

(1)

Roll No. ....

**Z-38-A**

[Total No. of Printed Pages : 7]

Total No. of Questions : 30]

**11<sup>th</sup> ARF(SZ) JKUT 2024-25**  
**238-A**

**PHYSICAL EDUCATION**

[Maximum Marks : 70]

Time : 3 Hours]

**Section-A**

**(Multiple Choice Questions)**

1 each

1. The richest source of energy of our body is :

(A) Fat

(B) Vitamins

(C) Protein

(D) Carbohydrate

Turn Over

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**238-A**

**Z-38-A**

2. All the body movements are performed with the help of :

(A) Bones

(B) Skeletal muscles

(C) Legs

(D) None of these

3. Motivation and achievement are :

(A) Interrelated

(B) Interconnected

(C) Interdependent

(D) All of these

4. Health Education provides knowledge of :

(A) Disease

(B) Rehabilitation

(C) Hygiene

(D) All of these

5. Ankle catch in Kabaddi is :

(A) Offensive skill

(B) Attacking skill

☒ (C) Defensive skill

(D) None of these

6. How many points a team gets in the form of Lona ?

☒ (A) 2 points

(B) 4 points

(C) 1 point

(D) None of these

7. Strain is an injury of :

(A) Ligaments

(B) Muscle

(C) Bone

(D) None of these

8. Nicotine is the big enemy of :

(A) Animals

(B) Humans

(C) Vehicles

(D) None of these

### Section-B

(Very Short Answer Type Questions)

2 each

9. Write the meaning of physical education and write any *one* definition.

Or

Explain briefly the term harmonious growth and development.

10. Name the organs involved in digestive system.
11. Explain briefly the types of motivation.
12. Write in brief the importance of Physical Education.
13. How self-assessment helps to choose career ? Justify.
14. Write a short note on Olympic flag.
15. Explain Arjuna Award in brief.
16. Write a short note on Dronacharya Award.
17. Write a short note on Ancient Olympic Game.
18. Explain briefly the terms Abrasion and Contusion.

**Section-C**

**(Short Answer Type Questions)**

**3 each**

19. What is Obesity ? Explain the causes of obesity.

Or

Write the significance of balanced diet in maintaining physical fitness of an individual.

20. Explain all important components of balanced diet.
21. What is Rehabilitation ? Discuss the rehabilitation steps in case of fracture. <https://www.jkboseonline.com>
22. What do you know about Olympic rings and Olympic torch ?
23. Explain how can you make arrangement for Independence day celebration.
24. Explain the various effects of Alcohol on individual, family and community.
25. Explain the aims and objectives of Physical Education.
26. Draw a labelled sketch of human heart.
27. What do you mean by Health Education ? Write down the importance of health education.

**Section-D**

**(Long Answer Type Questions)**

**5 each**

28. What do you mean by Respiration ? Explain the functioning of respiratory system.

Or

Elaborate muscular system in detail. Discuss the effects of exercise on muscular system.

29. Discuss the career options in Physical Education.

Or

Explain the avenues of career preparation in the field of Physical Education.

30. Write the history of Badminton Game and draw the diagram of Badminton Court for singles showing all the dimensions.

Or

Write the history of Kho-Kho game and draw the measurement of Kho-Kho field for junior boys and junior girls.

Roll No. ....

**Z-38-B**

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**11<sup>th</sup> ARF(SZ)JKUT2024-25**  
**238-B**

**PHYSICAL EDUCATION**

Time : 3 Hours]

[Maximum Marks : 70

**Section-A**

**(Multiple Choice Questions)**

1 each

1. Which of the following vitamins can be obtained from Sunlight ?

(A) Vitamin B

(B) Vitamin C

(C) Vitamin D

(D) All of these

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**238-B**

Turn Over

**Z-38-B**

2. Sports psychology is a branch of :
- (A) Biomechanics
  - (B) Geology
  - (C) Biology
  - (D) None of these
3. Achievement is known as :
- (A) Inactivity
  - (B) Physical output
  - (C) Both (A) and (B)
  - (D) None of these
4. What will happen if females take anabolic steroids ?
- (A) Masculine characteristics
  - (B) Feminine characteristics
  - (C) Animal characteristics
  - (D) None of these

5. It is difficult for a Doctor to know about the fracture without :

- (A) Stool examination
- (B) Blood test examination
- (C) X-ray examination
- (D) Urine examination

6. At what distance penalty throw is taken in Handball ?

- (A) 4 m
- (B) 7 m
- (C) 6 m
- (D) None of these

7. What is the duration of Handball game for men ?

- (A) 25-10-25

( 4 )

(B) 30-10-30

(C) 20-10-20

(D) None of these

8. Muscle tear is also known as :

(A) Muscle pull

(B) Muscle rupture

(C) Muscle twist

(D) Simple fracture

#### Section-B

(Very Short Answer Type Questions)

2 each

9. What is neuromuscular coordination ?

Or

✓ What is Organic Fitness ?

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**Z-38-B**

- ✓ 10. Why there is a need of Physical Education for young generation ?
- ✓ 11. Draw the diagram of digestive system and name the various organs of the system.
- ✓ 12. Write down the names of four institutions of Physical Education.
- ✓ 13. Write a short note on Republic Day Celebration.
- ✓ 14. Explain briefly the revival movement of modern Olympic games.
- ✓ 15. Name the various types of fractures.
- ✓ 16. Write a short note on Dronacharya Award.
- ✓ 17. Write a short note on Ancient Olympic Game.
- ✓ 18. Explain briefly the terms Abrasion and Contusion.

### Section-C

(Short Answer Type Questions)

3 each

- ✓ 19. What is Obesity ? Explain the causes of obesity.

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Or

- Write the history of Kho-Kho game and draw the measurement of Kho-Kho field for junior boys and junior girls.

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**238-C**

**PHYSICAL EDUCATION**

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**Section-A**

**(Multiple Choice Questions)**

**1 each**

1. Minerals are :

(A) Inorganic components

(B) Organic components

(C) Physical components

(D) None of these

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**238-C**

**Turn Over**

**Z-38-C**

2. The blood completes its course of circulation in the body approximately in :
- (A) 110 seconds
  - (B) 30 seconds
  - (C) 20 seconds
  - (D) None of these
3. Sports psychology helps in the development of :
- (A) Education level
  - (B) Performance level
  - (C) Competition level
  - (D) All of these
4. The World Health Organisation was constituted in the year :
- (A) 1948
  - (B) 1499
  - (C) 1950
  - (D) None of these

5. What is the maximum weight of Hockey stick ?

(A) 737 gm

(B) 637 gm

(C) 490 gm

(D) None of these

6. The height of goal post in Hockey is :

(A) 8 feet

(B) 7 feet

(C) 4 feet

(D) None of these

7. Muscle pull can be treated by :

(A) Rest

(B) Apply ice

(C) Apply heat

(D) All of these

8. To prevent sports injury we perform :

(A) Warming up

(B) Proper conditioning

(C) Using protective equipments

(D) All of these

### **Section-B**

**(Very Short Answer Type Questions)**

**2 each**

9. Explain in brief the purpose of physical education in schools

**Or**

**What is the modern concept of Physical Education ?**

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**Z-38-C**

10. Write down the functions of circulatory system. ✓
11. What do you mean by Sports Psychology ?
12. Explain in brief the need of physical education to our children.
13. In administration and management what are the various career options in Physical Education.
14. Mention any two venues of Olympic games
15. Mention all the National Sports Award.
16. Write a short note on Dronacharya Award.
17. Write a short note on Ancient Olympic Games
18. Explain briefly the terms Abrasion and Contusion.

**Section-C**

**(Short Answer Type Questions)**

**3 each**

19. What is Obesity ? Explain the causes of obesity.

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**238-C**

**Turn Over**

**Z-38-C**

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