

A-41-C

Roll No.....

Total No. of Questions : 28]

[Total No. of Printed Pages : 7

12thSZARJD22

6041-C

PHYSICAL EDUCATION

Time : 2.10 Hours]

[Maximum Marks : 60

Note :- Attempt All questions.

Section-A

1 each

1. Explosive strength is a combination of :

- (A) Agility and flexibility
- (B) Strength and endurance
- (C) Strength and speed
- (D) None of these

2. Proper training increases :

- (A) Physical inefficiency
- (B) Physical efficiency
- (C) Physical weakness
- (D) Mental weakness

12thSZARJD22-6041-C

A-41-C

Turn Over

3. Fartlek is a 'Swedish' term which means :

(A) Speed play

(B) Slow play

(C) Best play

(D) Better play

4. Scientific arrangement of exercises performed systematically is known as :

(A) Fartlek training

(B) Interval training

(C) Internal training

(D) Circuit training

5. Sociology helps in improving :

(A) Sympathy

(B) Co-operation

(C) Respect

(D) All of these

6. In its normative sense morality refers directly to :
- (A) Good and bad
 - (B) Right and wrong
 - ~~(C) Both (A) and (B)~~
 - (D) None of these
7. Effective value education in schools and colleges will help students to understand :
- (A) Responsibility
 - (B) Dishonesty
 - (C) Disrespect
 - (D) Irresponsibility
8. For positive sports environment play fields should have :
- (A) Ditches and holes
 - (B) Enough noisy
 - (C) Industries around
 - ~~(D) Enough open space~~

9. Essential protective equipments must be used by :
- (A) Sportspersons
 - (B) Coaches
 - (C) Fitness trainers
 - (D) All of these
10. Satya means :
- (A) Truthfulness
 - (B) Diet
 - (C) Hygiene
 - (D) None of these
11. The main aim of Yoga is :
- (A) Control over mind
 - (B) Control over opponent
 - (C) Control over enemy
 - (D) None of these
12. How many field events are there in athletics ?
- (A) 4
 - (B) 6
 - (C) 8
 - (D) 10

12th SZARJD22-6041-C
A-41-C

13. Falling in a pit is :

- (A) Take-off
- (B) Approach run
- (C) Flight
- ~~(D) Landing~~

14. Follow-on is a term used in :

- (A) Football
- ~~(B) Cricket~~
- (C) Hockey
- (D) Badminton

15. The best treatment for stress fracture is :

- (A) Sauna bath
- ~~(B) Rest~~
- (C) X-ray
- (D) Jumping

16. Which of the following is not a common Heat-related Illness ?

- (A) Dehydration
- (B) Heat stroke
- (C) Sunburn
- ~~(D) Fracture~~

Section-B

3 each

17. Why moral values are eroding ?

Or

How to revive value system ?

18. Define strength and its types.

19. What is limbering down ? Write its benefits.

20. Explain, how physical education promotes social values ?

Or

Write down the various qualities gained through games and sports.

21. Is there any need for proper environment in physical education programme ? Give your views. <https://www.jkbboseonline.com>

22. Discuss the role of Yoga in the field of games and sports.

23. Define relay-races.

Or

Draw a neat and clean diagram of Javelin arena with proper specifications.

24. What can people do to prevent sports related injuries ?

Section-C

5 each

25. In what ways you can improve endurance ? Give details of its training method.

Or

Highlight the main features of Fartlek training and interval training methods.

26. What is Socialization ? How is socialization achieved through sports ?

27. What do you mean by environment ? Elaborate the essential elements of positive environment.

28. What are the salient features of a standard athletic track ? Find out the stagger of lane number seven.

Or

Write down the history of athletics and mention the names of various track and field events.