

D-48-A

Roll No.....

Total No. of Questions : 28]

[Total No. of Printed Pages : 7

XIIARKDN20

2048-A

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 60

Note :- (i) All questions are compulsory.

(ii) Question Nos. 1-16 carry 1 mark each and are Multiple Choice Questions.

(iii) Question Nos. 17-24 carry 3 marks each and should not exceed 100 words.

(iv) Question Nos. 25-28 carry 5 marks each and should not exceed 200 words.

Section-A

1 each

1. The ability of a joint to move in maximum range is called :

(A) Endurance

(B) Speed

(C) Flexibility

(D) Strength

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Turn Over

2. Which of the following are short-time activities ?
- (A) Aerobic (B) Anaerobic
(C) Marathon Race (D) All of these
3. Which of the following prepares the mental attitude towards practice or competition ?
- (A) Psychological warming-up (B) Physiological warming-up
(C) Sociological warming-up (D) None of these
4. Which type of training method is used by cross country runners ?
- (A) Fast pace continuous method
(B) Slow pace continuous method
(C) Variable pace continuous method
(D) All of these
5. Who said, "Sociology is a science of society or social phenomenon" ?
- (A) J.F. Cuber (B) Johanson
(C) Max Weber (D) None of these

6. A type of motivation for followers of a leader is :
- (A) Group discussion (B) Group distribution
(C) Group dynamics (D) Group settings
7. Morality means :
- (A) Rightness (B) Virtue
(C) Truthfulness (D) All of these
8. The value system can be revived by :
- (A) Telling the children about culture and value system
(B) Taking good things from western culture
(C) The inclusion of various topics on value system in school curriculum
(D) All of these
9. During hot climate practice should be done :
- (A) Early morning (B) Late evening
(C) Both (A) and (B) (D) None of these

10. The factors which include sports equipments, climate, facilities etc. are known as :

- (A) Extrinsic factors (B) Intrinsic factors
(C) Internal factors (D) All of these

11. Which of the following means to keep away from causing harm to any organism or human being ?

- (A) Satya (B) Ahimsa
(C) Asteya (D) Brahmacharya

12. The union of individual's soul with supreme soul refers to :

- (A) Asana (B) Dharana
(C) Samadhi (D) Pratihara

13. The measurement of standard track is :

- (A) 400 Inches (B) 400 Feet
(C) 400 Yards (D) 400 Metres

14. The size of backboard in basketball is :
- (A) 1.20 mtr. × 1.05 mtr.
 - (B) 1.40 mtr. × 1.05 mtr.
 - (C) 1.80 mtr. × 1.05 mtr.
 - (D) 1.60 mtr. × 1.05 mtr.
15. The full form of EIA is :
- (A) Exercise Inducted Asthma
 - (B) Exercise Induced Asthma
 - (C) Energy Induced Asthma
 - (D) Energy Inducted Asthma
16. Use of performance-enhancing drugs is known as :
- (A) Drugging
 - (B) Dodging
 - (C) Doddering
 - (D) Doping

Section-B

3 each

17. Define Fitness and describe its importance in the field of sports.

Or

State the different training methods for developing strength.

18. Explain briefly the types of Yoga.

19. Why moral values are eroding ? Comment.

20. Explain, how physical education promotes social values ?

Or

Discuss the importance of sociology in physical education and sports. <https://www.jkboseonline.com>

21. How does warming-up differ from cooling-down ? Write down advantages of warming-up.

22. Write any six basketball related terminologies.

23. Explain the meaning of environment in detail.

Or

Discuss the need of proper environment in physical education programme.

24. What do you mean by heat related illness ? How will you prevent it ?

Section-C

5 each

25. Write Isometric and Isotonic exercises in detail. Give its advantages and disadvantages.

Or

Explain interval training method and state its advantages.

26. Describe the development of leadership qualities through participation in games and sports.
27. How can an individual play a vital role in the improvement of positive environment ? Discuss.
28. Draw a labelled diagram of Javelin Arena.

Or

Write down history of Table Tennis and briefly define the terminology of said game.

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