



Shri Vile Parle Kelavani Mandal's
C.N.M. School & N.D. Parekh Pre-Primary School
Second Preliminary Examination (2007-08)

Theexampapers.com
Subject: Physical Education

Std. X
Max. Marks:100

Time:2Hrs

Answers to this paper must be written on the paper provided separately.

You will not be allowed to write during the first 15 minutes.

This time is to be spent in reading the question paper.

The time given at the head of this paper is the time allowed for writing the answers.

This paper is divided into 2 Sections.

*You are to answer **all** questions from Section A and 2 questions from Section B*

The intended marks for questions or parts of questions are given in brackets ().

SECTION A (50 Marks)

(Attempt all questions)

- Q1 a) Define *Health*? (2)
b) What is *oral hygiene*? (2)
c) Explain the term *drug abuse*. (2)
d) Name the pathogens which cause (2)
 i) *Pneumonia*
 ii) *Syphilis*
e) What is the advantage of *recreation*? (2)
- Q2 a) State the importance of proper *foot care*. (2)
b) What is the importance of *exercise* to a sportsman? (4)
c) Explain the ill effects of *obesity* on our body and what principles of diet should we follow to avoid it? (4)

- Q3 a) What is *personal health*? (2)
 b) How are *infectious diseases* caused? Explain any two causes giving examples. (4)
 c) What is *gonorrhoea*? Write the causes and symptoms of this disease. (4)
- Q4 a) Spread of diseases through *droplet infection* causes Tuberculosis. Explain. (2)
 b) What is *Artificial Resuscitation*? Explain. (4)
 c) Define the following with an example of each (4)
 i) *Antibiotics*
 ii) *Antiseptics*
- Q5 a) What is a *splint*? When is it used? (2)
 b) How is *ringworm* caused? What are its symptoms? (4)
 c) Write a short note on *Rheumatic heart disease*. (4)

SECTION B (50 Marks)

(Attempt two questions from this section)

Q6

CRICKET

[10]

a) ! Explain the following terms

- 1] Pull –Shot
- 2] Popping crease
- 3] Good length spot
- 4] Substitute
- 5] Full Toss

b] Draw a neat labeled diagram of a cricket field showing 6 fielding positions inside the 30 yard circle. [6]

c] When does the umpire declares the batsman out? [5]

d] Give incidents when the ball becomes dead. [4]

Q7 a] In a game explain the various interruptions that are classified as intervals. [10]

b] How the runs are scored in a match? [6]

c] Mentions any three protective equipments used by a batsman. [3]

d] 1] what is a thirty yard circle & why it is used in cricket. [3]

2] What equipments should a runner wear? [2]

3] When does a umpire changes ends? [1]

VOLLEYBALL -

Total-25

Question 8

- | | |
|---|----|
| a. Draw a well labelled diagram of a Volleyball court. | 10 |
| b. State the duties of a coach : | 6 |
| 1. Prior to the match | |
| 2. During the match | |
| c. Mention any six acts of breach which are punishable. | 6 |
| d. Explain the procedure to be followed if a match is interrupted due to bad weather. | 3 |

Question 9

- | | |
|---|----|
| a. Explain the following terms | 10 |
| 1. Attack hit | |
| 2. Libero | |
| 3. Screening | |
| 4. Antennae | |
| 5. Technical time-outs | |
| b. List the various sanction cards used by the referee in the game along with the offences for which they are used. | 6 |
| c. List any six service faults. | 6 |
| d. Explain legal and illegal substitution in Volleyball. | 3 |
