

**Name of course: -XPHYSICAL EDUCATION AND SPORTS**

**BLUE PRINT**

| Sr. No   | Unit  | Knowledge |              |             | Understanding |              |                | Application |              |                | Total Marks | Total Marks With Option |
|----------|---|-----------|--------------|-------------|---------------|--------------|----------------|-------------|--------------|----------------|-------------|-------------------------|
|          |   | Objective | Short Answer | Long Answer | Objective     | Short Answer | Long Answer    | Objective   | Short Answer | Long Answer    |             |                         |
| <b>a</b> | <b>Part- 'A'</b>                                |           |              |             |               |              |                |             |              |                |             |                         |
| 1        | Communication skills                            | 1 (1)     |              |             |               |              | 4 (1)          |             |              | 4 (1)          | 5           | 9                       |
| 2        | Self-management skills                          |           | 3 (1)        |             |               |              |                |             |              |                | 3           | 3                       |
| 3        | Information and communication technology skills | 1 (1)     |              |             |               | 3 (1)        |                |             |              | 4 (1)          | 5           | 8                       |
| 4        | Entrepreneurial skills                          |           |              |             |               |              | 4 (1)          |             | 3 (1)        |                | 4           | 7                       |
| 5        | Green skills                                    |           |              |             |               | 3 (1)        |                |             |              |                | 3           | 3                       |
| <b>b</b> | <b>Part- 'A'</b>                                |           |              |             |               |              |                |             |              |                |             |                         |
| 1        | Evolution of physical education                 |           | 3 (1)        |             |               |              |                |             | 3 (1)        |                | 3           | 6                       |
| 2        | Health and fitness                              | 1 (1)     |              |             |               | 3 (1)        | 6 (1)          | 1 (1)       |              | 4 (1)          | 9           | 15                      |
| 3        | Games and sports                                | 1 (2)     | 3 (1)        |             | 1 (2)         |              | 4 (1)<br>6 (1) | 1 (1)       |              | 4 (1)<br>6 (1) | 18          | 28                      |
| 4        | Developing an athlete                           | 1 (1)     |              |             | 1 (2)         |              |                | 1 (1)       | 3 (1)        | 4 (1)          | 8           | 11                      |
| 5        | Learning to train training to learn             |           | 3 (1)        |             |               |              | 6 (1)          |             |              | 4 (1)          | 9           | 13                      |
| 6        | Managing sports event                           | 1 (2)     |              | 4 (1)       | 1 (1)         |              |                | 1 (2)       | 3 (1)        |                | 8           | 12                      |
| 7        | Nutrition                                       | 1 (1)     |              |             | 1 (1)         | 3 (1)        |                |             |              |                | 5           | 5                       |
|          | No of Question                                  | 9         | 4            | 1           | 6             | 4            | 6              | 5           | 4            | 7              |             |                         |
|          | Total Marks                                     | 9         | 12           | 4           | 6             | 12           | 30             | 5           | 12           | 30             |             |                         |
|          | Marks with options                              | 25        |              |             | 48            |              |                | 47          |              |                | 80          | 120                     |

\*Figures in bracket indicate number of questions and figures outside bracket indicate total marks for the question.

## Name of course:-XPHYSICAL EDUCATION AND SPORTS

Time -3 Hrs.

Max Marks -80

### A) Unit-wise Distribution of Marks

| Chapter No. | Topic / unit                                    | Marks without option | Marks with option |
|-------------|---|----------------------|-------------------|
| 1.          | Communication skills                            | 5                    | 9                 |
| 2.          | Self management skills                          | 3                    | 3                 |
| 3.          | Information and communication technology skills | 5                    | 8                 |
| 4.          | Entrepreneurial skills                          | 4                    | 7                 |
| 5.          | Green skills                                    | 3                    | 3                 |
| 6.          | Evolution of physical education                 | 3                    | 6                 |
| 7.          | Health and fitness                              | 9                    | 15                |
| 8.          | Games and sports                                | 18                   | 28                |
| 9.          | Developing an athlete                           | 8                    | 11                |
| 10.         | Learning to train training to learn             | 9                    | 13                |
| 11.         | Managing sports event                           | 8                    | 12                |
| 12.         | Nutrition                                       | 5                    | 5                 |
| Total       |   | 80                   | 120               |

**B) Object wise Distribution of Marks**

| <b>Sr. No</b> | <b>Objective</b> | <b>Marks</b> | <b>Percentage</b> | <b>Marks with Option</b> |
|---------------|------------------|--------------|-------------------|--------------------------|
| 1             | Knowledge        | 18           | 23                | 25                       |
| 2             | Understanding    | 35           | 42                | 48                       |
| 3             | Application      | 27           | 35                | 47                       |
| Total         |                  | 80           | 100               | 120                      |

**C) Question wise Distribution of Marks**

| <b>Sr.No</b> | <b>Types of the Question</b> | <b>Marks</b> | <b>Marks with option</b> |
|--------------|------------------------------|--------------|--------------------------|
| 1            | Objective                    | 20           | 20                       |
| 2            | Short ans.Type (3 marks)     | 24           | 36                       |
| 3            | Long ans.Type (4 marks)      | 24           | 40                       |
| 4            | Long ans.Type (6 marks)      | 12           | 24                       |
| Total        |                              | 80           | 120                      |

## Question Paper Pattern for Theory Papers

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Time -3 Hrs.

Max Marks -80

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Notes: 1. All questions are compulsory.

2. Draw diagrams wherever necessary.

Q. No. 1.A) Select the correct alternative and rewrite the sentence / Fill in the Blanks 5

1. ....  
a)..... b) ..... C) ..... d) .....
2. ....  
a)..... b) ..... C) ..... d) .....
3. ....  
a)..... b) ..... C) ..... d) .....
4. ....  
a)..... b) ..... C) ..... d).....
5. ....  
a)..... b) ..... C) ..... d) .....

B) Match the following pairs.

5

1. A)
2. B)
3. C)
4. D)
5. E)

C) State the following statement is true or false and rewrite the wrong statement correctly.

5

- 1.
- 2.
- 3.
- 4.
- 5.

D) Answer the following questions in ONE sentence.

5

- 1.
- 2.
- 3.
- 4.
- 5.

Q. No. 2) Answer the following questions in short. (Any four)

12

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Q. No. 3) Answer the following questions in short. (Any four)

12

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Q. No. 4) Answer the following questions in brief. (Any three)

12

- 1.
- 2.
- 3.
- 4.
- 5.

Q. No. 5) Answer the following questions in brief. (Any three)

12

- 1.
- 2.
- 3.
- 4.
- 5.

Q. No. 6) Answer the following questions in brief. (Any Two)

12

- 1.
- 2.
- 3.
- 4.

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