STD: X   MM :100
DATE :   TIME:2hrs
SESSION :

Answer 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 question from section A and two questions from section B.
The intended marks for questions or parts of questions are given in brackets ( ).

SECTION A (50 MARKS)

ATTEMPT ALL QUESTION

Question 1

(a)   Explain the terms : i] BMI   ii] BCG   (2)

(b)   List three advantages of recreation in the modern style of living.   (3)

(c)   What points should be kept in mind in order to take proper care of our eyes?   (3)

(d)   What are congenital diseases?   (2)

Question 2

(a)   Name any two diseases spread by bacteria.   (2)

(b)   What is splint? When is it used.   (4)

(c)   Suggest any four precautions to avoid accident caused by cooking gas.   (4)

Question 3

(a)   State four causes of sports injuries.   (2)

(b)   Define the term organic diseases. Give two example of it..   (4)

(c)   What is meant by the term Vector Infection. Give one example.   (4)

Question 4

(a)   What are the symptoms of malaria? How it can be prevented and controlled.   (4)

(b)   Mention any two causes of Insomnia?   (2)

(c)   Explain the procedure of artrificial respiration .   (3)

(d)   How is aids spread from one person to another?   (1)

Question 5

(a)   State any three harmful effects of drug abuse.   (3)

(b)   Explain how exercise helps to prevent obesity.   (3)

(c)   Define degenerative diseases.   (2)

(d)   Define them :   i] Antibiotic   ii]Antiseptic   (2)

Question 6 Basketball

(a)   Explain the following terms:-

     (i)   Lay-up shot

     (ii)   Man to man marking

     (iii)   Team foul

     (iv)   Back court   (8)

(b)   When is the clock stopped during a game of Basketball?   (3)

(c)   How is game lost by default?   (2)

(d)   How is the winner declared in the game?   (3)

(e)   State the radius of the three point field goal area and the centre circle.   (2)

(f)   Explain the cylinder principle.   (4)

(g)   List three duties of a scorer   (3)

Question 7 Football

(a)   Explain the following terms :-   (10)

     (i) Outer circle   (ii) FIFA   (iii) Flag Kick   (iv) Caution   (v) Added Time

(b)   Draw the diagram of a goal post with all its dimensions.   (8)

(c)   What decision will be given by the referee in each of the following situations:-

     (i)   If the goal- keeper Keeps possession of the ball for more than six seconds.

     (ii)   If a player receives a second caution in the same match.

     (iii)   If a player delays the restart of the play.   (3)

(d)   When is throw in awarded? Explain the procedure of throw in.   (4)

Question 8 CRICKET

(a)   Name any four strokes played the batsman on the onside in the region between the

     wicket-keeper and the leg-umpire.   (4)

b) Explain the following terms: (10)

     i) Body line bowling   ii) Free-Hit   iii) Chinamen   iv) Bowled   v) Top spin

(c)   State the ways in which a batsman can be declared out on a no ball.   (4)

(d)   (i)   State any four conditions when runs are added to the team's total and not to   (5)
the batsman's total runs.

     (ii)   What does a quick single mean?

(e)   What are the size of bails and sight screen.   (2)

xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx