

*(Candidates are allowed **additional 15 minutes** for **only** reading the paper.  
They must **NOT** start writing during this time.)*

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

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

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

**SECTION A – 15 MARKS**

**Question 1**

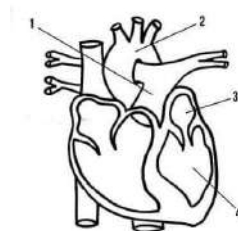
- (i) Name the movements towards and away the mid-line of the body. [1]
- (ii) ----- refers to the type of joint which is held together only by a ligament. [1]
- (iii) Define oxygen debt. [1]
- (iv) ----- is the short-term decline in the ability of a muscle to generate force. [1]
- (v) ----- is the pacemaker of the body the body. [1]
- (vi) The largest artery: [1]
  - (a) Pulmonary artery (b) Pulmonary Vein (c) Aorta (d) Carotid artery
- (vii) Essential amino acids: [1]
  - (a) Cannot be made by the body (b) Made by the body
  - (c) Supplied through diet (d) both (a) & (c)
- (viii) A macronutrient: [1]
  - (a) Carbohydrates (b) Protein (c) Calcium (d) Both (a) & (b)
- (ix) ----- provide almost half of your energy needs during most bouts of intense training. [1]
  - (a) Protein (b) Fat (c) Calcium (d) None of the above
- (x) Statement 1: High fluid levels in the body help to protect against overheating. [1]  
Statement 2: Dehydration leads to a reduced ability to exercise in the heat.
  - (a) Statement 1 is true and Statement 2 is false
  - (b) Statement 1 is false and Statement 2 is true
  - (c) Both the Statements are true
  - (d) Both the statements are false.
- (xi) Which category of athletes need more protein intake? [1]
- (xii) When did Asian Games start? [1]
- (xiii) Who is the father of modern Olympics? [1]
- (xiv) When and where Olympics 2016 did take place. [1]
- (xv) Name two types of Olympics. [1]

**SECTION B – 25 MARKS**

**Question 2**

**[5]**

Given below is the image showing the cross section of heart. Study the same and answer the questions that follows:



- (a) Name the type of muscle which forms the walls of the heart.
- (b) Ventricles are having the thickest wall. Give reason.
- (c) Label the parts 1-4.
- (d) Which are the blood vessels that collect deoxygenated blood from different parts of the body to the heart.
- (e) Give the function of the valves.

**Question 3**

**[5]**

- (i) Give an account on the meaning and importance of physical fitness.

**OR**

- (ii) (a) Discuss double circulation with the help of a flowchart.
- (b) Explain any four properties of the muscle.

**Question 4**

**[5]**

- (i) (a) Compare Protraction and Retraction.
- (b) Draw a neat labelled diagram of synovial joint.

**OR**

- (ii) (a) Write short note different types of muscles.
- (b) Explain the different body types by Sheldon.

**Question 5**

**[5]**

Briefly write a short note on modern Olympics.

**Question 6**

**[5]**

Give a brief background of Asian games.

**SECTION C – 30 MARKS**

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

**FOOTBALL**

**Question 7**

- (i) Answer the following questions:

- (a) Explain center circle. **[3]**
- (b) If a player deliberately kicks an opponent player during a match, what will be the decision of the referee? **[1]**
- (c) During a match, the ball hits the referee. What will be the decision of the referee? **[1]**

- (ii) (a) With the help of a diagram, show *any two* formations of players in the game of football. **[5]**

**OR**

- (b) State any five duties of a Football Coach.

- (iii) Explain the following: **[5]**

- (a) Kick-off
- (b) Corner arc

## CRICKET

### Question 8

(i) Answer the following questions:

- (a) Write *any three* situations when an innings can be closed. [3]
- (b) A fielder deliberately distracts a batsman by making verbal comments during a match. What is this practice called? [1]
- (c) What will be the decision of the umpire if a batsman does not cross the crease while taking the second run? [1]

(ii) (a) Write a short note on Wicket Keeper. [5]

### OR

(b) State *any five* decisions that can be given by Leg-umpire.

(iii) Explain the following terms: [5]

- (a) Hit Wicket
- (b) Sight Screen

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