

A-39-B

Roll No.....

Total No. of Questions : 21]

[Total No. of Printed Pages : 4

X1RKDO18

20839-B

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 70

(Long Answer Type Questions)

5 each

1. Define Physical Education. Explain its aims and objectives in detail.

Or

Describe need and significance of physical education in present era.

2. Explain the mechanism of gas movement in respiratory zone.

Or

How respiratory system works with other systems to supply food and oxygen in living cells of the body ? Discuss.

3. What is the importance of sports psychology in the field of physical education ? Explain.

Or

Elucidate the significance of achievement and motivation in the games and sports.

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4. Describe main characteristics of a trained health educator.

Or

Enumerate the evil effects of tobacco on the performance of sports persons.

(Short Answer Type Questions)

3 each

5. ✓ Briefly explain the placement avenues in the field of physical education.
6. What are the educational requirements for entering in a physical education career ? Explain.
7. Write down the significance of Independence day and Republic day in brief.
8. Mention various prestigious sports awards and explain any one award.
9. ✓ Draw and label the kho-kho field with required measurements.
10. ✓ Give a brief account of modern olympic games.
11. Write short notes on olympic flag and olympic torch.
12. ✓ Briefly explain the important components of balanced diet.

(Very Short Answer Type Questions)

2 each

13. ✓ Define Obesity. Give its causes.
14. ✓ What do you mean by Fracture ? Write its types.
15. ✓ Briefly explain the symptoms of fracture.

16. Give a brief description of offensive skills in Hockey.
17. What do you understand by concept of physical education ?
18. Write a brief note on mechanism of circulation of blood.
19. Elaborate the term sportsman spirit.
20. Write about effects of drugs on performance of sports persons in brief.

(Multiple Choice Type Questions)

21. (A) Fill in the blanks with appropriate answers of the following questions : 1 each
- (i) The state college of physical education is situated at
- (ii) In Handball a player works in air is called
- (iii) The game Kabaddi is also called as in western India.
- (iv) hosted 2012 Olympic games.
- (v) Rajiv Gandhi Khel Ratna award was instituted in the year
..... . <https://www.jkboseonline.com>

- (B) Choose the most appropriate answers of the following questions : 1 each

(i) An individual weekly needs a moderate exercise of :

- (A) 150 minutes (B) 200 minutes
- (C) 250 minutes (D) None of these

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(ii) Fats are used as a source of :

(A) Fitness

(B) Strength

(C) Energy

(D) None of these

(iii) Contusion is the injury of :

(A) Bone

(B) Joint

(C) Tendon

(D) None of these

(iv) Sprain is the injury of :

(A) Muscle

(B) Ligament

(C) Tissue

(D) None of these

(v) Fracture is the injury of :

(A) Tendon

(B) Tissue

(C) Ligament

(D) None of these