

V-40-B

Roll No.....

Total No. of Questions : 30]

[Total No. of Printed Pages : 7

XIAPBAJKL23

10140-B

PHYSICAL EDUCATION

Time : 2½ Hours]

[Maximum Marks : 70

Section-A

(Multiple Choice Questions)

1 each

1. Psychology is the scientific investigation of :

(A) Motivation

(B) Achievement

(C) Behaviour

(D) None of these

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Turn Over

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2. What is the abbreviation of National Institute of Sports ?
- (A) N.S.S.
 - (B) N.I.S.
 - (C) N.S.I.
 - (D) None of these
3. The height of Badminton net at the centre :
- (A) 5 feet 1 inch
 - (B) 5 feet
 - (C) 5 feet 6 inch
 - (D) None of these
4. Archery in India can be traced back in the :
- (A) Smriti period
 - (B) Modern period
 - (C) Vedic period
 - (D) None of these

5. Dronacharya award was introduced in the year :
- (A) 1961
 - (B) 1991
 - (C) 1985
 - (D) None of these
6. 15th August is a red letter day in the history of :
- (A) India
 - (B) Japan
 - (C) England
 - (D) None of these
7. Who says, "Keep alive the flame of revived olympic spirit" ?
- (A) Korovas
 - (B) God Zeus
 - (C) Baron Perie-De-Cou Bertin
 - (D) None of these

8. The modern olympic games is conducted once in :

- (A) Two years
- (B) Four years
- (C) One year
- (D) None of these

Section-B

(Very Short Answer Type Questions)

2 each

9. Write short note on any *two* objectives of Physical Education.

Or

Write short note on meaning of Physical Education.

10. Define voluntary or striped muscles with the help of diagram.

11. Explain the term protective food.

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12. Draw a neat and clean diagram of Heart.
13. Write a short note on Prevention and Rehabilitation of Dislocation.
14. Write a short note on how drug addiction begins in Teenage.
15. Define Late Kho and changing of direction in Kho-Kho.
16. Define the terms caffeine and growth hormones.
17. Write a short note on Arjuna award.
18. Write a short note on Olympic Flag.

Section-C

(Short Answer Type Questions)

3 each

19. Write down the introduction of Heart.

Or

Write down the effects of exercises on circulatory system.

20. Write down any *three* definitions of motivation.
21. Define the following terms :
- (i) Physiotherapist
 - (ii) Dietician
 - (iii) Coach
22. Write down the meaning of achievement.
23. Explain the role of parents in making the career of thier children.
24. Write down any *six* rules and regulation of Badminton.
25. Write short note on Maulana Abul Kalam Azad Trophy.
26. Write down the adverse effects of Alcohol on Sportsperson.
27. What is the difference between Ancient Olympic and Modern Olympic Games ?

Section-D

(Long Answer Type Questions)

5 each

28. Define Fracture. Explain all types of fracture in detail.

Or

Define Strain. Explain all types of strain in detail.

29. Explain the misconceptions about physical education in detail.

Or

Explain the importances of Physical education in detail.

30. Explain the effects of Balanced diet on the functioning of body.

Or

Define Obesity. Explain the causes of obesity in detail.

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