

Punjab Board 2026 Class 10

Health and Physical Education Question Paper

Conducted by Central Board of Secondary Education (CBSE)



General Instructions

- (i) This question paper contains **37 questions**.
- (ii) All questions are **compulsory**. However, internal choices have been provided in some questions. Attempt only one of the choices in such questions.
- (iii) The paper is divided into 5 Sections - **A, B, C, D** and **E**.
- (iv) Section **A** consists of **21** questions (1 to 21). Each question carries **1 mark**.
- (v) Section **B** consists of **7** questions (22 to 28). Each question carries **2 marks**.
- (vi) Section **C** consists of **3** questions (29 to 31). Each question carries **3 marks**.
- (vii) Section **D** consists of **4** questions (32 to 35). Each question carries **4 marks**.
- (viii) Section **E** consists of **2** questions (36 & 37). Each question carries **5 marks**.

SECTION – A

1. Explain the following :

Explain the effects of regular exercise on the human circulatory system.

2. Explain the following :

What are the different types of muscles found in the human body?

3. Explain the following :

Define vital capacity and explain its importance for an athlete.

4. Explain the following :

Describe the structure and functions of the human heart.

5. Explain the following :

What is malnutrition and what are its primary causes?

6. Explain the following :

Distinguish between isometric and isotonic muscular contractions.

7. Explain the following :

Identify three main causes of obesity and suggest ways to prevent it.

8. Explain the following :

What is the role of long bones in the human skeletal system?

9. Explain the following :

Discuss the social and mental benefits of participating in physical education.

10. Explain the following :

Name the organs that make up the human respiratory system.

11. Explain the following :

What is the difference between communicable and non-communicable diseases?

12. Explain the following :

Explain the importance of a balanced diet for a sportsperson.

13. Explain the following :

What are the rules regarding the "bonus line" in the game of Kabaddi?

14. Explain the following :

Describe the dimensions and marking of a standard Volleyball court.

15. Explain the following :

Who is known as the father of modern physical education?
