

A-41-A

Roll No.

Total No. of Questions : 28]

[Total No. of Printed Pages : 7

12thSZARJD22

6041-A

PHYSICAL EDUCATION

Time : 2.10 Hours]

[Maximum Marks : 60

Note :- Attempt All questions.

Section-A

1 each

1. Dynamic strength is also known as :

- (A) Isotonic strength
- (B) Isometric strength
- (C) Mesotonic strength
- (D) Microtonic strength

2. Flexibility exercises performed from stationary position is known as :

- (A) Static flexibility
- (B) Dynamic flexibility
- (C) Strength flexibility
- (D) Speed flexibility

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Turn Over

3. This kind of warming-up prepares the body to take the load of physical stress of training in competition.
- (A) Mental warming-up
 - (B) Psychological warming-up
 - (C) Physiological warming-up
 - (D) None of these
4. Isotonic exercises were introduced in the year :
- (A) 1945
 - (B) 1946
 - (C) 1845
 - (D) 1846
5. The leaders with voluntary service are known as :
- (A) Mature leaders
 - (B) Amateur leaders
 - (C) Political leaders
 - (D) Powerful leaders

6. **Morality may also defined as synonymous with :**
- (A) **Arrogance**
 - (B) **Sufferings**
 - (C) **Ethics**
 - (D) **All of these**
7. **The school curriculum should include :**
- (A) **Moral education**
 - (B) **Value education**
 - (C) **Both (A) and (B)**
 - (D) **None of these**
8. **Which of the following is not a leisure time activity ?**
- (A) **Camping**
 - (B) **Fishing**
 - (C) **Mountaineering**
 - (D) **None of these**

9. Sports environment includes :
- (A) To earn money
 - (B) Proper infrastructure
 - (C) To harm people
 - (D) All of these
10. To keep away from causing harm to any organism :
- (A) Ahimsa
 - (B) Himsa
 - (C) Satya
 - (D) Asatya
11. Santosh means :
- (A) Unhappiness
 - (B) Displeasure
 - (C) Contentment
 - (D) Discontent
12. The distance of steeple chase race for men is :
- (A) 2,000 cm
 - (B) 2,000 m
 - (C) 3,000 cm
 - (D) 3,000 m

13. Position of the body at the marked starting point :
- (A) Approach run
 - (B) Initial stance
 - (C) Take-off
 - (D) Flight
14. Weight of Table-tennis Ball is :
- (A) 2.7 gm
 - (B) 2.7 kg
 - (C) 7.2 gm
 - (D) 7.2 kg
15. Which of the following causes inflammation and sensitivity of the small airways in the lungs ?
- (A) Heat stroke
 - (B) Heat cramps
 - (C) Asthma
 - (D) All of these
16. Rehabilitation of sports injuries include :
- (A) Proper warming-up
 - (B) Proper knowledge of game
 - (C) Proper rest and recovery
 - (D) All of these

Section-B

3 each

17. Why moral values are eroding ?

Or

How to revive value system ?

18. Define strength and its types.

19. What is limbering down ? Write its benefits.

20. Explain, how physical education promotes social values ?

Or

Write down the various qualities gained through games and sports.

21. Is there any need for proper environment in physical education programme ? Give your views. <https://www.jkboseonline.com>

22. Discuss the role of Yoga in the field of games and sports.

23. Define relay-races.

Or

Draw a neat and clean diagram of Javelin arena with proper specifications.

24. What can people do to prevent sports related injuries ?

Section-C

5 each

25. In what ways you can improve endurance ? Give details of its training method.

Or

Highlight the main features of Fartlek training and interval training methods.

26. What is Socialization ? How is socialization achieved through sports ?

27. What do you mean by environment ? Elaborate the essential elements of positive environment.

28. What are the salient features of a standard athletic track ? Find out the stagger of lane number seven.

Or

Write down the history of athletics and mention the names of various track and field events.

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