

B-32-X

Roll No.....

Total No. of Questions : 28]

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12thARF(SZ)JKUT2024-25

332-X

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 60

SECTION-A

1×16=16

(MULTIPLE CHOICE QUESTIONS)

1. The type of athletic event where participants throw a spear-like object is
(A) Javelin Throw
(B) Shot Put
(C) Discus Throw
(D) None of these
2. A batsman in cricket is declared out if the ball hits the stumps and dislodges
(A) One bail
(B) Both bails
(C) One or both bails
(D) The stumps only

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Turn Over

3. Dynamic strength is also called :
- (A) Static Strength
 - (B) Isotonic Strength
 - (C) Explosive Strength
 - (D) None of these
4. Physical fitness is defined as :
- (A) The ability to perform daily tasks with vigor
 - (B) Only the ability to run long distances
 - (C) The flexibility of joints only
 - (D) The ability to lift heavy weights
5. Which quality is essential for a good leader ?
- (A) Arrogance
 - (B) Humility
 - (C) Impatience
 - (D) None of these
6. Sociology is also referred to as :
- (A) The study of cultures
 - (B) The science of society
 - (C) The science of economics
 - (D) None of these

7. What does Patanjali refer to Yoga as ?
(A) The Unification of mind and body
(B) Attaining the pose
(C) Spiritual Kamdhenu
(D) None of these
8. Leading a life with minimal requirements aligns with :
(A) Ahimsa
(B) Aparigraha
(C) Saucha
(D) Tapa
9. Who is credited with developing the Fartlek training method in 1937 ?
(A) Arthur Lydiard
(B) Gosta Holmer
(C) Dr. Ernst van Aaken
(D) Emil Zatopek
10. What type of exercise is recommended for injured individuals ?
(A) Isometric
(B) Isotonic
(C) Aerobic
(D) None of these

11. Sports Medicine aim to prevent injuries by :
- (A) Ignoring Fitness
 - (B) Training and Stretching
 - (C) Reducing Effort
 - (D) Quick Surgery
12. Tendinitis is commonly treated with all of the following except :
- (A) Ice-therapy
 - (B) Anti-inflammatory drugs
 - (C) Rest
 - (D) Resuming activities immediately
13. Moral Education is enhanced through Sports and Physical Education. Which of the following is also developed through these activities ?
- (A) Friendship
 - (B) Compassion
 - (C) Team Spirit
 - (D) All of these
14. The ability to put oneself in the shoes of others is referred to as :
- (A) Empathy
 - (B) Courage
 - (C) Self-discipline
 - (D) Sympathy

15. Parents can improve Sports Environment by :
- (A) Ignoring Games
 - (B) Providing Emotional Support and Positive Feedback
 - (C) Limiting Involvement in Sports
 - (D) Criticizing other Team Members
16. Exposure to extreme cold may cause conditions such as :
- (A) Heat Exhaustion
 - (B) Dehydration
 - (C) Frostbite
 - (D) None of these

SECTION-B

8×3=24

(VERY SHORT ANSWER TYPE QUESTIONS)

17. What are diuretics and why are they used in Sports ?

Or

What is the R.I.C.E. Method and how does it help treat sports injuries ?

18. Explain the significance of Asana in Yoga Practice.
19. Explain Strength and Flexibility as the components of Physical Fitness.

Turn Over

20. In what ways do games and sports play a role in socializing individuals ?

Or

What is the concept of Group Dynamics ?

21. Mention moral values developed through Physical Education.
22. What are the desirable qualities of a leader ?
23. List any six common terminologies used in Cricket.

Or

Write down the basic skills of Table Tennis.

24. What is the primary objective of warming up before Sports Competitions ? <https://www.jkboseonline.com>

SECTION-C

4×5=20

(SHORT ANSWER TYPE QUESTIONS)

25. Explain Circuit Training. Design a six station workout and describe the advantages.

Or

What is the Fartlek Training Method ? Discuss its structure and benefits.

26. Explain how games and sports are considered Man's cultural heritage. Provide examples from different countries, including India.
27. How can individuals contribute to reducing the risk of sports-related accidents ?
28. Sketch and label the shot put sector and describe its dimensions.

Or

What are the fundamental skills required to play Basketball ? Explain in detail.