

B-65-Y

Roll No.....

Total No. of Questions : 28]

[Total No. of Printed Pages : 8

12thARM(SZ)JKUT2024

1165-Y

PHYSICAL EDUCATION

Time : 2½ Hours]

[Maximum Marks : 60

SECTION-A

1 each

(MULTIPLE CHOICE QUESTIONS)

1. Explosive strength is a combination of :
 - (A) Agility and flexibility
 - (B) Strength and endurance
 - (C) Strength and speed
 - (D) None of these

2. Flexibility exercise performed from stationary position is known as :
 - (A) Static Flexibility
 - (B) Dynamic Flexibility
 - (C) Strength Flexibility
 - (D) None of these

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Turn Over

3. Safe water is the essential element of :
- (A) Sports Environment
 - (B) Natural Environment
 - (C) Positive Environment
 - (D) None of these
4. Protective equipments in sports must be of good quality and according to :
- (A) Fitness
 - (B) Norms
 - (C) Play field
 - (D) System
5. Who defined sociology as the "It is a process of acquiring social value for the survival of culture" ?
- (A) J.F. Cuber
 - (B) Johnson
 - (C) Park and Burgess
 - (D) None of these

6. The capacity to rally the people for common purpose is called :

- (A) Leadership
- (B) Sportsmanship
- (C) Fellowship
- (D) None of these

Which Asana can be practiced immediately after eating food ?

- (A) Vajrasana
- (B) Padmasana
- (C) Paschimottanasana
- (D) None of these

8. In Yoga, Kumbhaka is a particular posture of :

- (A) Exhalation of air
- (B) Inhalation of air
- (C) Hold the breath
- (D) None of these

9. Who won 'Golden Bat' Prize in 8th World Cup ?

- (A) Ricky Ponting
- (B) Sachin Tendulkar
- (C) Rahul Dravid
- (D) None of these

10. Weight of Basketball is :

- (A) 600 to 650 gms-
- (B) 625 to 675 gms
- (C) 650 to 675 gms
- (D) None of these

11. Morality may also defined as synonymous with :

- (A) Arrogance <https://www.jkboseonline.com>
- (B) Sufferings
- (C) Ethics
- (D) All of these

12. In the society which education is required to stop the evil like exploitation, corruption, aggression and hatred ?

(A) Informal Education

(B) Moral Education

(C) Formal Education

(D) None of these

13. The main cause of dehydration is :

(A) Vomiting

(B) Sweating

(C) Diarrhoea

(D) All of these

14. Abrasion is the injury of :

(A) Bone

(B) Joint

(C) Muscle

(D) None of these

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15. Which of the following is a concentric type of exercise ?

- (A) Chin up
- (B) Kicking the ball
- (C) Dips
- (D) None of these

16. Isokinetic exercise was introduced by :

- (A) Dr. Lone
- (B) Watkins
- (C) Perrine
- (D) David R. Lamb

SECTION-B

(VERY SHORT ANSWER TYPE QUESTIONS)

17. Give a brief accounts of dopping in Sports.

Or

What do you mean by Sprain and Strain ?

18. Mention the various elements of Yoga and elaborate any *two* of them.

19. Describe any *two* factors affecting the physical fitness.

20. Discuss the importance of sociology in Physical Education.

Or

How games and sports help in promoting national integration ?

21. Write the significance of moral education.

22. Explain any *four* preventive steps for sports related accidents.

23. Write a short note on Athletics.

Or

Make a list of the defensive stroke of Table-Tennis and explain.

24. 'Fartlek means 'Speed play'. Discuss.

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SECTION-C

(SHORT ANSWER TYPE QUESTIONS)

25. Describe the importance of training method in Games and Sports.

Or

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

~~26.~~ Explain the concept of sports environment. Describe the essential elements of sports environment.

27. Describe Group Dynamic through Physical Education.

~~28.~~ Give a brief history of cricket. Explain the fundamental skills of cricket.

Or

Explain fundamental skills of basketball and also draw a labelled diagram of basketball court.