

B-65-X

Roll No.....

Total No. of Questions : 28

[Total No. of Printed Pages : 8

12thARM(SZ)JKUT2024

1165-X

PHYSICAL EDUCATION

Time : 2½ Hours]

[Maximum Marks : 60

SECTION-A

1 each

(MULTIPLE CHOICE QUESTIONS)

1. Which of the following is isokinetic type exercise ?
(A) Swimming •
(B) Jumping
(C) Throwing
(D) None of these .
2. Who defined sports training as the basic form of preparation of a sportsman ?
(A) Charles R. Lamb
(B) Andrew Selmon
(C) J.F. Cuber
(D) None of these .

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Turn Over

3. Which of the following refer to morality ?

- (A) Socialization •
- (B) Polarization
- (C) Exploitation
- (D) None of these

4. The process of acquiring social value for survival of culture is said to be :

- (A) Motivation
- (B) Recreation
- (C) Socialization •
- (D) None of these

5. Which of the following are short-time activities ?

- (A) Aerobic
- (B) Anaerobic •
- (C) Marathon race
- (D) All of these •

6. Which of the following factors usually does not affect physical fitness ?
- (A) Heredity
 - (B) Stress
 - (C) Diet
 - (D) Dress •
7. The warming-up which is commonly used for a particular activity is called as :
- (A) General warming-up
 - (B) Specific warming-up
 - (C) Both (A) and (B) •
 - (D) None of these
8. "Sociology is a well managed and systematic study of human interactions." This definition was given by :
- (A) Gidding
 - (B) McMillan
 - (C) Durkheim
 - (D) None of these •

9. Which of the following is the Sanskrit root for the etymological derivation of word 'Yoga' ?
- (A) Yug
(B) Yuga .
(C) Yuf •
(D) None of these
10. The word 'Dharna' refers to :
- (A) Development and control of senses
(B) Meditation development•
(C) Superconsciousness
(D) None of these
11. The chemicals which have direct effect over central nervous system and cardiovascular system is said to be :
- (A) Narcotics
(B) Stimulants
(C) Steroids •
(D) None of these

12. Strain is the injury of :

(A) Skin

(B) Bone

(C) Tissue •

(D) None of these

13. 2024 Summer Olympic will be held in Paris, France. It will be which edition ?

(A) 32nd

(B) 33rd •

(C) 34th

(D) None of these

14. Which is the largest cricket stadium of the world ?

(A) Eden Garden

(B) Lord Stadium

(C) Melbourne C. Stadium

(D) None of these •

15. The environment which prevents a sportsman from sports related accidents is called :
- (A) Natural environment
 - (B) External environment
 - (C) Biotic environment
 - (D) None of these •
16. Biotic environment consists of :
- (A) Living thing •
 - (B) Non-living thing
 - (C) External thing
 - (D) None of these

SECTION-B

3 each

(VERY SHORT ANSWER TYPE QUESTIONS)

17. Explain Heat Stroke and Tendonitis.

Or

What is the importance of Sports Medicine ?

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18. Mention the various elements of Yoga and elaborate any *two* of them.
19. Describe any *two* factors affecting the physical fitness.
20. Discuss the importance of sociology in Physical Education.

Or

How games and sports help in promoting national integration ?

21. Write the significance of moral education.
22. Explain any *four* preventive steps for sports related accidents.
23. Write a short note on Athletics. <https://www.jkboseonline.com>

Or

Make a list of the defensive stroke of Table-Tennis and explain.

24. Fartlek means 'Speed play'. Discuss.

SECTION-C

5 each

(SHORT ANSWER TYPE QUESTIONS)

25. Describe the importance of training method in Games and Sports.

Or

Write Isometric and Isotonic exercises in detail. Give its advantages and disadvantages.

26. Explain the concept of sports environment. Describe the essential elements of sports environment.

27. Describe Group Dynamic through Physical Education.

28. Give a brief history of cricket. Explain the fundamental skills of cricket.

Or

Explain fundamental skills of basketball and also draw a labelled diagram of basketball court.

B-65-Y

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1165-Y**

PHYSICAL EDUCATION

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SECTION-A

1 each

(MULTIPLE CHOICE QUESTIONS)

1. Explosive strength is a combination of :
(A) Agility and flexibility
(B) Strength and endurance
(C) Strength and speed
(D) None of these
2. Flexibility exercise performed from stationary position is known as :
(A) Static Flexibility
(B) Dynamic Flexibility
(C) Strength Flexibility
(D) None of these

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B-65-Y**

Turn Over

3. Safe water is the essential element of :
- (A) Sports Environment
 - (B) Natural Environment
 - (C) Positive Environment
 - (D) None of these
4. Protective equipments in sports must be of good quality and according to :
- (A) Fitness
 - (B) Norms
 - (C) Play field
 - (D) System
5. Who defined sociology as the "It is a process of acquiring social value for the survival of culture" ?
- (A) J.F. Cuber
 - (B) Johnson
 - (C) Park and Burgess
 - (D) None of these

6. The capacity to rally the people for common purpose is called :

- (A) Leadership
- (B) Sportsmanship
- (C) Fellowship
- (D) None of these

Which Asana can be practiced immediately after eating food ?

- (A) Vajrasana
- (B) Padmasana
- (C) Paschimottasana
- (D) None of these

8. In Yoga, Kumbhaka is a particular posture of :

- (A) Exhalation of air
- (B) Inhalation of air
- (C) Hold the breath
- (D) None of these

9. Who won 'Golden Bat' Prize in 8th World Cup ?

(A) Ricky Ponting

(B) Sachin Tendulkar

(C) Rahul Dravid

(D) None of these

10. Weight of Basketball is :

(A) 600 to 650 gms-

(B) 625 to 675 gms

(C) 650 to 675 gms

(D) None of these

11. Morality may also defined as synonymous with :

(A) Arrogance <https://www.jkboseonline.com>

(B) Sufferings

(C) Ethics

(D) All of these

12. 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
13. The main cause of dehydration is :
- (A) Vomiting
 - (B) Sweating
 - (C) Diarrhoea
 - (D) All of these
14. Abrasion is the injury of :
- (A) Bone
 - (B) Joint
 - (C) Muscle
 - (D) None of these

15. Which of the following is a concentric type of exercise ?

- (A) Chin up
- (B) Kicking the ball
- (C) Dips
- (D) None of these

16. Isokinetic exercise was introduced by :

- (A) Dr. Lone
- (B) Watkins
- (C) Perrine
- (D) David R. Lamb

SECTION-B

(VERY SHORT ANSWER TYPE QUESTIONS)

17. Give a brief accounts of doping in Sports.

Or

What do you mean by Sprain and Strain ?

18. Mention the various elements of Yoga and elaborate any two of them.

19. Describe any two factors affecting the physical fitness.

20. Discuss the importance of sociology in Physical Education.

Or

How games and sports help in promoting national integration ?

21. Write the significance of moral education.

22. Explain any four preventive steps for sports related accidents.

23. Write a short note on Athletics.

Or

Make a list of the defensive stroke of Table-Tennis and explain.

24. 'Fartlek means 'Speed play'. Discuss.

SECTION-C

(SHORT ANSWER TYPE QUESTIONS)

25. Describe the importance of training method in Games and Sports.

Or

Write Isometric and Isotonic exercises in detail. Give its advantages and disadvantages.

~~26.~~ Explain the concept of sports environment. Describe the essential elements of sports environment.

27. Describe Group Dynamic through Physical Education.

~~28.~~ Give a brief history of cricket. Explain the fundamental skills of cricket.

Or

Explain fundamental skills of basketball and also draw a labelled diagram of basketball court.

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SECTION-A

1 each

(MULTIPLE CHOICE QUESTIONS)

1. Isometric exercise develop :
 - (A) Strength
 - (B) Endurance
 - (C) Speed
 - (D) All of these •
2. The ability to overcome resistance is called :
 - (A) Dynamic Strength
 - (B) Static Strength
 - (C) Strength Endurance •
 - (D) None of these

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B-65-Z

Turn Over

3. Infra-structural setup the essential elements of :
- (A) Positive environment
 - (B) Natural environment
 - (C) Sports environment
 - (D) None of these
4. Which one of the following may hinder sports performance ?
- (A) Safe drinking water
 - (B) Pollution
 - (C) Feasible climatic condition
 - (D) None of these
5. Fartlek training is used to develop :
- (A) Flexibility
 - (B) Strength
 - (C) Endurance
 - (D) None of these

6. Isometric exercise is one in which muscle length is :
- (A) Constant .
 - (B) Shorten
 - (C) Lengthen
 - (D) None of these
7. The word 'Asana' refer to :
- (A) A Yoga Pose or Posture .
 - (B) A Breathing Practice
 - (C) A Relaxation Technique
 - (D) None of these
8. When did the UN General Assembly announce 21st June as the International Yoga Day ?
- (A) 21st June, 2014
 - (B) 11th June, 2014 .
 - (C) 11th December, 2014
 - (D) 21st December, 2014

9. The environment which consists of living things like plants and animals is called :
- (A) External environment
 - (B) Abiotic environment .
 - (C) Biotic environment
 - (D) None of these
10. Who defined sociology as "Science of Collective Behaviour" ?
- (A) J.F. Cuber .
 - (B) Spencer
 - (C) Park and Burgess
 - (D) None of these
11. Parents should tell the children about our culture and
- (A) Value system
 - (B) Attitude
 - (C) Tolerance ,
 - (D) None of these

12. In its normative sense morality refer directly to :

- (A) Good and Bad
- (B) Right and Wrong •
- (C) Both (A) and (B)
- (D) None of these

13. The diameter of discus throwing circle is :

- (A) 1.50 mts
- (B) 2.50 mts •
- (C) 3.50 mts
- (D) None of these

14. Diameter of Basketball ring is :

- (A) 38 cm
- (B) 40 cm •
- (C) 45 cm
- (D) None of these

Turn Ove

- 15.** Which of the following cause inflammation and sensitivity of the small airways in the lungs ?
- (A) Heat stroke
 - (B) Heat cramps
 - (C) Asthama
 - (D) All of these
- 16.** What are the causes of muscle cramps ?
- (A) Salt deficiency
 - (B) Any injury to muscle
 - (C) Hyperventilation
 - (D) All of these

SECTION-B

3 each

(VERY SHORT ANSWER TYPE QUESTIONS)

- 17.** What do you mean by Dehydration ? Give its types.

Or

Write the signs and symptoms of a fracture.

18. Mention the various elements of Yoga and elaborate any *two* of them.
19. Describe any *two* factors affecting the physical fitness.
20. Discuss the importance of sociology in Physical Education.

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