

C-39-B

Roll No.

Total No. of Questions : 30]

[Total No. of Printed Pages : 4

XIARKD21

5839-B

PHYSICAL EDUCATION

Time : 2.30 Hours]

[Maximum Marks : 70

Section-A

(Multiple Choice Questions)

1 each

1. The foremost objective of Physical Education is :
(A) Mental development (B) Physical development
(C) Social development (D) None of these
2. The conferment of a national sports awards is decided by :
(A) Ministry of youth affairs and sports
(B) Indian olympic association
(C) Duly constituted committees of experts
(D) None of these
3. Women participation first time in olympic games in year :
(A) 1896 (B) 1900
(C) 1908 (D) None of these

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4. The terminology 'Fast Break' is associated with which game ?
(A) Athletic (B) Rugby
(C) Cricket (D) None of these
5. How many feathers are there in a shuttle cock ?
(A) 14 to 18 (B) 14 to 16
(C) 14 to 20 (D) None of these
6. What is the colour of olympic flag ?
(A) White and green (B) Blue and white
(C) Milky and white (D) None of these
7. Muscle pull can be treated by :
(A) Rest (B) Apply ice
(C) Apply heat (D) All of these
8. Strain is the injury of :
(A) Wound (B) Muscle
(C) Fracture (D) None of these

Section-B

(Very Short Answer Type Questions)

2 each

9. Write any *two* effects of exercise on respiratory system.

Or

Give the structure of heart.

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10. List *four* career option in Physical Education.
11. What are the bad effects of Alcohol on sports person ?
12. Write a short note on olympic village.
13. What is soft tissue injury ?
14. Briefly write about minerals.
15. Make a list of fundamental skills of kho-kho.
16. Write a brief note on mechanism of circulation of blood.
17. Name any *four* career options in Physical Education.
18. Give *two* definitions of Sports Psychology.

Section-C

(Short Answer Type Questions)

3 each

19. Draw a neat and clean diagram of Hockey Playfield with its measurement.
<https://www.jkboseonline.com> Or

Mention the six sports terminologies of Badminton.

20. Briefly explain the placement avenues in the field of Physical Education.
21. Write a short note on Republic Day Celebration.
22. Give all the National Sports Awards. Explain Arjun Award.
23. Explain the importance of Physical Education.
24. Briefly explain the revival movement of Modern Olympic Game.

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25. Discuss the need of Physical Education in present era.
26. Mention various system of your body and explain any one of them.
27. What is Dislocation ? Give its sign and symptoms.

Section-D

(Long Answer Type Questions)

5 each

28. Discuss the role of diet in physical fitness as well as the performance of sports person.

Or

Discuss various health risk associated with obesity.

29. Elucidate the significance of achievement and motivation in the games and sports.

Or

What do you mean by Sports Psychology ? Discuss the importance of Sports Psychology in the sportsman career.

30. Enumerate the evil effects drugs abuse on individual and sports person.

Or

Elaborate the effect of Tobacco on Sports Performance.