

PART-A

Previous Years Questions Papers(2021),(2023), (2024,2025)

Chap.1CONCEPT OF PHYSICAL EDUCATION:

1. Write the meaning and definition of physical education. What is importance of physical education in our life? (2021), (2023), (2024)
2. Explain that physical education is an integral part of general education. (2024)
3. What is the meaning of physical education? (2025)
4. Write three benefits of physical education. (2025)
5. Define physical education. Explain its aims and objects. (2021), (2023), (2025)

Chap.2physiological aspects of physical education effect of exercise on:

1. What is blood circulatory system? What effects does regular exercise have on it? (2021),(2023), (2024)
2. What are the effects of exercise on respiratory system? (2021) (2024)
3. Write in brief about the types of muscles.(2023), (2025)
4. Write three benefits of physical education. (2025)
5. What effect does regular exercise and training have on our digestive system? (2025)
6. Write short note on the following:
(a) sportsmanship (B) sports ethics.(2023)

Chap.3 psychological aspects of physical education:

1. Write the meaning and definition of psychology and sports psychology. (2024)
2. Explain the methods of motivating the players in sports. (2021),(2023), (2024)
3. Define sportsmanship. (2025)

PART-B

GROUND-

1. Write the history of badminton game. (2024)
2. Write down the rules and terminology of a game of your choice. (2024)
3. Describe the Major Dhyan Chand Khel Ratna award. (2021), (2024)
4. Draw a diagram of kabaddi play field along with its measurement. (2024)
5. Draw a diagram of volleyball or kabaddi playing fields along with its measurement. (2023), (2025)
6. Write the general rules of any game of your choice. (2025)
7. Draw a field layout with measurement of any one game of your choice and also write down its rules (2021)
8. Make layout of long jump and high jump field with measurement and also write rules. (2021)
9. Describe the history of any game and draw its field. (2023)
10. Write about the fundamental skills of game of your choice. (2023)
11. Explain about Arjun award (2023)

PART-C

Chap.1health education:

1. What is health education? Explain the aim and objectives of health education. (2021),(2023),(2024)
2. What is health education? Explain the factors affecting it. (2024)
3. Write two functions of the Indian red cross society (2025)
4. What is health education? Explain its principles. (2021)
5. What is health education? Explain its importance. (2023)

Chap.2 communicable diseases:

1. What are communicable diseases? What special precautions should be taken in case of their spread. (2021),(2023),(2024)
2. Write short notes on the following (2024)
(a) AIDS
(b) Rabies
3. What are communicable diseases. (2025)
4. Explain the mode of transmission of ADIS. (2025)
5. Write the note on any two among these?
a) rabies b) malaria c) tetanus. (2023)

Chap.3contemporary health problems:

1. What are intoxicants? What effect of drug abuse on players? (2024)
2. What is obesity? How can obesity be prevented? (2024)
3. What is obesity? (2023),(2025)

4.Explain the mode of transmission of ADIS. (2025)

5.What are the effects of alcohol, tobacco and drugs on individual, family and community? (2021), (2023),(2025)

M.C.Q.

1. The objective of physical education:(2024)

a) mental development b) social development c) physical development d) all the above.

2.Which is the scope of physical education from the following? (2024)

a) health education b) yogic activities c) defensive activities c) all the above

3.How many muscles are there in the human body? (2024)

a) 550 b) 650 c)600 d)450

4.Which is the smallest organ of digestive system? (2024)

a) liver b) small intestine c) caecum d) stomach

5.Which type of quality of development by sportsmanship in players? (2024)

a) indiscipline b) tolerance c) violation of rules d) improper behavior with opponent team.

6.The term Receding is related to which game? (2024)

a) hockey b) volleyball c) badminton d) kho-kho.

7.Which diseases is spread by bite of female anopheles? (2024)

a) rabies b) tetanus c) malaria d) tuberculosis.

8. Which athlete is known as dhing Express in athletics? (2024)

a) hima das b) p.t.usha c) none of these .

9.What is the main aim of world health organization? (2024)

a) to raise the level of health of people

b) to control the population

c) providing financial assistance to women

d) none of these.

10.How many players are reserved in volleyball game? (2024)

a)6 b)12 c) 9d) 3

11.Which drug is used by the players to enhance speed in sports? (2024)

a) narcotics b)amphetamines c)steroids d)diuretics

12.Rovers cup is associated to which game? (2024)

a) volleyball b) hockey c) football d) handball.

13.Who has given the statement that a healthy mind is created in a healthy body. (2025)

a) Aristotle b) Plato c) j.b. nash d) Mahatma Gandhi

14..... transport pure blood from heart to the body. (2025)

a) veins b) capillaries c) arteries d) none of these

15.How many main types of motivation are there? (2025)

a)1 b)3c) 4) d)2

16.What are the misconception about physical education?(2025)

a) wastage of time b) no security of job c) poor social status d) all of above

17.Which is the highest sports award given by himachal Pradesh government?(2025)

a) Arjun award b) dronacharya c) parshuram award d) major dhyani Chand kler ratna award

18.How many lanes are there standard running track?(2025)

a)6 b)8 c)7 c)5

19.What is the duration of a kabaddi match?(2025)

a) for women 15-05-15

for men 20-05-20

b) for women 10-05-10

for men 15-05-15

c) for women 20-05-20

for men 15-05-15

d) for women 15-05-15

for men 10-05-10

20.How many meters is a standard track? (2025)

a)200m b)400m c)800m c)1500m

21.When does a team rotate in volleyball match? (2025)

a) when you are serving and you win a point.

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b) when you hit the ball out of the court

c) when you lose the ball

d) when you are not serving and you win a point

22. Causes of spreading communicable diseases is/are (2025)

A) bacteria b) virus c) direct d) all of the above

23. What substance is in tobacco? (2025)

a) minerals b) protein c) nicotine d) fat

24. What is the main aim of the India family planning association? (2025)

a) increasing the population b) providing health education c) make a five-year plan d) population control.