

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.

*Attempt **all** questions from **Section A** and **two** questions from **Section B**.*

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

SECTION A

*(Attempt **all** questions from this **Section**)*

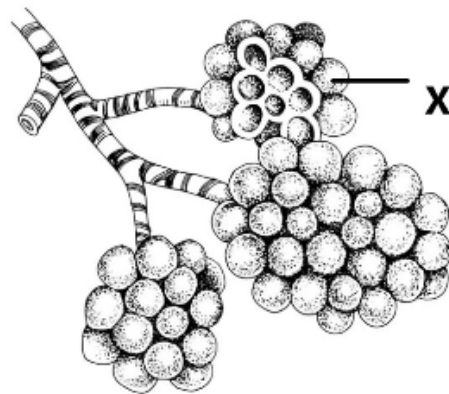
Question 1

[20]

Choose the correct answers to the questions from the given options.

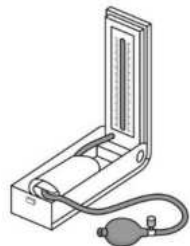
(Do not copy the questions, write the correct answers only.)

- (i) Expand EPOC
 - (a) Excess Post exercise Oxygen Consumption
 - (b) External Pre exercise Oxygen Consumption
 - (c) Excessive Pre exercise Oxygen Consumption
 - (d) Extend Post exercise Oxygen Consumption
- (ii) The part of the respiratory system termed as ‘voice box’:
 - (a) Epiglottis (b) Trachea (c) Larynx (d) Pharynx
- (iii) The dome-shaped muscle that separates the thoracic cavity from the abdominal cavity:
 - (a) Larynx (b) Diaphragm (c) Pharynx (d) Bronchi
- (iv) Identify the body part labelled ‘X’:



- (a) Alveoli (b) Capillaries (c) Venule (d) Arteriole
- (v) The oxygen transporting pigment in erythrocytes:
 - (a) Haemoglobin (b) Antibody (c) Antigen (d) Histamine
- (vi) The disc like structure that stops bleeding:
 - (a) Platelets (b) Leukocytes (c) Erythrocytes (d) Both (b) & (c)
- (vii) The liquid straw-coloured part of the blood:
 - (a) Plasma (b) Hormones (c) RBC (d) All the above
- (viii) Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion: A person with blood group AB can receive blood from any ABO blood group.
Reason: Blood group AB has both A and B antigens on the surface of red blood cells, so, it does not produce antibodies against A or B antigens.
 - (a) Both (A) and (R) are true and (R) is the correct explanation of (A)
 - (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A)
 - (c) (A) is true, but (R) is false
 - (d) (A) is false, but (R) is true

- (ix) The part that arises from the left ventricle and carries oxygenated blood to all parts of the body:
 (a) Aorta (b) Superior Venacava (c) Pulmonary vein (d) None of the above
- (x) Observe figure given below and identify the instrument:



- (a) Electrocardiogram (b) Sphygmomanometer (c) Pacemaker (d) Defibrillator
- (xi) The average tidal volume of normal individual at resting condition:
 (a) 300 ml (b) 500 ml (c) 600 ml (d) 400 ml
- (xii) The opening between the left atrium and ventricle is guarded by:
 (a) Tricuspid (b) Bicuspid (c) Tunica media (d) Tunica interna
- (xiii) The final product of anaerobic glycolysis:
 (a) Cellulose (b) Glucose (c) Lactic acid (d) Pyruvic acid
- (xiv) The ability of an individual to continue the exercise for a prolonged period without getting tired:
 (a) Flexibility (b) Muscular strength (c) Power (d) Stamina
- (xv) The fluid in between the layers of the heart:
 (a) Pericardial fluid (b) Myocardial fluid (c) Exocardial fluid (d) Endocardial fluid
- (xvi) How many umpires officiate on the ground during a cricket match?
 (a) 4 (b) 3 (c) 5 (d) 1
- (xvii) The national governing body of cricket is _____
 (a) BFI (b) BCCI (c) BWF (d) CFI
- (xviii) What is the length of the cricket pitch?
 (a) 22 yards (b) 26 yards (c) 20 yards (d) 16 yards
- (xix) What is the distance of the inner circle used for field restrictions?
 (a) 20 yards (b) 40 yards (c) 30 yards (d) 50 yards
- (xx) What is the radius of the centre circle?
 (a) 10 cm (b) 10 inches (c) 9.15 m (d) 16.5 m

Question 2

- (i) Distinguish between bronchi and bronchiole. [2]
- (ii) Regular exercise increases the Red Blood Cells in the blood. Justify the statement. [2]
- (iii) Answer the following questions: [3]
- (a) What are blood vessels?
- (b) Name the blood vessels in the human body.
- (c) Explain how the walls of the blood vessels are significant in blood circulation.
- (iv) Write a short note on inspiration. [3]

Question 3

- (i) Explain any three benefits of exercise on respiratory system. [3]
- (ii) Make a short note on the composition of blood. [3]
- (iii) Explain the following: [4]
- (a) Oxygen debt (b) Stroke volume (c) Cardiac output (d) Second wind

Question 4

- (i) State any two factors that affecting the amount of blood pressure. [2]
- (ii) Differentiate the types of pressure that exerted on the arteries. [2]
- (iii) What do you mean by vital capacity? [3]
- (iv) State three reasons for low haemoglobin. [3]

SECTION B

(Attempt *two* questions from this Section)

(You must attempt *one* question on each of the two games of your choice)

CRICKET

Question 5

- (i) Explain the following terms: [8]
 - (a) Golden duck
 - (b) Hit wicket
 - (c) Dot ball
- (ii) Draw a neat diagram of cricket field and mark six off side fielding positions. [9]
- (iii) Write a note on: [8]
 - (a) Follow on
 - (b) LBW
 - (c) Beamer

Question 6

- (i) Describe history of cricket game. [8]
- (ii) Define close catching, catching in out field and long barrier in fielding and explain each with its techniques. [9]
- (iii) What are the ways to getting a batsman out in cricket, explain all? [8]

FOOTBALL

Question 7

- (i) Draw a sketch of football field and goal post indicating all the measurements. [8]
- (ii) Briefly describe the history of football game. [9]
- (iii) Write a note on: [9]
 - (a) Instep kick
 - (b) Heading
 - (c) Nutmeg

Question 8

- (i) Enlist any five terms related with game. Also mention any three international and three national tournaments. [8]
- (ii) What do you know about the team constitution, officials and equipment required for a standard competition? [8]
Why is goal keeping important? What skills are required by the goal keeper? [9]

HOCKEY

Question 9

- (i) Explain the following terms: [8]
 - (a) 23 m area
 - (b) Centre mark
 - (c) Free hit
 - (d) Aerial
- (ii) (a) What do you mean by *reverse stick* in hockey? [9]
(b) Mention *any three* duties of the table official.
(c) Explain the procedure of penalty corner.
- (iii) (a) Write the full form of FIH and IHF. [8]
(b) What do you mean by *tackling*?
(c) Explain the term *astro turf*.
(d) List *any four* equipment that a goalkeeper should wear during the game.

Question 10

- (i) Explain the following terms in hockey: [8]
(a) Shooting
(b) Midfielder
(c) A back stick
(d) Flat stop trapping
- (ii) (a) When is the ball out of play in the game of hockey? [9]
(b) Write *any three* duties of a coach in hockey
(c) Explain procedure of centre pass in hockey.
- (iii) (a) Explain how *substitution* is done in hockey. [8]
(b) What do you mean by the term *bulby*?
(c) Explain the term *sweep pass* in hockey.
(d) Explain the term *carry the ball*.

BASKETBALL**Question 11**

- (i) Explain the following terms: [8]
(a) A foul
(b) Match commissioner
(c) Low dribble
(d) Slam dunk
- (ii) (a) Explain the '5' *second rule* in basketball. [9]
(b) Give *any three* jump ball situations in basketball.
(c) Explain the term *game lost by default*.
- (iii) (a) What do you mean by *Double dribble*? [8]
(b) Explain the term *goal tending*.
(c) Explain the *Three second rule*.
(d) What do you mean by *technical foul*?

Question 12

- (i) Explain the following terms: [8]
(a) Back court
(b) Centre line
(c) 24 second rule
(d) Violation
- (ii) (a) Explain the term *lay up shot*. [9]
(b) What is pivoting? State *any two* categories of pivoting.
(c) Mention *any three* rules of *throw – in* related to basketball
- (iii) (a) Explain the term *direct shot*. [8]
(b) What is *zone defence*?
(c) Explain the term *defensive rebounding*.
(d) What do you mean by *pushing* in basketball?
