players, coaches, match points, etc.
- Basic skills and techniques - forehand or backhand, chopper grip, correct grip, smash, drop, drive, net play, return upshots and low/high/flick serves. Basic positioning for men and women rallies. The racket grip-shake hand. Strokes - backhand push, forehand drive, forward push. Service - two bounce serve, high toss, forehand spin, backhand spin, long serve. Spin - forehand topspin, backhand topspin chopping blocking lobbing, follow through, placement of ball for each service.
- Knowledge of associations and federations linked to the game. Important tournaments. Abbreviations of associations and federations concerned with the game.
- Laws governing the game. Suspensions, penalisations, draws, fixtures, arrangements needed to conduct tournaments.
- Basic skills and techniques requiring control, balance, weight transfer, flow and clear body positions, complex sequence of movements and ability to perform showing high standards of precision control power speed and stamina, fitness and tactics to outwit the opponents. Warming up and cooling down safely, safety requirements for swimmers.
- Knowledge of associations and federations linked to the game. Important tournaments. Abbreviations of associations and federations concerned with the game.

ATHLETICS

- Knowledge of track and field events, activities, strategies and tactics, and how to improve performance (individual and team).
- Detailed understanding of the rules and regulation of various events, strategies and tactics in chosen events. Planning performing and evaluating particular event.
- Knowledge of the dimension of the track. Width of the track. Measurement of 400 and 200 meters, relay and solo races. Equipment of athletes in various events dimensions and requirements. Importance of starters and judges for start and finish. Importance of staggers.
- Duties of the officials, table officials, referees, requirements of the game, equipment needed, numbers of players, reserve bench, duty of coach, physiotherapist, wind gauge operator, photo finish.
- Laws governing the game. Suspensions, penalisations, draws, match fixtures, arrangements needed to conduct meets. Rules and distances and requirements of various events.
- Basic skills and techniques requiring control, balance, weight transfer, flow and clear body positions, complex sequence of movements and ability to perform showing high standards of precision control power speed and stamina, fitness and tactics to outwit the opponents. Warming up and cooling down exercises.
- Knowledge of associations and federations linked to the game. Important tournaments. Abbreviations of associations and federations concerned with the game.

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ISC Solved Paper, 2018

Class-XII

Physical Education

(Maximum Marks : 70)

(Time allowed : Three hours)

(Candidates are allowed additional 15 minutes only for reading the paper.

They must NOT start writing during this time.)

Answer any **five** questions from **Section A**

Section B comprises of one question on each game, with five subparts (a), (b), (c), (d) and (e). Select **any two** games from this Section.

Answer **any three** of the **five** subparts (a), (b), (c), (d) and (e) from **each** of the **two** games selected by you in this section.

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

SECTION - A

(40 Marks)

Attempt **any five** questions.

1. Explain the role of physical education in the development of personality of an individual. [8]
2. Explain briefly what is meant by *interval training*. Write the method of conducting interval training. [8]
3. Write a note on the Sports Authority of India'- (SAI) giving its objectives. [8]
4. What is meant by a *tournament*? Explain various types of tournaments. Draw a fixture of 11 teams on the knock-out basis. [8]
5. Explain the term *Disability*. State various services available for the rehabilitation of the disabled, in India. [8]
6. What is meant by *soft-tissue injury*? Explain the role of an individual in the prevention of sports related accidents. [8]
7. Write short notes on the following : [8]
 - (a) Splint.
 - (b) Personal hygiene.

SECTION - B

(30 Marks)

Select **any two** games from this Section.

Answer **any three** of the **five** subparts (a), (b), (c), (d) and (e) from each of the two games selected by you. Each subpart is for **5 marks**.

FOOTBALL

(3 × 5)

8. (a) What is meant by *kick-off*, in the game of football? State *four* situations of a *kick-off* in the game. [5]
- (b) Explain the following terms : [5]
 - (i) Off-side
 - (ii) Dropped-ball
- (c) Write *any five* duties of a referee during the game. [5]
- (d) In the game of football, what is meant by *added time*? State the difference between *added time* and *extra time*. [5]
- (e) What is meant by *throw-in*? Explain the process of *throw-in*. [5]

CRICKET

(3 × 5)

9. (a) Explain *follow-on* with reference to the game of cricket. [5]
- (b) Mention *any five* occasions when the umpire calls or signals for a 'no ball.' [5]

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- (c) Explain the following : [5]
 (i) Sledging
 (ii) IPL
 (d) Explain the techniques of wicket keeping. [5]
 (e) Mention *five* front foot drives played in cricket. [5]

HOCKEY

(3 × 5)

10. (a) Draw a neat diagram of a hockey field, with all its dimensions. [5]
 (b) When is a *penalty corner* awarded? Write the procedure followed for taking a *penalty corner*. [5]
 (c) Write the procedure followed for the *start* and the *restart* of a match of hockey. [5]
 (d) Explain the following terms : [5]
 (i) Penalty corner
 (ii) Dribbling
 (e) Mention *any five* duties of a referee during the game. [5]

BASKETBALL

(3 × 5)

11. (a) List *any five* duties of a referee. [5]
 (b) Explain the following terms : [5]
 (i) Travelling
 (ii) Bounce pass
 (c) Mention *any five* occasions when the game clock is stopped during the game. [5]
 (d) List the equipments used in the game of basketball. [5]
 (e) Write *any five* skills, a basketball player should possess. [5]

VOLLEYBALL

(3 × 5)

12. (a) Draw a neat diagram of a volleyball court. Mark the zones and the positions of the players. [5]
 (b) Write the basic equipments used by volleyball players. [5]
 (c) Explain the following terms : [5]
 (i) Libero
 (ii) Screening
 (d) Write *five* duties of the captain of a volleyball team. [5]
 (e) Explain the procedure to be followed when a match is interrupted by bad weather or dim light. [5]

TENNIS

(3 × 5)

13. (a) Draw a neat diagram of a tennis racket with all its specifications. [5]
 (b) Write *any five* duties of a referee. [5]
 (c) Explain the following : [5]
 (i) Deuce
 (ii) Half-volley
 (d) State *any five* instances when a player loses a point during the game. [5]
 (e) (i) Name *four* important tournaments of tennis. [5]
 (ii) Expand the following :
 (1) ATF
 (2) NLTA [5]

BADMINTON

(3 × 5)

14. (a) Draw a neat diagram of a badminton court with all its specification. [5]
 (b) Explain the scoring system in the game of badminton. [5]
 (c) Explain the following terms : [5]
 (i) Short-service line
 (ii) Back gallery
 (iii) Foot fault
 (iv) Love all
 (v) Rotation
 (d) Write a shot note on each of the following : [5]
 (i) Thomas Cup
 (ii) Uber Cup
 (e) Expand the following : [5]
 (i) BWF
 (ii) SGFI
 (iii) BAI
 (iv) IBF
 (v) IBL

SWIMMING

(3 × 5)

15. (a) List the equipments used in swimming competitions. [5]
 (b) What is *false start rope*? [5]
 (c) List *any five* swimming events. [5]
 (d) Explain the following : [5]
 (i) Control room supervisor
 (ii) Individual medley
 (e) Write a short note on FINA. [5]

ATHLETICS

(3 × 5)

16. (a) List the events of Decathlon and *Heptathlon*, in athletics. [5]
 (b) Draw a neat diagram of a discus throw sector, with all its specifications. [5]
 (c) Explain the event *high jump*. Write the different techniques used in high jump. [5]
 (d) Mention *five* important duties of a referee, in athletics. [5]
 (e) Explain the following terms : [5]
 (i) Baton
 (ii) Marathon
 (iii) Hurdling
 (iv) Take-off area
 (v) Approach run

ANSWERS**SECTION - A**

(40 Marks)

1. Physical education includes all forms of physical activities, games and sports, which promote the development of body and mind. There are various dimensions or aspects of personality like physical, social, mental and emotional developments. All these dimensions of personality are developed through various programmes of physical education. Some of the personal qualities that are promoted through physical education are:
- (a) **Attitude building** : Attitude is the mental and physical state through which one's life is affected. Physical education helps in development of attitudes like sympathetic, winning, fitness, obedience and discipline.
 - (b) **Helpfulness** : Helping each other, especially when during a match, a player meets an accident or suffers an injury, then all the players of both the teams come forward to extend help to the injured fellow player.
 - (c) **Patience** : Patience plays an important role in sports. There are situations when a player needs to keep his mind cool. A player needs to keep patience even while the team is losing. This is because only a mind in patience can take thoughtful decisions. The players can think of a strategy that can be planned to win the game. Physical education teaches a player to develop patience.
 - (d) **Tolerance** : There are situations in games when an umpire or referee gives a wrong decision. At such times, a player has to tolerate such decisions. Tolerance is a virtue of patience. Hence, physical education develops tolerance in an individual.
 - (e) **Team spirit** : A single player cannot take over an entire opponent team. To win, the individuals have to work in a co-ordinated and planned manner in synchronization with other players of the team. Physical education develops the sense and importance of team spirit in an individual.
 - (f) **Discipline** : Discipline is a must for excellence in sports. Through the sports, the sportspersons learn to obey rules and regulations. Playing in accordance with the rules and regulations develops discipline in the players.
 - (g) **Unity** : All the players of the team play as one, irrespective of their class, colour, religion, creed, background, etc. This develops the spirit of unity and national integration amongst the players as well as the spectators watching the players play.
2. The interval training method was introduced by Finn coach Bikita in 1920. It is a training for heart through endurance training. This method is based on the principle of 'effort and recovery'. In this method, instead of running along distance of say 10 km daily, the athletes are made to run 400 m, 20 times a day with interval periods in between for recovery. The load can be increased by reducing recovery period or by increasing the workout.
- An example of this method can be :**
- (a) 400 m race with 80% speed
 - (b) Sprinting for 60 seconds and then walking or jogging.
 - (c) Run up the stairs as fast as possible and then run down the stairs.

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This process is repeated, according to the capability of the athlete. The interval training method is very useful because :

- (a) Workout is increased in less duration
- (b) Performance can be easily measured
- (c) It develops patience in the athlete
- (d) It is beneficial for respiratory and circulatory systems

However, this method suffers from certain limitations as :

- (a) There are more chances of injury
- (b) It can develop heart problems
- (c) There is an increased risk of over-training
- (d) It can also cause pain sometimes

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3. SAI stands for Sports Authority of India. It is a registered society which was constituted by the Government of India in 1984 with the following objectives :

- (a) **Grant sports scholarship** : There is a provision to give scholarships to sportspersons, according to their ability. The merit list of sports achievements at national level is prepared for awarding scholarships.
- (b) **Search new sports talent** : There are a number of sports talented children in rural areas in India who cannot continue their career in sports due to lack of guidance, resource and finance. SAI takes care of this thing and helps in bringing such talent to the front.
- (c) **Organise National Sports Talent Competition** : SAI organises sports talent competitions at national level in which good talented sportspersons are selected.
- (d) **Run National Physical Health Scheme** : Under this scheme, the focus is on health care of all the people. To accomplish this, SAI conducts National Physical Health Function on pan India basis.
- (e) **Create awareness about sports nutrition** : SAI organises nutrition camps to create awareness about nutritional needs of various age groups and organises events to create and spread awareness about importance of a well-balanced nutritious diet.
- (f) **Encourage indigenous games and martial arts** : SAI has taken firm determination to popularize the indigenous games and martial arts. Due to this, these games are organised in the north-eastern states of India. As a result, these games still exist in those parts of the country.

SAI has prepared various schemes for promotions of games and sports at all levels.

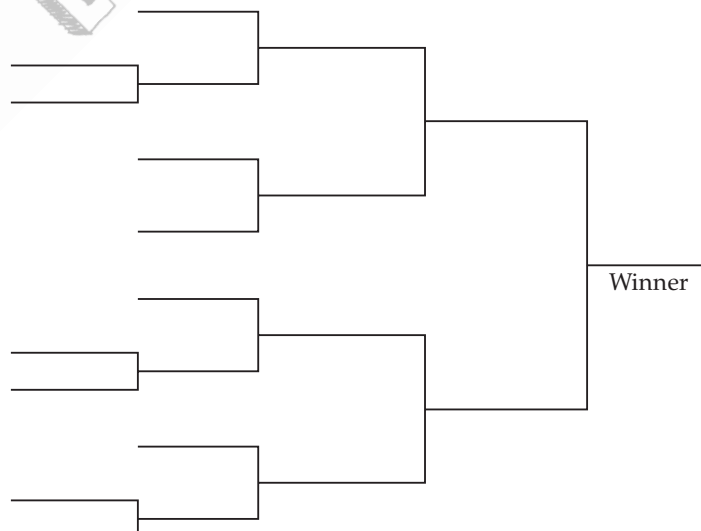
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4. A tournament is a series of a particular sports activity in which one team finally wins and all other participating teams loose.

The various types of tournaments are :

- (a) **Knock out tournament** : It is a tournament in which any team that gets defeated once, gets eliminated from the entire tournament.
- (b) **League/Round Robin tournament** : It is a tournament in which each team plays once (in case of single league tournament) or twice (in case of double league tournament) with every other participating team.
- (c) **Challenge tournament** : It is a tournament in which there are one to one contests or there are two players on each side. One player challenges the other and the other player accepts the challenge.
- (d) **Combination tournament** : It is a tournament which is organised whenever there are a large number of teams.

Knock out Fixture of 11 teams can be as follows :



8

5. **Disability** is a restriction or lack (resulting from impairment) of ability to perform an activity in the manner or within the range considered normal for a human being.
The scope of rehabilitation of disabled in India covers Medical check-up, Use of artificial limbs, Use of crutches, Surgery, Nerve therapy, Exercises, Hospitalisation, Psychiatric analysis and Occupational rehabilitation. The various organisations providing services for rehabilitation of disabled in India are :
- (a) **Tuberculosis Association of India** : Formed in 1939, this association offers expert advice and serves as a co-ordinating agency in standardising methods, promoting considerations and conferences.
 - (b) **Indian Red Cross Society** : Formed in 1920, it takes care of disabled servicemen, programmes for promotion of health and prevention of diseases.
 - (c) **All India Blind Relief Society** : Formed in 1946, it co-ordinates various institutions working for blind person and organises eye donation camps.
 - (d) **Artificial Limbs Manufacturing Corporation** : Formed in Kanpur, it has been providing artificial and additional limbs to disabled persons.
 - (e) **Bharat Sewak Samaj** : Formed in 1952, it helps people to achieve health by making them health conscious.
 - (f) **Indian Medical Association** : It is a registered body of doctors which suggests various schemes for development of health of people.
 - (g) **Asha Niketan Rehabilitation Centre** : Formed in 1960, it is an institution for deaf and mentally retarded children and has established many hospitals and physiotherapy centres across India. 8
6. Soft-tissue injuries include the injuries like Contusion, Strains, Sprains, Abrasion and Bruises.
- (a) **Contusion** : It is a muscle injury caused by being hit or kicked. It results in swelling, stiffness and reddening of skin. It can be prevented by :
 - (i) Use of protective equipment
 - (ii) Adequate warm-up before training or sports activity
 - (iii) Smooth and clean sports area
 - (iv) Alertness while playing
 - (v) Complete knowledge about the game
 - (b) **Strains** : It is a muscle injury caused by pulling or twisting of muscle or tendon. It can be prevented by :
 - (i) Adequate warm-up before training or sports activity
 - (ii) Smooth and clean sports area
 - (iii) Alertness while playing
 - (iv) Complete knowledge about the game
 - (v) Discontinue playing in case of fatigue
 - (c) **Sprains** : It is a ligament injury caused due to falling or twisting of ligament. It can be prevented by.
 - (i) Proper conditioning during preparation
 - (ii) Adequate warm-up before training or sports activity.
 - (iii) Smooth and clean sports area
 - (iv) Alertness while playing
 - (v) Complete knowledge about the game
 - (vi) Discontinue playing in case of fatigue
 - (vii) Eat well-balanced diet
 - (viii) Wear proper footwear
 - (d) **Abrasion** : It is rubbing off of skin due to friction in case of falling or sliding over ground. It may result in bleeding and pain. It can be prevented by;
 - (i) Use of protective equipment
 - (ii) Adequate warm-up before training or sports activity
 - (iii) Smooth and clean sports area
 - (iv) Alertness while playing
 - (v) Complete knowledge about the game
 - (vi) Minimal skin area should be exposed
 - (vii) Discontinue playing in case of fatigue
 - (e) **Bruises** : It is damaging of inner tissues of skin and blood vessels while outer skin surface has no effect. It causes darkening of the affected spot, pain and tenderness. It can be prevented by :
 - (i) Use of protective equipment
 - (ii) Adequate warm-up before training or sports activity
 - (iii) Smooth and clean sports area

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- (iv) Alertness while playing
- (v) Discontinue playing in case of fatigue
- (vi) Should not play rashly

Individuals can prevent sports-related accidents by :

- (i) Use of required protective gear and equipment
 - (ii) Ensuring fitness of the player
 - (iii) Proper coaching to the player
 - (iv) Regular inspection of sports equipments and facilities
 - (v) Preventive and precautionary measures taken to meet extreme climatic conditions
 - (vi) Avoidance of excessive fatigue and over-training
 - (vii) Follow sports rule
 - (viii) Adequate warm-up and conditioning
 - (ix) Adequate cooling down
7. (a) A *splint* is a support which is given to an injured part, like a leg, an arm or a joint. The process of applying *splints* is called splinting. There are two types of splints – Hard splints made of wood or fibre glass and Soft splints made of polyurethane, etc. The application of splints plays an important role in the management of musculo-skeletal injuries, extremity fractures and joint dislocations. Splinting reduces pain, bleeding and prevents further soft-tissue and vascular injuries. 8
- (b) Personal hygiene is very important. It promotes personal as well as community health. It prevents and controls communicable diseases. It promotes the social value of the individual. It reduces total expenditure on health. It helps in developing personality of an individual. It removes low feelings and enhances self-confidence. It helps an individual to feel secure. It helps to lead a good professional life. 8

SECTION - B

(30 Marks)

FOOTBALL

8. (a) *Kick-off* means the kicking off the football from the centre point of the play field at the time of start of match or after a goal has been scored. The four situations of *kick-off* are :
- (i) At the start of match
 - (ii) After a goal is scored
 - (iii) At the start of second half of the match
 - (iv) At the start of each period of extra time
- (b) (i) **Off-side** : A player is said to be in off-side if the player is nearer to his opponents' goal line than both the ball and the second last opponents in the half of his opponent or near the goal line of the opponent with less than two of the opponent team members in front of him. A player is not said to be in off-side if the player gets the ball due to throw-in, corner kick or goal kick. 5
- (ii) **Dropped ball** : A situation in which the match is restarted after being stopped for reasons not defined in the laws of the game. It is a method to restart play in a game of association football. It is designed to offer no advantage to either side, this is generally awarded when play has been stopped due to reasons other than normal game play or misconduct. 5
- (c) **Duties of match referee :**
- (i) Ensures all the rules are followed during the play
 - (ii) Keeps record of the time
 - (iii) Suspends or terminates the match in case of irregularities during the play
 - (iv) Punishes the players who intentionally injure the opponents
 - (v) Takes opinions of assistant referees in different situations of play
- (d) *Added time* is increment in the total time of game play that is of 90 minutes. This is on account of delay in play due to an injury to the player, substitution of player, etc. Extra time is awarded on account of tie breaker. 5
- (e) *Throw-in* is awarded when the kick from one of the players causes the ball to cross over the touch line. In such case, the player of the other team is required to use both hands and throw the ball over his head into the play field. While taking a throw-in, the feet of the player must be outside the play area or on the touch line at the point where it crosses the touch line. The person taking the *throw-in* cannot kick the ball till the time it has not been touched by another player of any of the teams. 5

CRICKET

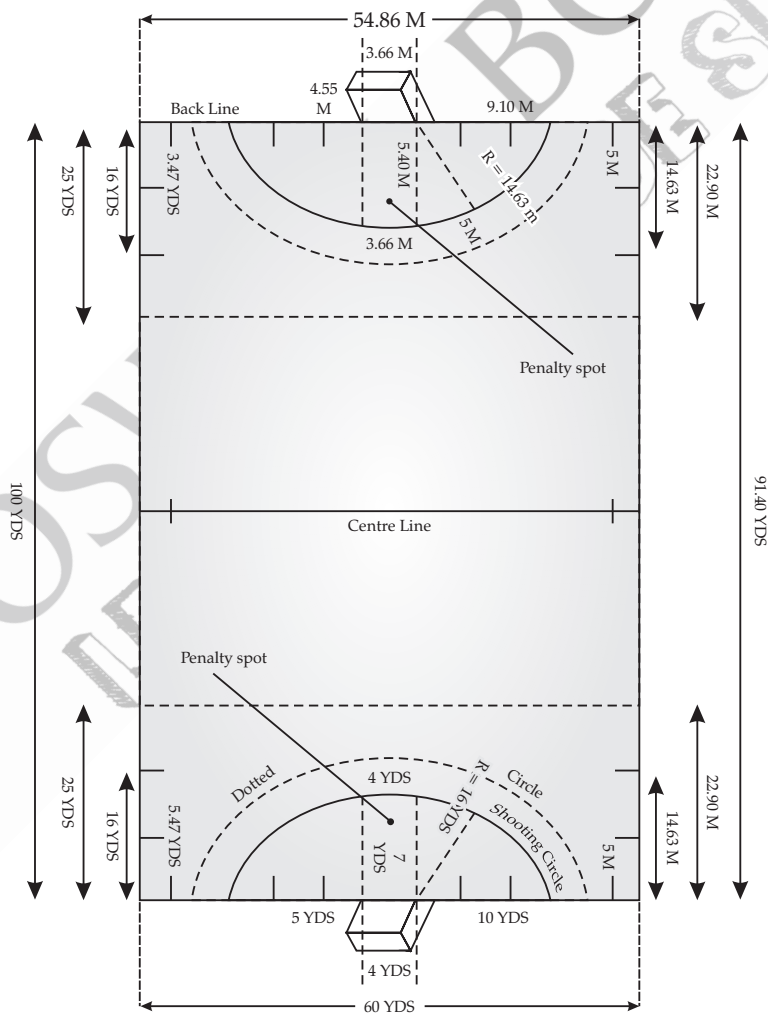
9. (a) The team batting first and leading by more than 200 runs in a test-match, 150 runs in a three-day match, 100 runs in a two-day match and 75 runs in a one-day match can ask the other team to continue their second inning after the first. This situation is called *follow-on*. 5

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- (b) **Five occasions when the umpire calls or signals for no ball are :**
- (i) Uses an inappropriate arm action.
 - (ii) Has a foot outside the return crease at the time of leaving the ball.
 - (iii) Oversteps the popping crease.
 - (iv) Bowling team's field setting fails to comply with the field restrictions.
 - (v) The ball bounces over the shoulder height of the batsman.
- (c) (i) *Sledging* is a technique used to distract the concentration of players of the opposite team by use of verbal comments, insults and criticism.
- (ii) IPL stands for Indian Premiere League, which is a professional 20-20 cricket league in India contested during April and May of every year by teams representing Indian cities.
- (d) **Wicket-keeping Techniques and skills can be stated as :**
- (i) The position of wicket-keeper depends on the type of batsman (right-handed or left-handed) and the type of bowler (pacer or spinner)
 - (ii) The wicket-keeper needs to keep an eye on the ball from the moment the bowler starts running and must rise or fall with the direction of the ball
 - (iii) The wicket-keeper must be ready to dive to collect the ball and prevent runs.
- (e) Five front foot drives are : on drive, off drive, cover drive, square drive and lofted drive.

HOCKEY

10. (a)



- (b) A *penalty corner* is awarded for an intentional offence by a defender within 23 m area (whether inside or outside the circle) of the side he or she is defending. The result of the offence may not be preventing a goal. It is also awarded when the ball is intentionally played over the back line by a defender. When the ball gets caught up in the equipment or clothes of any defender while in the circle of the side he or she is defending, the attacking team is awarded a penalty corner.
- The *penalty corner* is taken from a point 10 yards away from the goal post. The ball is pushed by a player of the attacking team. The ball is stopped by the other players of the attacking team at the top of the shooting

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circle. The ball is then hit by any player of the attacking team to attempt and score a goal. The players of the defending team try and attempt to prevent scoring of the goal. 5

- (c) **The procedure followed for the start and the restart of a match of hockey :** A coin is tossed. The winning team has the choice to select the goal post for the first half or to start the match with centre pass. The centre pass is taken from the centre of the field and the ball can be played in any direction. The players of both the teams need to be in their respective halves except the player taking the centre pass.

Restart of match : The match is restarted with centre pass. It is taken from the centre of the field and is taken by the opponent of the team committing the offence. 5

- (d) (i) A *penalty corner* is awarded for an intentional offence by a defender within 23 m area (whether inside or outside the circle) of the side he or she is defending. The result of the offence may not be preventing a goal. It is also awarded when the ball is intentionally played over the back line by a defender. When the ball gets caught up in the equipment or clothes of any defender while in the circle of the side he or she is defending, the attacking team is awarded a penalty corner.

(ii) *Dribbling* is the technique of taking the ball forward past opponents with slight touches of the stick. 5

- (e) **Duties of match referee :**

- (i) Ensures that all the rules are followed during the play
- (ii) Ensures that hockey sticks, ball and the goal posts meet the prescribed specifications
- (iii) Keeps record of the time
- (iv) Suspends or terminates the match in case of irregularities during the play
- (v) Punishes the players who intentionally injure the opponents

5

BASKETBALL

11. (a) **Duties of match referee :**

- (i) Stops game when considers necessary.
- (ii) Forfeits game as he feels necessary.
- (iii) Starts match with jump ball.
- (iv) Approves and signs the score sheet.
- (v) Records number of fouls in each team.
- (vi) Gives final decision in consultation with the umpire and the other officials.
- (vii) Gives decisions on points not specified in rules.

5

- (b) (i) Travelling is an action in which the movement of one or both feet is not in compliance with the rules of the game. When a player holding the ball moves one or both of their feet illegally it is called travelling. Here the player takes three or more steps without the ball being dribbled, this is a travelling violation.

(ii) **Bounce pass :** It is a passing technique in which the ball must be held in front of the chest. The elbows must be close to the body. The arms must be relaxed. The knees must be bent. The weight of the body must be on the heels and not the toes. At the time of passing, both the arms and the legs must be fully extended. The ball must be thrown at a place and force so that it can bounce up to the waist level of the receiver. The pass can be made with a single hand also. 5

- (c) **The game clock is stopped whenever :**

- (i) the ball goes out of bounds
- (ii) a foul is called
- (iii) free throws are being shot
- (iv) during time outs
- (v) after a shot during the last two minutes of the game and overtime

5

- (d) **The equipments used in Basketball :**

- (i) Game clock
- (ii) Stop watch
- (iii) Score board
- (iv) Score sheet
- (v) Whistle(s)
- (vi) 30-second devices
- (vii) Foul markers (player and team)

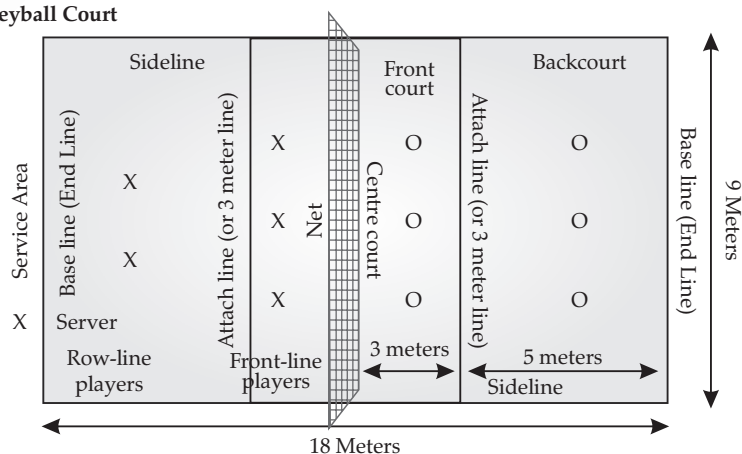
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- (e) Some of the skills are : Holding the ball, Bounce pass, Chest pass, Baseball pass, Jump shot, Pivoting and Rebounding.

VOLLEYBALL

12. (a)

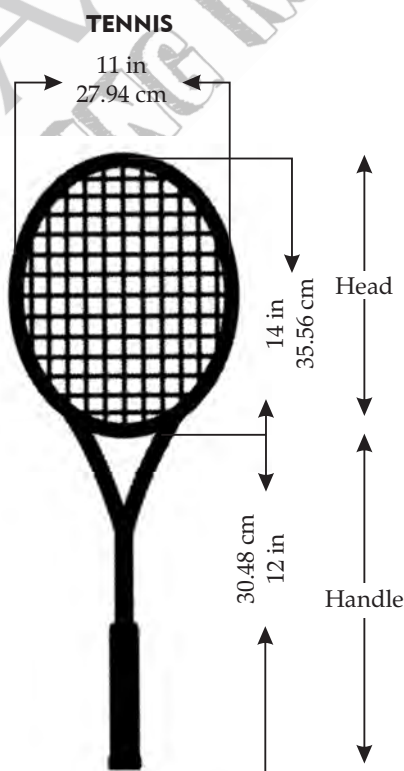
Volleyball Court



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- (b) The basic equipments used by volleyball players consist of jersey, shorts, socks and sports shoes. 5
- (c) (i) *Libero* is a special player of the team who can defend but not smash from the attacking area, and wears a different colored dress from the other players. The *libero* can replace any player in back zone and cannot directly pass the ball to the other team. The *libero* cannot be substituted until injured during a match.
- (ii) *Screening* is a technique in volleyball in which the front row arranges in a wall-type formation to cut the visibility of the server from the opponent team. Screening is illegal in volleyball. 5
- (d) **Duties of Captain :**
- (i) **Before the match**
- (a) Signs score sheet
- (b) Represents the team at the time of toss
- (ii) **During the match**
- (a) When the ball is out of play, only the captain must communicate with the officials.
- (b) Seeks explanation on rules
- (c) Submits questions submitted by other players of the team to the officials.
- (d) Asks authorization for change of equipment, verification of ground, net, ball, etc.
- (e) Verifies position of the team
- (f) Requests time-outs and substitutions (in case, the coach is not available).
- (iii) **End of match**
- (a) Thanks the referees
- (b) Signs the score sheet
- (c) Records official protest on the score sheet (Any five points) 5
- (e) In case, the match is interrupted due to bad light or bad weather, the collective decision of the first referee, the control committee and the organizer is considered final. If the match is delayed for 4 hours or less, the match resumes on the same court from the point where it was interrupted. The game is completed as if there had been no interruption due to bad light or bad weather. If the match cannot be resumed on the same court then the set which was interrupted is replayed and the match continues from thereon. If the delay is for more than 4 hours, the whole match is replayed and the previous scores are cancelled. 5

13. (a)

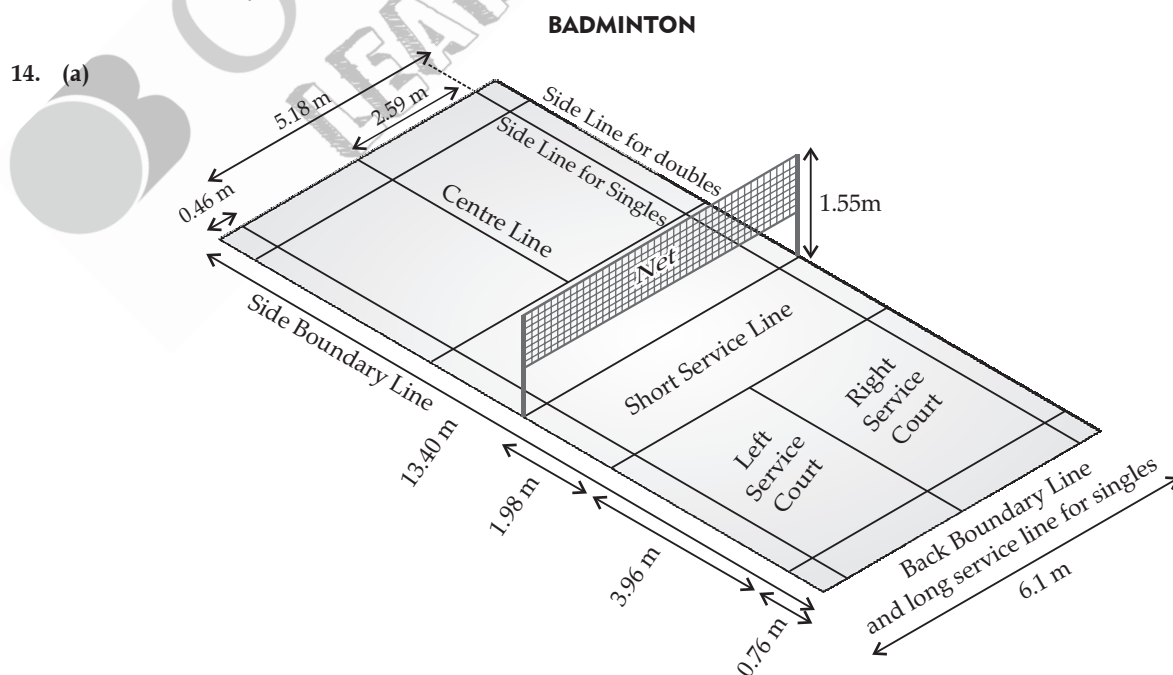


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- (b) **Duties of Referee :**
- (i) Highest authority of the game with the final decision on any matter.
- (ii) Final authority to decide if the game needs to be suspended due to bad light or bad weather or for any other reasons.
- (iii) To decide whether the match needs to be ended in a draw or continue till the result.

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- (iv) To overall supervise the conduct of players and other officials connected to the match along with the conduct of the coaches of the players / teams and the spectators.
- (v) To ensure the game is played in a fair way and in accordance with the rules of the game.
- (vi) To work in co-ordination with the match organizers for finalizing the game schedule. **(Any five points) 5**
- (c) (i) **Deuce** : When both the players / pairs in a game score three equal points, that is 40–40 or 40 all, such a score is called deuce. If the player / pair scores two more consecutive points after deuce, the game is won.
- (ii) **Half volley** : It is a shot that is hit immediately after the ball bounces but before it reaches the apex of its bounce. **5**
- (d) **Five instances when a player loses a point during the game :**
- A double fault is committed
 - The ball hits a fixture before hitting the opponent's court
 - The player touches a fixture with body part, clothes, racket, etc.
 - The ball touches the racket of the player when it is not in the hand of the player.
 - The ball is not returned before it bounces twice in the same player's court.
 - The receiver touches the ball before it bounces once.
 - The ball is hit by the player before it has crossed the net in air.
 - The player changes the shape of the racket while the game is being played.
 - The player returns the ball when it touches the surface outside the boundaries of the opponent's court.
 - The player catches the ball in racket, by hand or any special equipment for the purpose.
 - The ball is touched by both the players of the same team (in doubles), consecutively. **(Any five points) 5**
- (e) (i) **Four important tennis tournaments are :**
- Wimbledon
 - Australian Open
 - US Open
 - French Open
 - Fed Cup (Women)
 - Davis Cup (Men)
 - Hopman Cup (Men / Women)
 - ATP World Tour Finals / Masters
 - ATP World Tour 500 / 250 series
 - ATP Challenge Tour
 - Indian Wells Masters
 - Italian / Canadian / Rio / Mexico / Japan / China Open
 - Barcelona / Miami / Swiss / German / Chile / Malaysian Open
- (ii) ATF - Asian Tennis Federation
- NLTA - Nyanza Lawn Tennis Association **(Any four points) 5**



- (b) A match is divided into three games of 21 points each. The player who wins two out of three games is declared winner. Whenever a serving player wins, 1 point is added to the score. Whenever the receiving player wins, the service gets changed. If both the players score 20 points each, the player who first scores two more points wins the game. If both the players score 29 points each, the player who scores 30th point first wins the game. 5
- (c) (i) **Short Service Line** : It is a line 6ft 6in from the net, which the serve must reach to be legal. This line marks the non-volley zone or fore-court of the playing area.
- (ii) **Back Gallery** : It is that area of the court which lies between the two boundary lines at the end of the court.
- (iii) **Foot-fault** : A situation when the foot of any of the player is placed on the ground in an illegal position.
- (iv) **Love all** : It is a score at which all badminton games begin which is 0-0 for both the players / pairs.
- (v) **Rotation** : It is the system of play in doubles game in which the players keep on changing their positions during the play. 5
- (d) (i) **Thomas Cup** : It is the international men's championship. This championship was started in 1948. It was held after every 3 years till 1982. After that it is being held after every 2 years.
- (ii) **Uber Cup** : It is the international women's championship. This championship was started in 1956. It was held after every three years till 1984. After that it is being held after every two years. 5
- (e) (i) BWF - Badminton World Federation
- (ii) SGFI - School Games Federation of India
- (iii) BAI - Badminton Association of India
- (iv) IBF - International Badminton Federation
- (v) IBL - Indian Badminton League 5

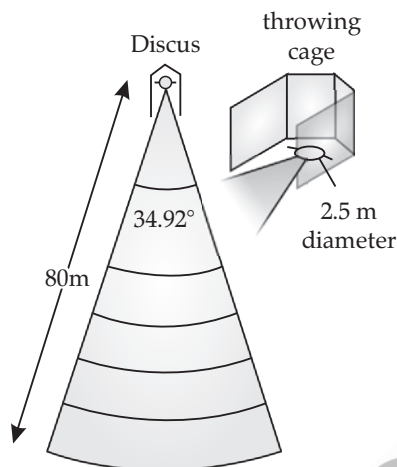
SWIMMING

15. (a) The equipments used includes lane ropes (2 – Green, 4 – Blue and 3 – Yellow), standing platform, starting blocks, backstroke turn indicators, false start rope and three digital watches. 5
- (b) A *false start rope* is a rope suspended 1.20 m above the water level and across the width of the swimming pool. This rope is used to stop the swimmers if it is noticed that a foul or an early start has been committed by a swimmer or more than one swimmer simultaneously. 5
- (c) **Some important Swimming events are :**
- (i) The Olympics
- (ii) World Cup Swimming Championship
- (iii) Asian Games Swimming Championship
- (iv) South Asian Federation Games
- (v) National Swimming Championship
- (vi) Commonwealth Games
- (vii) All India Inter-University Swimming Championship (Any five points) 5
- (d) (i) A Control-Room Supervisor is the person who supervises time recording machine and timing cameras; cross-checks the manual results with the computer print-outs; ensures that there is no early take-off by any swimmer; reviews video back-ups in case of any early take-off; controls the withdrawals by swimmers (if any) after the heats and the finals and enters and lists the result and scores on official forms.
- (ii) In case of an individual medley race, only a single swimmer takes the race. The race is divided into four equal distances. The swimmer is required to swim these four distances in four different styles. The order of the swimming styles to be followed is Back stroke, Butterfly stroke, Breast stroke and Freestyle.
- (e) FINA or Federation internationale de natation (International Swimming Federation) is the international federation recognized by the International Olympic Committee (IOC) for administering international competition in water sports. It is based in Lausanne, Switzerland. It oversees competition in five aquatic sports: Swimming, Diving, Artistic swimming, Water polo, and Open water swimming. 5

ATHLETICS

16. (a) The order of events in *decathlon* competition is 100 m, long jump, short put, high jump, 400 m, 110 m hurdles, discus throw, pole vault, javelin throw and 1,500 m.
- The order of events in *Heptathlon* competition is 100 m hurdles, high jump, short put, 200 m, long jump, javelin throw and 800 m. 5

(b)



5

- (c) **High jump** : A jumping event in which the athletes are required to jump over a bar at a height which is being continuously raised till the time only one athlete can jump over it.

To perform a high jump, the athletes must focus on :

- (i) Starting the jump with only one foot on ground.
- (ii) The jump can be :
 1. **Western roll** : A style of jump in which the athlete rolls over the bar and lands on the other side on the back.
 2. **Scissor jump** : A style of jump in which the athlete crosses the legs over the bar and lands on the other side on one of the foot.
 3. **Fosbury Flop** : A style of jump in which the athlete forms a curve with the body and crosses the bar with the back and lands on the other side on the shoulders.

5

- (d) **Duties of Referee** :

- (i) Appoints video referee
- (ii) Ensures the compliance of relevant game rules
- (iii) Gives final decisions about place getters if the chief place judge is not sure about the positions
- (iv) Deals with and decides any protest
- (v) Verifies time-keepers watches
- (vi) Signs the record-sheet
- (vii) Warns the athletes who commit a fault
- (viii) Disqualifies any athlete for non-compliance with rules

(Any five points) 5

- (e) (i) **Baton** : A stick or a cylindrical substance passed from one athlete to another in a relay.
- (ii) **Marathon** : A long distance foot race of around 42 km. This race was started in Greek Olympics 1896. The race got its name from Greek history where a soldier upon winning the battle by the army, ran all the way from a place called Marathon to the capital city, Athens.
- (iii) **Hurdling** : The act of running and jumping over an obstacle at speed.
- (iv) **Take-off area** : The area on the track after the starting point from where the athlete propels his or her body into air while taking the jump.
- (v) **Approach run** : The runway from starting line to the take-off in high jump, long jump, triple jump and pole vault events.

5

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