

B-65-X

Roll No.....

Total No. of Questions : ~~28~~

[Total No. of Printed Pages : 8

12thARM(SZ)JKUT2024

1165-X

PHYSICAL EDUCATION

Time : 2½ Hours]

[Maximum Marks : 60

SECTION-A

1 each

(MULTIPLE CHOICE QUESTIONS)

1. Which of the following is isokinetic type exercise ?
(A) Swimming •
(B) Jumping
(C) Throwing
(D) None of these .
2. Who defined sports training as the basic form of preparation of a sportsman ?
(A) Charles R. Lamb
(B) Andrew Selmon
(C) J.F. Cuber
(D) None of these .

12thARM(SZ)JKUT2024—1165-X

B-65-X

Turn Over

3. Which of the following refer to morality ?
- (A) Socialization •
 - (B) Polarization
 - (C) Exploitation
 - (D) None of these
4. The process of acquiring social value for survival of culture is said to be :
- (A) Motivation
 - (B) Recreation
 - (C) Socialization •
 - (D) None of these
5. Which of the following are short-time activities ?
- (A) Aerobic
 - (B) Anaerobic •
 - (C) Marathon race
 - (D) All of these •

6. Which of the following factors usually does not affect physical fitness ?
- (A) Heredity
 - (B) Stress
 - (C) Diet
 - (D) Dress •
7. The warming-up which is commonly used for a particular activity is called as :
- (A) General warming-up
 - (B) Specific warming-up
 - (C) Both (A) and (B) •
 - (D) None of these
8. "Sociology is a well managed and systematic study of human interactions." This definition was given by :
- (A) Gidding
 - (B) McMillan
 - (C) Durkheim
 - (D) None of these •

9. Which of the following is the Sanskrit root for the etymological derivation of word 'Yoga' ?
- (A) Yug
(B) Yuga .
(C) Yuf •
(D) None of these
10. The word 'Dharna' refers to :
- (A) Development and control of senses
(B) Meditation development•
(C) Superconsciousness
(D) None of these
11. The chemicals which have direct effect over central nervous system and cardiovascular system is said to be :
- (A) Narcotics
(B) Stimulants
(C) Steroids •
(D) None of these

12. Strain is the injury of :

(A) Skin

(B) Bone

(C) Tissue •

(D) None of these

13. 2024 Summer Olympic will be held in Paris, France. It will be which edition ?

(A) 32nd

(B) 33rd •

(C) 34th

(D) None of these

14. Which is the largest cricket stadium of the world ?

(A) Eden Garden

(B) Lord Stadium

(C) Melbourne C. Stadium

(D) None of these •

15. The environment which prevents a sportsman from sports related accidents is called :
- (A) Natural environment
 - (B) External environment
 - (C) Biotic environment
 - (D) None of these •
16. Biotic environment consists of :
- (A) Living thing •
 - (B) Non-living thing
 - (C) External thing
 - (D) None of these

SECTION-B

3 each

(VERY SHORT ANSWER TYPE QUESTIONS)

17. Explain Heat Stroke and Tendonitis.

Or

What is the importance of Sports Medicine ?

12thARM(SZ)JKUT2024-1165-X

B-65-X

18. Mention the various elements of Yoga and elaborate any *two* of them.
19. Describe any *two* factors affecting the physical fitness.
20. Discuss the importance of sociology in Physical Education.

Or

How games and sports help in promoting national integration ?

21. Write the significance of moral education.
22. Explain any *four* preventive steps for sports related accidents.
23. Write a short note on Athletics. <https://www.jkboseonline.com>

Or

Make a list of the defensive stroke of Table-Tennis and explain.

24. Fartlek means 'Speed play'. Discuss.

SECTION-C

5 each

(SHORT ANSWER TYPE QUESTIONS)

25. Describe the importance of training method in Games and Sports.

Or

Write Isometric and Isotonic exercises in detail. Give its advantages and disadvantages.

26. Explain the concept of sports environment. Describe the essential elements of sports environment.

27. Describe Group Dynamic through Physical Education.

28. Give a brief history of cricket. Explain the fundamental skills of cricket.

Or

Explain fundamental skills of basketball and also draw a labelled diagram of basketball court.