

B-38-Z

Roll No.....

Total No. of Questions : 18]

[Total No. of Printed Pages : 4

XIIKDRO/N19

24838-Z

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 60

(Long Answer Type Questions)

5 each

1. Specify the role of Sociology in sports. How Physical Education Programme leads to leadership and value education ?

Or

Explain in detail the games and sports as man's cultural heritage.

2. What is the role of Yoga in sports with specific reference to Asanas, Pranayam and Meditation ?

Or

Explain the Ashtanga Yoga in detail.

3. Give the history of Athletics. Write down the various Athletic events conducted in 400 m track.

Or

- Write the history of cricket and draw the clean diagram of cricket pitch showing its all crease marking.

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Turn Over

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(Short Answer Type Questions)

3 each

4. Discuss the role of aerobic endurance in Physical Fitness.
5. Elaborate the continuous training method.
6. Explain need of Moral Education in the modern sphere.
7. Discuss the essential elements of Positive Sports Environment.
8. How would you prevent sports related accidents ?
9. Write a brief account of doping in Sports.
10. Give an elaborate account of Fartlek training.

(Very Short Answer Type Questions)

2 each

11. Briefly write about any *four* values of Moral Education.
12. Write the fundamental skills of Basketball and explain any of the offensive skills.
13. Define speed and strength abilities as the components of Physical fitness.
14. Give some advantages of circuit training method.
15. Write a short note on tendonitis.

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16. What are the various elements of sports environment ?

17. Write *two* definition of Sociology.

(Multiple Choice Type Questions)

18. (a) Choose the correct/most appropriate answer of the following questions :

(i) Length of Javeline for women is :

- (A) 2.20-2.30 m (B) 2.40-2.50 m
(C) 2.60-2.70 m (D) None of these

(ii) Who define, Sports training as the basic form of preparation as sportsman is : <https://www.jkboseonline.com>

- (A) Martin (B) Charles R. Lamb
(C) Andrew Selnow (D) None of these

(iii) Which of the following exercise is isotonic type ?

- (A) Running (B) Jumping
(C) Weight Lifting (D) None of these

(b) Fill in the blanks with appropriate answer :

(iv) Sports environment is combination of and man-made environment.

(v) Rope climbing is a exercise.

(vi) Athletic were included in modern Olympic in the years

(c) Choose the correct/most appropriate answer and write in your answer books :

(vii) Mature leader is not like a Political Leader. (True/False)

(viii) Intra-structural set up is one of the essential element of sports environment. (True/False)

(d) Answer the following questions in a few words *or* a sentence *or* as may be required :

(ix) What is role of Sociology in sports ?

(x) Give the *two* defensive strokes of Table Tennis.