

**B-65-Z**

Roll No.....

Total No. of Questions : 28]

[Total No. of Printed Pages : 8

**12<sup>th</sup>ARM(SZ)JKUT2024**  
**1165-Z**  
**PHYSICAL EDUCATION**

Time : 2½ Hours]

[Maximum Marks : 60

**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

12<sup>th</sup>ARM(SZ)JKUT2024-1165-Z

**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 Over

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.

12<sup>th</sup>ARM(SZ)JKUT2024-1165-Z

**B-65-Z**

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**

**(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.