

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.

XIIARJKUT23-9132-X

B-32-X

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.

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XIIARJKUT23

9132-Y

PHYSICAL EDUCATION

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[Maximum Marks : 60

SECTION-A

1 each

1. In the Bunch start the distance between the blocks is :

(A) 20 to 28 inches

(B) 8 to 10 inches

(C) 12 to 18 inches

(D) None of these

2. The term 'AHIMSA' means :

(A) Satya

(B) Non-violence

(C) Asteya

(D) None of these

XIIARJKUT23-9132-Y

B-32-Y

Turn Over

3. In the society which education is required to stop the evil like, exploitation, corruption, aggression and hatred ?

(A) Informal Education

(B) Moral Education

(C) Formal Education

(D) None of these

4. Isotonic exercises were introduced in the year :

(A) 1945

(B) 1946

(C) 1846

(D) None of these

5. Sociology helps in improving :

(A) Sympathy

(B) Respect

(C) Co-operation

(D) All of these

6. The main cause of dehydration is :
- (A) Vomiting
 - (B) Sweating
 - (C) Diarrhoea
 - (D) All of these
7. For positive sports environment play fields should have :
- (A) Ditches and holes
 - (B) Enough noisy
 - (C) Industries around
 - (D) • Enough open space
- Sports environment includes :
- (A) To earn money
 - (B) Proper infrastructure
 - (C) To harm people
 - (D) All of these

9. Which of the following is not a common heat related illness ?
- (A) Dehydration
 - (B) Heatstroke
 - (C) Sunburn
 - (D) Fracture
10. Follow-on is a term used in :
- (A) Football
 - (B) Cricket
 - (C) Hockey •
 - (D) Badminton
11. In Yoga, Kumbhaka is a particular posture of :
- (A) Exhalation of air
 - (B) Inhalation of air
 - (C) Hold the breath
 - (D) None of these

12. The school curriculum should include :

(A) Moral Education

(B) Value Education

(C) Both (A) and (B)

(D) None of these

13. Who defined "Sociology is a Scientific Study of Society" and its social relationship ?

(A) Max Weber

(B) I.F. Ward

(C) Giddings

(D) None of these

14. The process of acquiring social values for the survival of culture is said to be :

(A) Motivation

- (B) Recreation
- (C) Socialisation
- (D) None of these

15. How much points are given in Table Tennis Game ?

- (A) 21
- (B) 25
- (C) 15
- (D) None of these

16. Essential protective equipment must be used by :

- (A) Sportsperson
- (B) Fitness Trainer
- (C) Coaches
- (D) All of these

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B-32-Y

SECTION-B

3 each

17. Why moral values are eroding ?

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Turn Over

SECTION-C

5 each

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D-23-C

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12thARJKLK23

9623-C

PHYSICAL EDUCATION

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[Maximum Marks : 60

SECTION-A

(MULTIPLE CHOICE QUESTIONS)

1 each

1. The time taken by the body to reach maximum speed is called :
(A) Speed
(B) Reaction
(C) Acceleration
(D) None of these
2. Which flexibility is performed, during body is at stationary position ?
(A) Active flexibility
(B) Static flexibility
(C) Passive flexibility
(D) None of these

Turn Over

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D-23-C

3. Training methods are process for enhancing the :
- (A) Activity
 - (B) Performance
 - (C) Sports
 - (D) None of th.
4. Fartlek is a term :
- (A) Swedish
 - (B) Indian
 - (C) England
 - (D) None of these
5. Leadership is the ability to build up :
- (A) Power
 - (B) Attitude
 - (C) Confidence
 - (D) None of these

6. Coliseum warriors were known as :

- (A) Gladiator
- (B) Greece
- (C) Rome
- (D) None of these

7. The word renaissance itself means :

- (A) Birth
- (B) Revival
- (C) Period
- (D) None of these

8. Games and sports as a mode of transmitting the cultural heritage of their :

- (A) Tribes
- (B) Knowledge
- (C) Belief
- (D) None of these

9. Injury of bones is :
- (A) Cramp
 - (B) Fracture
 - (C) Contusion
 - (D) None of these
10. Natural environment consists of surrounding like :
- (A) Road
 - (B) Forest
 - (C) Building
 - (D) None of these
11. The ultimate aim of Yoga is :
- (A) Self-perfection
 - (B) Dhyana
 - (C) Yama
 - (D) None of these

12. Yoga is a science as well as :

- (A) Physical purity**
- (B) Meditation**
- (C) Art of living**
- (D) None of these**

13. The first inclusion of Basketball in Olympic Games held at :

- (A) Japan**
- (B) Berlin**
- (C) America**
- (D) None of these**

14. Table Tennis is popularly known as :

- (A) Ping Pong**
- (B) Sing song**
- (C) Ding Dong**
- (D) None of these**

15. Drugs are used by the sports persons for enhancing their performance is called :
- (A) Doping
 - (B) Medicine
 - (C) Tobacco
 - (D) None of these
16. When a bone crack or break is called :
- (A) Dislocation
 - (B) Sprain
 - (C) Fracture
 - (D) None of these

SECTION-B

(SHORT ANSWER TYPE QUESTIONS)

3 each

17. Explain the following terms :

- (i) Pen hold grip
- (ii) Chop service
- (iii) Shake hand grip

Or

Define the following terms :

- (i) Sweep shot
- (ii) Hook shot
- (iii) Lofted shot

18. Write down the meaning of Sociology.
19. Write down any *four* definitions of Physical Fitness.
20. Explain the cultural heritage in games and sports of India and England.

Or

Write down any *four* definitions of Leadership.

21. Write down the prevention and treatment for Dehydration.
22. Explain the History of Yoga. <https://www.jkb oseonline.com>
23. Write down the types of Environment in detail.

Or

Explain the role of spectator in Sports Environment.

24. Write down the advantages and disadvantages of pace run method.

SECTION-C

(LONG ANSWER TYPE QUESTIONS)

5 ea

25. Explain in detail J.J. Perrine strength training exercise method with the help of diagram.

Or

Explain in detail O'Astrand and Gosta Halner training method with the help of diagram.

26. Write down all the important elements of Positive Environment in detail.
27. Discuss the measurement of Table Tennis in detail and its equipments specification.
28. How can we revive the moral value system in modern sphere ? Discuss in detail.

Or

Discuss Immorality in detail.

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