

B-32-X

Roll No.....

Total No. of Questions : 28]

[Total No. of Printed Pages : 8

XIIARJKUT23

9132-X

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 60

SECTION-A

1 each

1. Position of the body at the marked starting point :

(A) Approach run

(B) Initial stance

(C) Take off

(D) Flight

2. Santosh means :

(A) Unhappiness

(B) Displeasure

(C) Contentment

(D) None of these.

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Turn Over

3. The school curriculum should include :
- (A) Moral education
 - (B) Value education
 - (C) Both (A) and (B)
 - (D) None of these
4. In fast continuous training method duration of workout is approximately :
- (A) 12–14 min.
 - (B) 13–15 min.
 - (C) 15–30 min.
 - (D) None of these
5. Who defined “Sociology as science of collective behaviour” ?
- (A) Park and Burgess
 - (B) Aristotle
 - (C) Auguste Comte
 - (D) None of these

6. What is the reason of sports injuries ?
- (A) Error in sports training
 - (B) Improper sports equipment
 - (C) Poor coaching
 - (D) All of these
7. Which elements is essential for making sports environment ?
- (A) Infra-structure
 - (B) Equipment facilities
 - (C) Expert and Players
 - (D) All of these
8. Biotic environment consists of :
- (A) Living things
 - (B) Non-living things
 - (C) External things
 - (D) None of these

9. The term 'First Aid' was officially adopted in England in the year :
- (A) 1879
 - (B) 1876
 - (C) 1880
 - (D) None of these
10. Which cricket team is called "The Kiwis" ?
- (A) Australia
 - (B) South Africa
 - (C) New Zealand
 - (D) None of these
11. Who defined Yoga as evenness of temper ?
- (A) Satyapal
 - (B) Swami Digambarji
 - (C) Geeta
 - (D) None of these

12. Today the dire need of the hour is imparting of moral and education in school.
- (A) Spiritual
 - (B) Immoral
 - (C) Formal
 - (D) None of these
13. Who defined leadership as the capacity to rally people for common purpose ?
- (A) Montgomery
 - (B) Mazumdar
 - (C) R.M. Snodgill
 - (D) None of these
14. Healthy environment is the foundation of good :
- (A) Habit

(B) Wealth

(C) Health

(D) None of these

15. A term which represent the influence of society, community and religion refers to :

(A) Environment

(B) Socialization

(C) Culture

(D) None of these

16. A leader who earns the qualities of leadership by becoming a teacher, administrator or manager is called :

(A) Mature leader

(B) Ring leader

(C) Professional leader

(D) None of these

SECTION-B

17. Why moral values are eroding ?

Or

Write the significance of moral education in present era.

18. Mention the various elements of Yoga and elaborate any two of them.

19. What is Circuit Training ? Prepare six station programme.

20. Briefly express your views on need of environment in Physical Education Programme. <https://www.jkboseonline.com>

Or

Enumerate the essential elements of Sports Environment.

21. Write a brief account of doping in sports.

22. Differentiate between isometric and isotonic exercises.

23. Describe general rules and regulation of cricket.

Or

What are the fundamental skills of shot put throw ? Explain.

24. Explain Fartlek training method of endurance development with the help of examples.

SECTION-C

5 each

25. Explain in detail the role of individual in improvement of environment for prevention of sports related accidents.

Or

Define Sports Environment. Explain the importance of sports environment.

26. Write an essay on "Games and Sports as Man's Cultural Heritage".
27. Explain the components of Physical Fitness.
28. Make a list of fundamental skills of Basketball. Elaborate any *three* defensive skills.

Or

Give a brief history of Athletic and explain the various crouch start skills known to you.