

Total No. of Questions : 28

Roll No.....

[Total No. of Printed Pages: 7

12thSZARJD22

6041-A

PHYSICAL EDUCATION

Time: 2.10 Hours]

[Maximum Marks: 60

Note: Attempt All questions.

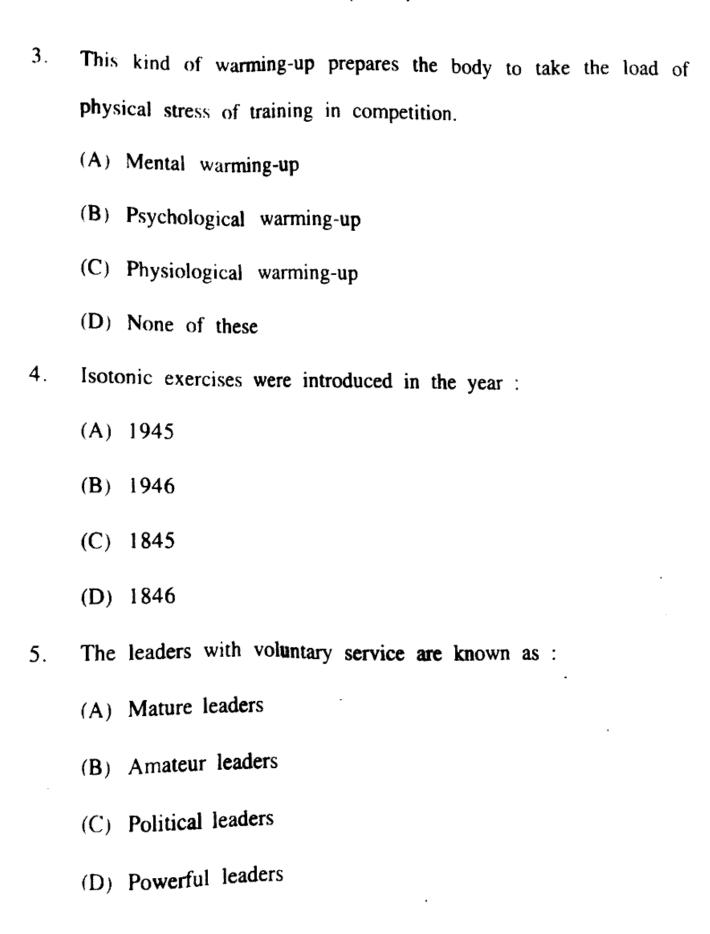
Section-A

1 each

- 1. Dynamic strength is also known as :
 - (A) Isotonic strength
 - (B) Isometric strength
 - (C) Mesotonic strength
 - (D) Microtonic strength
- 2. Flexibility exercises performed from stationary position is known as:
 - (A) Static flexibility
 - (B) Dynamic flexibility
 - (C) Strength flexibility
 - (D) Speed flexibility

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A-41-A

6.	Morality may also defined as synonymous with:
	(A) Arrogance
	(B) Sufferings
	(C) Ethics
	(D) All of these
7.	The school curriculum should include:
	(A) Moral education
	(B) Value education
	(C) Both (A) and (B)
	(D) None of these
8.	Which of the following is not a leisure time activity?
	(A) Camping
	(B) Fishing
	(C) Mountaineering
	(D) None of these

Turn Over

	(7)
9.	Sports environment includes :
	(A) To earn money
	(B) Proper infrastructure
	(C) To harm people
	(D) All of these
10.	To keep away from causing harm to any organism
	(A) Ahimsa
	(B) Himsa
	(C) Satya
	(D) Asatya ,
11.	Santosh means:
	(A) Unhappiness
	(B) Displeasure
	(C) Contentment
	(D) Discontent
12.	The distance of steeple chase race for men is:

(D) 3,000 m

(A) 2,000 cm

(B) 2,000 m

(C) 3,000 cm

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13. Position of the body at the marked starting point:
(A) Approach run
(B) Initial stance
(C) Take-off
(D) Flight
14. Weight of Table-tennis Ball is:
(A) 2.7 gm
(B) 2.7 kg
(C) 7.2 gm
(D) 7.2 kg
15. Which of the following causes inflammation and sensitivity of the
small airways in the lungs?
(A) Heat stroke
(B) Heat cramps
(C) Asthma
(D) All of these
16. Rehabilitation of sports injuries include:
(A) Proper warming-up
(B) Proper knowledge of game
(C) Proper rest and recovery
(D) All of these

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Section-B

3 each

17. Why moral values are eroding ?

Or

How to revive value system ?

- 18. Define strength and its types.
- 19. What is limbering down? Write its benefits.
- 20. Explain, how physical education promotes social values ?

Or

Write down the various qualities gained through games and sports.

- 21. Is there any need for proper environment in physical education programme? Give your views. https://www.jkboseonline.com
- 22. Discuss the role of Yoga in the field of games and sports.
- 23. Define relay-races.

Or

Draw a neat and clean diagram of Javelin arena with proper specifications.

24. What can people do to prevent sports related injuries?

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Section-C

5 each

25. In what ways you can improve endurance? Give details of its training method.

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Highlight the main features of Fartlek training and interval training methods.

- 26. What is Socialization? How is socialization achieved through sports?
- 27. What do you mean by environment? Elaborate the essential elements of positive environment.
- 28. What are the salient features of a standard athletic track? Find out the stagger of lane number seven.

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Write down the history of athletics and mention the names of various track and field events.

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