

B-54-A

Roll No. _____

Total No. of Questions : 28]

[Total No. of Printed Pages : 8

XIIKDAR21

5054-A

PHYSICAL EDUCATION

Time : 2.10 Hours]

[Maximum Marks : 60

Section-A

1 each

1. Beta Blockers are used by the players for reducing :
 - (A) Speed
 - (B) Anxiety
 - (C) Strength
 - (D) None of these

2. Dehydration is defined as an excessive loss of body :
 - (A) Fluid
 - (B) Blood
 - (C) Movement
 - (D) None of these

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3. The sector angle of shot put is :
- (A) 34.95°
 - (B) 45°
 - (C) 34.92°
 - (D) None of these
4. The shape of the Table Tennis table is :
- (A) Square
 - (B) Triangle
 - (C) Rectangular
 - (D) None of these.
5. Yoga is a science as well as :
- (A) Art of living ✓
 - (B) Tension
 - (C) Mind
 - (D) None of these

- (A) Yuj
- (B) Yoke
- (C) Element
- (D) None of these

7. The popularity of any game depends upon its :

- (A) Strength
- (B) Level
- (C) Spectators
- (D) None of these

8. The clean air is an important element of :

- (A) Positive environment
- (B) Negative environment
- (C) Man-made environment
- (D) None of these

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9. A person should bear a good moral :
- (A) Habits
 - (B) Character
 - (C) Health
 - (D) None of these
10. Moral education has types :
- (A) Two
 - (B) One
 - (C) Three.
 - (D) None of these
11. The word Sociology has been derived from Latin word :
- (A) Societus and Logy
 - (B) Education
 - (C) Sports
 - (D) None of these

12. Who is the grandfather of Gymnastics ?
- (A) Guts Muths ✓
 - (B) Per Henrik Ling
 - (C) Major Walter Clapton
 - (D) None of these
13. Pace Run method has developed : (C)
- (A) Unstable speed
 - (B) Stable speed
 - (C) Movement ✓
 - (D) None of these
14. Isokinetic strength training exercises were introduced by :
- (A) De Looney ✓
 - (B) Hettinger and Muller
 - (C) J.J. Perrine
 - (D) None of these

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15. Jogging is an easy :
- (A) Cycling
 - (B) Games and Sports
 - (C) Running
 - (D) None of these
16. The word Aerobic was formulated by :
- (A) Dr. Cathen Cupper
 - (B) Dr. Krole
 - (C) David R. Lamb
 - (D) None of these

Section-B

3 each

17. Write down the differences between Aerobic and Anaerobic means of physical fitness.

Or

Explain the principles which helps in developing of physical fitness.

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18. Why moral values are eroding in modern sphere ?
19. Write down the differences between Asana and Exercise.
20. How can we prevent heat related illness ? Explain in detail.

Or

Write down the prevention and treatment of Exercise Induced Asthma.

21. Write down any *three* definitions of training method.
22. Explain the student leadership qualities.
23. Draw a neat and clean diagram of Basketball Court with measurement.

Or

Write down the rules and regulations of Basketball.

24. Write down the meaning of Sports Environment.

Section-C

5 each

25. Explain Fartlek training method in detail with the help of diagram.

Or

What is Continuous Training Method ? Explain its purpose, advantages and disadvantages.

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26. Write down the importances of Sociology in Physical Education and Sports.
27. Explain the role of spectator and media in sports environment.
28. Write down the history of Table Tennis.

Or

Write down the fundamental skills of Table Tennis.

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