

D-48-C

Roll No.....

Total No. of Questions : 28]

[Total No. of Printed Pages : 7

XIIARKDN20

2048-C

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. Physical fitness involves the performance of :

(A) Heart

(B) Lungs

(C) Muscles

(D) All of these

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Turn Over

2. The literal meaning of aerobic is :
- (A) Oxygen or Air (B) Carbon dioxide
(C) Fitness (D) Health
3. The process of heating the body muscles and making them ready to start activity is known as :
- (A) Limbering-down (B) Cooling-down
(C) Warming-up (D) Sitting-down
4. On spot jumping and sit-ups are examples of :
- (A) Fartlek training (B) Weight training
(C) Interval training (D) Circuit training
5. According to whom, "Sociology is a body of scientific knowledge and human relationships" ?
- (A) I.F. Ward (B) J.F. Cuber
(C) Max Weber (D) None of these

6. A political leader is a :
- (A) Mature leader (B) Amateur leader
(C) Immature leader (D) Academic leader
7. Morality may also be defined as synonymous with :
- (A) Immorality (B) Evil
(C) Wickedness (D) Integrity
8. Moral values are eroding now-a-days because :
- (A) There are many lessons of moral values in school curriculum
(B) Children are learning moral education in schools
(C) Parents have hardly time to teach their children value system
(D) All of these
9. Protective equipments in sports must be of good quality and according to :
- (A) Fitness (B) Norms
(C) Play field (D) System

10. Which one of the following may hinder sports performance ?
- (A) Safe drinking water
 - (B) Pollution
 - (C) Feasible climatic conditions
 - (D) Quality protective equipments
11. When did the UN General Assembly announce 21st June as the International Yoga Day ?
- (A) 21st June, 2014
 - (B) 11th June, 2014
 - (C) 11th December, 2014
 - (D) 21st December, 2014
12. This is the control of process of breathing :
- (A) Dhyana
 - (B) Asana
 - (C) Pratyahara
 - (D) Pranayam

13. The blade of the cricket bat should not be more than :
- (A) 4 inches (B) 4.25 inches
(C) 4.50 inches (D) 4.75 inches
14. The 7 cm line marked in Javelin throw event is also known as :
- (A) Screw line (B) Straight line
(C) Scratch line (D) Swing line
15. The treatment of a sports injury often begins with :
- (A) PRIZE (B) RISE
(C) RACE (D) RICE
16. Sports medicine is a branch of medicine deals with :
- (A) Injury prevention (B) Treatment of athletes
(C) Sports related surgeries (D) All of these

Section-B

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

Or

State the different training methods for developing strength.

18. What is the meaning of Yoga ? Write down its aims.

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.

21. How does warming-up differ from cooling-down ? Write down advantages of warming-up. <https://www.jkboseonline.com>

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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