

Roll No.....

Total No. of Questions : 28]

[Total No. of Printed Pages : 14

12thARNKD(W/Z) JKLUT-2025

1129-C

PHYSICAL EDUCATION

Time : 2½ Hours]

[Maximum Marks : 60

Note:- "Attempt any 51 Marks out of 60 Marks".

SECTION-A

(1 mark each)

1. The Roman "Colosseum" was mainly used for:

- (a) Music concerts
- (b) Public speeches
- (c) Wrestling, fighting, and other physical contests
- (d) Olympic swimming events

12thARNKD(W/Z) JKLUT-25-1129-C

Turn Over

2. According to cricket literature, the autobiography *Playing It My Way* was written by:

- (a) Rahul Dravid
- (b) Sachin Tendulkar
- (c) Kapil Dev
- (d) None of the above

3. According to scientists, extreme heat with humidity leads to:

- (a) More stamina
- (b) Heat cramps and stroke
- (c) Stronger muscles
- (d) Extra energy

4. Cardio-respiratory endurance mainly depends on the functioning of:

- (a) Muscles and bones
- (b) Heart and respiratory system
- (c) Ligaments and joints
- (d) Nervous system

5. Match the following

List I (Yoga Limbs)

List II (Meaning)

A. Yama

1. Postures

B. Niyama

2. Breath control

C. Āsana

3. Ethical discipline

D. Prāṇāyāma

4. Rules of personal discipline

Codes:

- (a) A-3, B-4, C-1, D-2
- (b) A-4, B-3, C-2, D-1
- (c) A-1, B-2, C-3, D-4
- (d) A-2, B-1, C-4, D-3

6. Match the following:

List I (Sports Example)

List II (Fitness Component)

A. Marathon

1. Flexibility

B. Weightlifting

2. Speed

C. 100m sprint

3. Maximum strength

D. Gymnastics

4. Endurance

Codes:

(a) A-1, B-2, C-3, D-4

(b) A-2, B-3, C-4, D-1

(c) A-3, B-4, C-1, D-2

(d) A-4, B-3, C-2, D-1

12th ARNKD(W/Z) JKLU T-25-1129-C

7. Match the following:

List I (Substance)

List II (Category)

A. Testosterone

1. Stimulant

B. Ephedrine

2. Cannabinoid

C. Morphine

3. Anabolic steroid

D. THC (Tetrahydrocannabinol)

4. Narcotic

Codes:

(a) A-1, B-2, C-3, D-4

(b) A-2, B-3, C-1, D-4

(c) A-3, B-1, C-4, D-2

(d) A-4, B-2, C-1, D-3

8. Which one of the following is NOT a moral value?

- (a) Brotherhood
- (b) Tolerance
- (c) Terrorism
- (d) Truth

9. Which of the following events is not part of athletics combined events (decathlon)?

- (a) Javelin Throw
- (b) Long Jump
- (c) 400 m race
- (d) Table Tennis singles

✓ 10. Air pollution increases the chances of:

- (a) Weight gain
- (b) Eye and throat damage
- (c) Better immunity
- (d) Muscle strength

✓ 11. Explosive strength is most required in:

- (a) Football matches
- (b) Shot-put and hammer throw
- (c) Long-distance running
- (d) Swimming

12. Games and sports in ancient Greece were held in honour of:

- (a) Zeus
- (b) Apollo
- (c) Poseidon
- (d) Ares

13. Arrange the following in correct order as per Aṣṭāṅga Yoga:

- (a) Pratyāhāra → Dhāraṇā → Dhyāna → Samādhi
- (b) Dhāraṇā → Pratyāhāra → Samādhi → Dhyāna
- (c) Samādhi → Dhyāna → Dhāraṇā → Pratyāhāra
- (d) Dhyāna → Samādhi → Pratyāhāra → Dhāraṇā

14. Which training method uses repeated fast runs with rest intervals?

- (a) Circuit training
- (b) Interval training
- (c) Continuous training
- (d) Fartlek training

15. The inclusion of moral education in the school curriculum will:

- (a) Create stress in students
- (b) Help in character building
- (c) Reduce academic learning
- (d) Only increase homework

16. Which of the following is NOT an objective of First Aid?

- (a) To preserve life
- (b) To prevent the condition from worsening
- (c) To promote recovery
- (d) To perform surgery immediately

SECTION-B

(3 marks each)

17. How does harmony and group cohesion develop through sports?

OR

What is the meaning of sports sociology?

- ✓ 18. How does altitude affect sports performance?
- ✓ 19. List any three skill-related components of physical fitness, along with examples.
- ✓ 20. Define the following basketball terms:

- (a) Travelling
- (b) Dead ball
- (c) Double foul

OR

Explain the following Cricket terms:

- (a) Sledging
- (b) IPL

(c) Tampering

(d) Run-up

(e) No-ball

21. Explain the five advantages of Pranayama.

22. Define Doping. Explain why it is considered unethical in sports.

23. Differentiate between active flexibility and passive flexibility.

OR

Write a short note on isotonic exercises, with suitable examples.

24. Physical education plays an important role in moral development.

“Justify”.

SECTION-C

(5 marks each)

~~25.~~ What role does environment play in the success of Physical education programmes?

OR

Explain how a proper sports environment helps in:

- (a) Avoiding sports injuries
- (b) Encouraging mass participation

~~26.~~ "Discuss the importance of socialization through games and sports".

~~27.~~ Define speed. Explain its types and methods of development.

28. Draw a neat diagram of the shot-put sector with all specifications.

OR

Draw a neat diagram of a javelin runway and its sectors with all specifications.

aglasem