



Roll No.....

Total No. of Questions : 28]

[Total No. of Printed Pages : 7

12thARF(SZ)JKUT2024-25

332-Z

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 60

SECTION-A

1×16=16

(MULTIPLE CHOICE QUESTIONS)

1. The standard distance for a Marathon Race is
(A) 40.195 km
(B) 41.295 km
(C) 42.195 km
(D) 43.195 km
2. The height of the Basketball hoop from the floor is
(A) 3 meters
(B) 3.05 meters
(C) 3.15 meters
(D) 3.2 meters

12thARF(SZ)JKUT2024-25-332-Z

B-32-Z

Turn Over

3. Which component of physical fitness involves the ability to exert maximum force in a short time ?
- (A) Balance
 - (B) Power
 - (C) Flexibility
 - (D) Speed
4. What does physical fitness primarily refer to ?
- (A) Mental strength
 - (B) Physical capabilities of the body
 - (C) Speed only
 - (D) Body weight
5. Which of the following word means showing respect to opponents and teammates in Sports ?
- (A) Sportsmanship
 - (B) Rivalry
 - (C) Dominance
 - (D) None of these
6. Sociology in Physical Education deals with :
- (A) Sports strategies
 - (B) Social behaviour in sports
 - (C) Fitness routines
 - (D) None of these

7. Which text emphasizes that 'Skill in actions is Yoga' ?
- (A) Upanishads
 - (B) Ramayana
 - (C) Mahabharata
 - (D) Bhagavad Gita
8. The practice of Yama involves the principle of :
- (A) Mental exercises
 - (B) Physical flexibility
 - (C) Non-violence and truthfulness
 - (D) Breath control
9. Continuous training is a method credited to which individual ?
- (A) Matveyev
 - (B) Perrine
 - (C) Dr. Ernst van Aaken
10. Which type of training is also known as 'Speed Play' and involves varying speeds during a run ?
- (A) Circuit training
 - (B) Pace races
 - (C) Fartlek training
 - (D) None of these

11. Which of the following is not a focus area of sports medicine ?
- (A) Injury diagnosis and treatment
 - (B) Surgery unrelated to sports
 - (C) Prevention and performance enhancement
 - (D) Physiotherapy for recovery
12. Exercise-Induced Asthma (EIA) is triggered by :
- (A) Emotional Stress
 - (B) Physical Activity
 - (C) High-fat Diet
 - (D) None of these
13. Which of the following is a moral value promoted through Physical Education ?
- (A) Selfishness
 - (B) Teamwork
 - (C) Isolation
 - (D) Disrespect
14. The concept of 'Fair Play' is most closely associated with which of the following ?
- (A) Moral Education
 - (B) Physical Fitness
 - (C) Mental Training
 - (D) None of these

(5)

15. Common illness for sportspersons at high-altitude include :
- (A) Heat Cramps and Heat Stroke
 - (B) Pulmonary Edema and Mountain Sickness
 - (C) Frostbite and Dehydration
 - (D) Muscle Cramps and Fatigue
16. What is a recommended action during extreme heat for safety in sports ?
- (A) Wearing Heavy Clothing
 - (B) Exercising Indoors
 - (C) Consuming Fluids Regularly
 - (D) Avoiding All Sports Activities

SECTION-B

8×3=24

(VERY SHORT ANSWER TYPE QUESTIONS)

17. What are Stimulants and how do they affect an athlete's performance ?

Or

What are various Heat-related problems faced by Sportspersons ?

18. Explain the significance of Asana in Yoga Practice.
19. Explain strength and flexibility as the components of Physical Fitness.

12th ARF(SZ)JKUT2024-25-332-Z
B-32-Z

Turn Over

20. In what ways do games and sports play a role in socializing individuals ?

Or

What is the concept of Group Dynamics ?

21. Mention moral values developed through Physical Education.
22. What are the desirable qualities of a leader ?
23. List any six common terminologies used in Cricket.

Or

Write down the basic skills of Table Tennis.

24. What is the primary objective of warming up before Sports Competitions ? <https://www.jkboseonline.com>

SECTION-C

4×5=20

(SHORT ANSWER TYPE QUESTIONS)

25. Explain Circuit Training. Design a six station workout and describe the advantages.

Or

What is the Fartlek Training Method ? Discuss its structure and benefits.

26. Explain how games and sports are considered Man's cultural heritage.
Provide examples from different countries, including India.
27. How can individuals contribute to reducing the risk of sports-related accidents ?
28. Sketch and label the shot put sector and describe its dimensions.

Or

What are the fundamental skills required to play Basketball ? Explain in detail.

B-32-Y

Roll No.....

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12thARF(SZ)JKUT2024-25

332-Y

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 60

SECTION-A

1×16=16

(MULTIPLE CHOICE QUESTIONS)

1. The men's 100 m world record, held by Usain Bolt, is
(A) 9.72 seconds
(B) 9.58 seconds
(C) 9.65 seconds
(D) None of these
2. Who set a New Olympic Record of 92.27 meters in Men's Javelin throw at the Paris Olympics ?
(A) Arshad Nadeem
(B) Johannes Vetter
(C) Julian Weber
(D) Neeraj Chopra

12thARF(SZ)JKUT2024-25-332-Y

B-32-Y

Turn Over

3. Which factor can affect Physical Fitness ?
 - (A) Height
 - (B) Nutrition
 - (C) Eye color
 - (D) Hair color
4. Which of these is a type of Physical Fitness ?
 - (A) Emotional Fitness
 - (B) Academic Fitness
 - (C) Health related Fitness
 - (D) None of these
5. Which quality is not typically associated with an effective leader ?
 - (A) Integrity
 - (B) Stubbornness
 - (C) Communication skill
 - (D) Confidence
6. What is the key role of Sociology in Sports ?
 - (A) Teamwork
 - (B) Physical Strength
 - (C) Technical Skills
 - (D) None of these

7. What did Maharishi Ved Vyas call Yoga ?
- (A) Skill in action
 - (B) Spiritual Kamdhenu
 - (C) A spiritual discipline
 - (D) None of these
8. Pranayama helps to improve :
- (A) Flexibility
 - (B) Internal purity
 - (C) Heart and Lung Health
 - (D) None of these
9. According to Matveyev (1981), sports training is considered the basic form of preparation for whom ?
- (A) Coaches
 - (B) Spectators
 - (C) Sportsmen
 - (D) Referee
10. Which of the following is an example of an isometric exercise ?
- (A) Squats
 - (B) Push-ups
 - (C) Plank
 - (D) Running

11. Sports Medicine is also known as :
- (A) Occupational Medicine
 - (B) Sports and Exercise Medicine (SEM)
 - (C) General Medicine
 - (D) Physiotherapy
12. One of the symptoms of dehydration is :
- (A) Lethargy
 - (B) Increased appetite
 - (C) Excessive sweating
 - (D) Improved concentration
13. How can Physical Education contribute to Moral Education ?
- (A) Discipline and Teamwork
 - (B) Solely Competition
 - (C) Physical Skills Only
 - (D) Ignoring Rules and Values
14. The term that best represents morality is :
- (A) Arrogance
 - (B) Ethics
 - (C) Sufferings
 - (D) Compassion

15. Hypoxia is a condition that may occur in sportspersons due to :
- (A) Excessive heat
 - (B) High-altitude
 - (C) Dehydration
 - (D) None of these
16. A positive Sports Environment provides opportunities for :
- (A) Fitness
 - (B) Ignoring health
 - (C) Weakness
 - (D) None of these

SECTION-B

8×3=24

(VERY SHORT ANSWER TYPE QUESTIONS)

17. What are Anabolic Steroids and what are their side effects on Sportspersons ?

Or

What is First Aid and what are its key aims in managing Sports Injuries ?

18. Explain the significance of Asana in Yoga Practice.
19. Explain Strength and Flexibility as the components of Physical Fitness.

Turn Over

20. In what ways do games and sports play a role in socializing individuals ?

Or

What is the concept of Group Dynamics ?

21. Mention moral values developed through Physical Education.
22. What are the desirable qualities of a leader ?
23. List any six common terminologies used in Cricket.

Or

Write down the basic skills of Table Tennis.

24. What is the primary objective of warming up before Sports Competitions ? <https://www.jkboseonline.com>

SECTION-C

4×5=20

(SHORT ANSWER TYPE QUESTIONS)

25. Explain Circuit Training. Design a six station workout and describe the advantages.

Or

What is the Fartlek Training Method ? Discuss its structure and benefits.

26. Explain how games and sports are considered Man's cultural heritage. Provide examples from different countries, including India.
27. How can individuals contribute to reducing the risk of sports-related accidents ?
28. Sketch and label the shot put sector and describe its dimensions.

Or

What are the fundamental skills required to play Basketball ? Explain in detail.

B-32-X

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12thARF(SZ)JKUT2024-25

332-X

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 60

SECTION-A

1×16=16

(MULTIPLE CHOICE QUESTIONS)

1. The type of athletic event where participants throw a spear-like object is
(A) Javelin Throw
(B) Shot Put
(C) Discus Throw
(D) None of these
2. A batsman in cricket is declared out if the ball hits the stumps and dislodges
(A) One bail
(B) Both bails
(C) One or both bails
(D) The stumps only

12thARF(SZ)JKUT2024-25-332-X

B-32-X

Turn Over

3. Dynamic strength is also called :
- (A) Static Strength
 - (B) Isotonic Strength
 - (C) Explosive Strength
 - (D) None of these
4. Physical fitness is defined as :
- (A) The ability to perform daily tasks with vigor
 - (B) Only the ability to run long distances
 - (C) The flexibility of joints only
 - (D) The ability to lift heavy weights
5. Which quality is essential for a good leader ?
- (A) Arrogance
 - (B) Humility
 - (C) Impatience
 - (D) None of these
6. Sociology is also referred to as :
- (A) The study of cultures
 - (B) The science of society
 - (C) The science of economics
 - (D) None of these

7. What does Patanjali refer to Yoga as ?
(A) The Unification of mind and body
(B) Attaining the pose
(C) Spiritual Kamdhenu
(D) None of these
8. Leading a life with minimal requirements aligns with :
(A) Ahimsa
(B) Aparigraha
(C) Saucha
(D) Tapa
9. Who is credited with developing the Fartlek training method in 1937 ?
(A) Arthur Lydiard
(B) Gosta Holmer
(C) Dr. Ernst van Aaken
(D) Emil Zatopek
10. What type of exercise is recommended for injured individuals ?
(A) Isometric
(B) Isotonic
(C) Aerobic
(D) None of these

11. Sports Medicine aim to prevent injuries by :
- (A) Ignoring Fitness
 - (B) Training and Stretching
 - (C) Reducing Effort
 - (D) Quick Surgery
12. Tendinitis is commonly treated with all of the following except :
- (A) Ice-therapy
 - (B) Anti-inflammatory drugs
 - (C) Rest
 - (D) Resuming activities immediately
13. Moral Education is enhanced through Sports and Physical Education. Which of the following is also developed through these activities ?
- (A) Friendship
 - (B) Compassion
 - (C) Team Spirit
 - (D) All of these
14. The ability to put oneself in the shoes of others is referred to as :
- (A) Empathy
 - (B) Courage
 - (C) Self-discipline
 - (D) Sympathy

15. Parents can improve Sports Environment by :
- (A) Ignoring Games
 - (B) Providing Emotional Support and Positive Feedback
 - (C) Limiting Involvement in Sports
 - (D) Criticizing other Team Members
16. Exposure to extreme cold may cause conditions such as :
- (A) Heat Exhaustion
 - (B) Dehydration
 - (C) Frostbite
 - (D) None of these

SECTION-B

8×3=24

(VERY SHORT ANSWER TYPE QUESTIONS)

17. What are diuretics and why are they used in Sports ?

Or

What is the R.I.C.E. Method and how does it help treat sports injuries ?

18. Explain the significance of Asana in Yoga Practice.
19. Explain Strength and Flexibility as the components of Physical Fitness.

Turn Over

20. In what ways do games and sports play a role in socializing individuals ?

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SECTION-C

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What are the fundamental skills required to play Basketball ? Explain in detail.

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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

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

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". <https://www.jkboseonline.com>

~~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.
