

32-1
Total No. of Questions : 28]

[Total No. of Printed Pages : 8

XIIARJKUT23

9132-Y

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 60

SECTION-A

1 each

1. In the Bunch start the distance between the blocks is :

(A) 20 to 28 inches

(B) 8 to 10 inches

(C) 12 to 18 inches

(D) None of these

2. The term 'AHIMSA' means :

(A) Satya

(B) Non-violence

(C) Asteya

(D) None of these

XIIARJKUT23-9132-Y

B-32-Y

Turn Over

3. In the society which education is required to stop the evil like, exploitation, corruption, aggression and hatred ?

(A) Informal Education

(B) Moral Education

(C) Formal Education

(D) None of these

4. Isotonic exercises were introduced in the year :

(A) 1945

(B) 1946

(C) 1846

(D) None of these

5. Sociology helps in improving :

(A) Sympathy

(B) Respect

(C) Co-operation

(D) All of these

6. The main cause of dehydration is :

(A) Vomiting

(B) Sweating

(C) Diarrhoea

(D) All of these

7. For positive sports environment play fields should have :

(A) Ditches and holes

(B) Enough noisy

(C) Industries around

(D) Enough open space

8. Sports environment includes :

(A) To earn money

(B) Proper infrastructure

(C) To harm people

(D) All of these

9. Which of the following is not a common heat related illness ?
- (A) Dehydration
 - (B) Heatstroke
 - (C) Sunburn
 - (D) Fracture
10. Follow-on is a term used in :
- (A) Football
 - (B) Cricket
 - (C) Hockey
 - (D) Badminton
11. In Yoga, Kumbhaka is a particular posture of :
- (A) Exhalation of air
 - (B) Inhalation of air
 - (C) Hold the breath
 - (D) None of these

12. The school curriculum should include :

(A) Moral Education

(B) Value Education

(C) Both (A) and (B)

(D) None of these

13. Who defined "Sociology is a Scientific Study of Society" and its social relationship ?

(A) Max Weber

(B) I.F. Ward

(C) Giddings

(D) None of these

14. The process of acquiring social values for the survival of culture is said to be :

(A) Motivation

(B) Recreation

• (C) Socialisation

(D) None of these

15. How much points are given in Table Tennis Game ?

(A) 21

(B) 25

(C) 15

(D) None of these

16. Essential protective equipment must be used by :

(A) Sportsperson

(B) Fitness Trainer

(C) Coaches

(D) All of these

XIIARJKUT23-9132-Y

B-32-Y

SECTION-B

3 each

17. Why moral values are eroding ?

Or

Write the significance of moral education in present era.

18. Mention the various elements of Yoga and elaborate any *two* of them.

19. What is Circuit Training ? Prepare six station programme.

20. Briefly express your views on need of environment in Physical Education Programme.

Or

Enumerate the essential elements of Sports Environment.

21. Write a brief account of doping in sports.

22. Differentiate between isometric and isotonic exercises.

23. Describe general rules and regulation of cricket.

Or

What are the fundamental skills of shot put throw ? Explain.

24. Explain Fartlek training method of endurance development with the help of examples.

Turn Over

SECTION-C

5 each

25. Explain in detail the role of individual in improvement of environment for prevention of sports related accidents.

Or

Define Sports Environment. Explain the importance of sports environment.

26. Write an essay on "Games and Sports as Man's Cultural Heritage".
27. Explain the components of Physical Fitness.
28. Make a list of fundamental skills of Basketball. Elaborate any *three* defensive skills.

Or

Give a brief history of Athletic and explain the various crouch start skills known to you.

XIIARJKUT23-9132-Y

B-32-Y