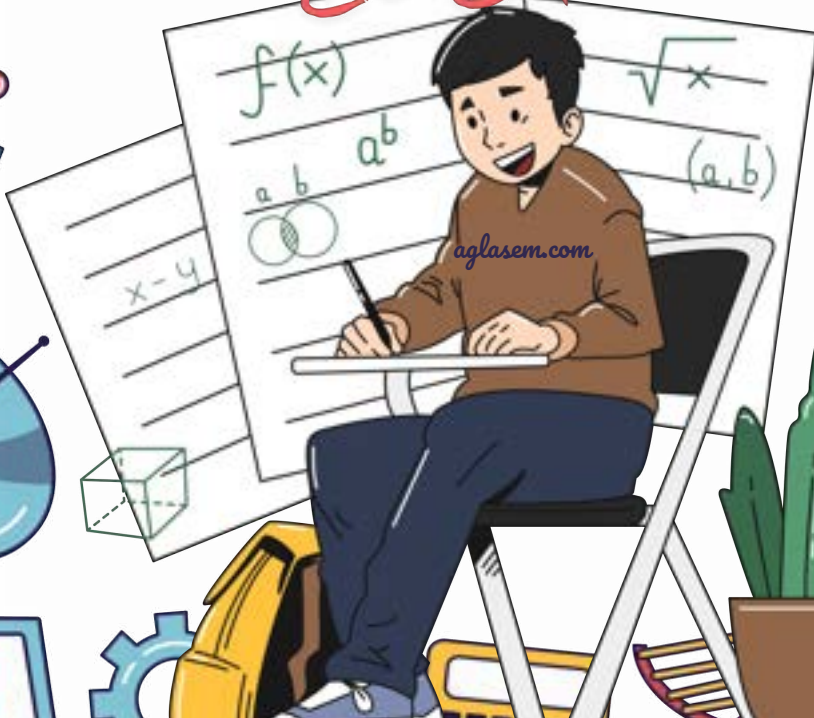




JKBOSE QUESTION PAPERS

Jammu & Kashmir Board of School Education

2024



B-31-Z

Roll No.....

Total No. of Questions : 30]

[Total No. of Printed Pages : 7

12thARM(SZ)JKUT2024

1131-Z

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 70

SECTION-A

1 each

(MULTIPLE CHOICE QUESTIONS)

1. The eligibility to take admission in B.P.Ed. is :

- (A) 10th
- (B) 12th
- (C) Graduation
- (D) M.P.Ed.

2. The length of a badminton court for doubles is :

- (A) 35 feet
- (B) 44 feet
- (C) 48 feet
- (D) None of these



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B-31-Z

Turn Over

B-31-Z

3. Arjuna award carries a cash prize of rupees :
- (A) 1 lack
 - (B) 2 lacks
 - (C) 3 lacks
 - (D) None of these
4. Maulana Abul Kalam Azad Trophy was instituted in the year :
- (A) 1960
 - (B) 1961
 - (C) 1962
 - (D) None of these
5. After how many years Olympic games are held ?
- (A) 3 years
 - (B) 4 years
 - (C) 5 years
 - (D) None of these



6. Which colour of the Olympic ring represents Asian continent ?

(A) Red

(B) Blue

(C) Yellow

(D) None of these

7. Each gram of fat supplies the body with about :

(A) 9 calories

(B) 8 calories

(C) 7 calories

(D) None of these

8. Carbohydrates are the most important source of energy and contain elements like :

(A) Iron and copper

(B) Proteins and vitamins

(C) Oxygen and carbon

(D) None of these



SECTION-B

2 each

(VERY SHORT ANSWER TYPE QUESTIONS)

9. Write any *two* effects of alcohol on individual.

Or

What are the effects of tobacco on individual ?

10. Write in brief the aims of Physical Education.

11. Name the organs involved in Digestive system.

12. What is intrinsic motivation ?

13. Name *two* important National Events.

14. Give *two* definitions of Health Education.

15. Write a short note on Olympic flag.

16. Define obesity. Give its causes.

17. Write a short note on Sprain.

18. What is dislocation ?



SECTION-C

3 each

(SHORT ANSWER TYPE QUESTIONS)

19. Draw and label the Badminton court with required measurements.

Or

Draw and label the men's Kabaddi court with required measurements.

20. Write down the fundamental skills of Handball.

21. Enumerate the avenues of career preparation in the field of Physical Education and sports.

22. Explain the various career options in the field of games and sports.

23. Write about effects of drugs on performance of sports persons.

24. What is Arjuna award and to whom it is awarded ?



25. Write in brief the history and origin of Olympic games.
26. Briefly explain the important components of balanced diet.
27. Mention various types of fracture. Explain any *two* of them.

SECTION-D

5 each

(LONG ANSWER TYPE QUESTIONS)

28. What are the main objectives of Physical Education ? Explain any *two*.

Or

Describe need and significance of physical education in present era.



29. Elaborate muscular system. Discuss the effects of exercises on muscular system.

Or

What is circulatory system ? Discuss the effects of exercises on circulatory system.

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

Or

What is the importance of sports psychology in the field of Physical Education ? Explain.



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