

B-54-B

Roll No.

Total No. of Questions : 28]

[Total No. of Printed Pages : 8

XIIKDAR21

5054-B

PHYSICAL EDUCATION

Time : 2.10 Hours]

[Maximum Marks : 60

Section-A

1 each

1. The ability to sustain or continue activity is called :
- (A) Endurance
 - (B) Speed
 - (C) Flexibility
 - (D) None of these
2. The time taken by the body to reach to the maximum speed is called :
- (A) Reaction time
 - (B) Acceleration
 - (C) Speed
 - (D) None of these

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Turn Over

3. Who says, "Sports training is the basic form of preparation of a sportsman ?"
- (A) Martin
- (B) Hardiyal Singh
- ☒ (C) Mathew
- (D) None of these
4. Endurance is an ability to resist against :
- ☒ (A) Fatigue
- (B) Flexibility
- (C) Strength
- (D) None of these
5. Sociology is the youngest discipline among the :
- (A) Physical Sciences
- ☒ (B) Social Sciences
- (C) Chemical Sciences
- (D) None of these

6. Leadership is the ability to build up :
- ✓ (A) Confidence
 - (B) Power
 - (C) Stress
 - (D) None of these
7. Moral Education is the necessity of the hour in :
- (A) Dark age
 - (B) Present age
 - ✓ (C) Ancient age
 - (D) None of these
- ✓ 8. Each and every person belief or worship one :
- ✓ (A) God
 - ✓ (B) Good
 - (C) Code
 - (D) None of these

9. Natural Environment consists of surrounding like :

- (A) Forest, Rocks, Plants
- (B) Buildings, Roads, Bridges
- (C) Industries, Schools, Colleges
- (D) None of these

10. Protective equipment must be used during sports activity by :

- (A) Non-sports person
- (B) Sports person
- (C) People
- (D) None of these

11. Dharna refers to :

- (A) Development and control of senses
- (B) Meditation development
- (C) Superconsciousness
- (D) None of these

12. Today man is not living in happy state of :
- (A) Yoga
 - (B) Mind
 - (C) Brain
 - (D) None of these
13. Length of cricket bat is :
- (A) 40 inches
 - (B) 36 inches
 - (C) 38 inches
 - (D) None of these
14. The bowler gets three wickets in three consecutive ball is called :
- (A) Duck <https://www.jkboseonline.com>
 - (B) Century
 - (C) Hat trick
 - (D) None of these

15. Who says, "Sports medicine is the biological of man in motion ?"

(A) Porte

(B) Couert

(C) Z. Appall

(D) None of these

16. Growth hormones are used for inceasing the :

(A) Muscle mass

(B) Pain killer

(C) Beta blockers

(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.

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.

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

8 Write down the fundamental skills of Table Tennis.

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