

A-41-B

Roll No.....

Total No. of Questions : 28]

[Total No. of Printed Pages : 7

12thSZARJD22

6041-B

PHYSICAL EDUCATION

Time : 2.10 Hours]

[Maximum Marks : 60

Note :- Attempt All questions.

Section-A

1 each

1. Which of the following is not a type of endurance ?
(A) Aerobic endurance
(~~B~~) Anaerobic endurance
(C) Strength endurance
(D) None of these
2. Which of the following factors influence physical fitness ?
(~~A~~) Diet
(B) Age
(C) Climate
(~~D~~) All of these

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Turn Over

3. Pushing the wall is an example of :
- (A) Isometric exercise
 - ☒ (B) Isotonic exercise
 - (C) Isokinetic exercise
 - (D) Isosystematic exercise
4. The method of training usually used by cross-country runners is :
- (A) Fast pace continuous method
 - (B) Slow pace continuous method
 - ☒ (C) Single pace continuous method
 - (D) Double pace continuous method
5. Which of the following is not a quality of good leader ?
- (A) Loyal
 - (B) Unbiased
 - ☒ (C) Biased
 - (D) Disciplined

6. The need of value education is constantly :
- ☒ (A) Increasing
 - (B) Decreasing
 - (C) Both (A) and (B)
 - (D) None of these
7. Participation in physical education and sports activities inculcates :
- (A) Sympathetic attitude
 - (B) Co-operation
 - (C) Helpfulness
 - ☒ (D) All of these
8. Which of the following is not an essential element of positive environment ?
- (A) Climatic conditions
 - (B) Clean air
 - ☒ (C) Filthy surroundings
 - (D) Low level of noise

9. This is responsible for accidents in schools :
- (A) Safe equipment
 - ~~(B)~~ Ditches and holes in ground
 - (C) Safe class rooms
 - ~~(D)~~ Clean water
10. It is the process of complete constancy of mind :
- (A) Samadhi
 - (B) Dharna
 - (C) Dhyana
 - (D) Brahmacharya
11. Yoga improves :
- (A) Mental stress
 - (B) Physical stress
 - (C) Psychological stress
 - ~~(D)~~ Concentration power
12. Pole vault is a :
- (A) Running event
 - ~~(B)~~ Jumping event
 - (C) Throwing event
 - (D) Hopping event

13. Long step or the length of a step is known as :
☒ (A) Stride
(B) Take-off
(C) Landing
(D) Finish
14. Basketball rings should have inside diameter of :
(A) 44 m
☒ (B) 45 m
(C) 0.45 m
(D) 0.40 m
15. The main cause of dehydration is :
(A) Vomiting
☒ (B) Sweating
☒ (C) Diarrhoea
(D) All of these
16. Diuretics are used to :
(A) Gain weight quickly
☒ (B) Reduce weight quickly
(C) Both (A) and (B)
(D) All of these

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.

Or

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.

Or

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