

B-32-X

Roll No.....

Total No. of Questions : 28]

[Total No. of Printed Pages : 8

XIIARJKUT23

9132-X

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 60

SECTION-A

1 each

1. Position of the body at the marked starting point :

(A) Approach run

(B) Initial stance

(C) Take off

(D) Flight

2. Santosh means :

(A) Unhappiness

(B) Displeasure

(C) Contentment

(D) None of these.

XIIARJKUT23-9132-X

B-32-X

Turn Over

3. The school curriculum should include :
- (A) Moral education
 - (B) Value education
 - (C) Both (A) and (B)
 - (D) None of these
4. In fast continuous training method duration of workout is approximately :
- (A) 12–14 min.
 - (B) 13–15 min.
 - (C) 15–30 min.
 - (D) None of these
5. Who defined "Sociology as science of collective behaviour" ?
- (A) Park and Burgess
 - (B) Aristotle
 - (C) Auguste Comte
 - (D) None of these

6. What is the reason of sports injuries ?
- (A) Error in sports training
 - (B) Improper sports equipment
 - (C) Poor coaching
 - (D) All of these
7. Which elements is essential for making sports environment ?
- (A) Infra-structure
 - (B) Equipment facilities
 - (C) Expert and Players
 - (D) All of these
8. Biotic environment consists of :
- (A) Living things
 - (B) Non-living things
 - (C) External things
 - (D) None of these

9. The term 'First Aid' was officially adopted in England in the year :
- (A) 1879
 - (B) 1876
 - (C) 1880
 - (D) None of these
10. Which cricket team is called "The Kiwis" ?
- (A) Australia
 - (B) South Africa
 - (C) New Zealand
 - (D) None of these
11. Who defined Yoga as evenness of temper ?
- (A) Satyapal
 - (B) Swami Digambarji
 - (C) Geeta
 - (D) None of these

12. Today the dire need of the hour is imparting of moral and education in school.
- (A) Spiritual
 - (B) Immoral
 - (C) Formal
 - (D) None of these
13. Who defined leadership as the capacity to rally people for common purpose ?
- (A) Montgomery
 - (B) Mazumdar
 - (C) R.M. Snodgill
 - (D) None of these
14. Healthy environment is the foundation of good :
- (A) Habit

(B) Wealth

(C) Health

(D) None of these

15. A term which represent the influence of society, community and religion refers to :

(A) Environment

(B) Socialization

(C) Culture

(D) None of these

16. A leader who earns the qualities of leadership by becoming a teacher, administrator or manager is called :

(A) Mature leader

(B) Ring leader

(C) Professional leader

(D) None of these

SECTION-B

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. <https://www.jkbboseonline.com>

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.

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.

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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

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

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SECTION-C

5 each

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XIIARJKUT23-9132-Y

B-32-Y

D-23-C

Roll No.....

Total No. of Questions : 28]

[Total No. of Printed Pages : 8

12th ARJKLK23

9623-C

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 60

SECTION-A

(MULTIPLE CHOICE QUESTIONS)

1 each

1. The time taken by the body to reach maximum speed is called :
 - (A) Speed
 - (B) Reaction
 - (C) Acceleration
 - (D) None of these

2. Which flexibility is performed, during body is at stationary position ?
 - (A) Active flexibility
 - (B) Static flexibility
 - (C) Passive flexibility
 - (D) None of these

Turn Over

12th ARJKLK23-9623-C

D-23-C

3. Training methods are process for enhancing the :
- (A) Activity
 - (B) Performance
 - (C) Sports
 - (D) None of th.
4. Fartlek is a term :
- (A) Swedish
 - (B) Indian
 - (C) England
 - (D) None of these
5. Leadership is the ability to build up :
- (A) Power
 - (B) Attitude
 - (C) Confidence
 - (D) None of these

6. Coliseum warriors were known as :

- (A) Gladiator
- (B) Greece
- (C) Rome
- (D) None of these

7. The word renaissance itself means :

- (A) Birth
- (B) Revival
- (C) Period
- (D) None of these

8. Games and sports as a mode of transmitting the cultural heritage of their :

- (A) Tribes
- (B) Knowledge
- (C) Belief
- (D) None of these

9. Injury of bones is :
- (A) Cramp
 - (B) Fracture
 - (C) Contusion
 - (D) None of these
10. Natural environment consists of surrounding like :
- (A) Road
 - (B) Forest
 - (C) Building
 - (D) None of these
11. The ultimate aim of Yoga is :
- (A) Self-perfection
 - (B) Dhyana
 - (C) Yama
 - (D) None of these

12th AFJKLK23-9623-C

D-23-C

12. Yoga is a science as well as :

(A) Physical purity

(B) Meditation

(C) Art of living

(D) None of these

13. The first inclusion of Basketball in Olympic Games held at :

(A) Japan

(B) Berlin

(C) America

(D) None of these

14. Table Tennis is popularly known as :

(A) Ping Pong

(B) Sing song

(C) Ding Dong

(D) None of these

15. Drugs are used by the sports persons for enhancing their performance is called :
- (A) Doping
 - (B) Medicine
 - (C) Tobacco
 - (D) None of these
16. When a bone crack or break is called :
- (A) Dislocation
 - (B) Sprain
 - (C) Fracture
 - (D) None of these

SECTION-B

(SHORT ANSWER TYPE QUESTIONS)

3 each

17. Explain the following terms :

- (i) Pen hold grip
- (ii) Chop service
- (iii) Shake hand grip

Or

Define the following terms :

- (i) Sweep shot
- (ii) Hook shot
- (iii) Lofted shot

18. Write down the meaning of Sociology.
19. Write down any *four* definitions of Physical Fitness
20. Explain the cultural heritage in games and sports of India and England.

Or

Write down any *four* definitions of Leadership.

21. Write down the prevention and treatment for Dehydration.
22. Explain the History of Yoga. <https://www.jkboseonline.com>
23. Write down the types of Environment in detail.

Or

Explain the role of spectator in Sports Environment.

24. Write down the advantages and disadvantages of pace run method.

SECTION-C

(LONG ANSWER TYPE QUESTIONS)

25. Explain in detail J.J. Perrine strength training exercise method with the help of diagram. 5 marks

Or

Explain in detail O'Astrand and Gosta Halner training method with the help of diagram.

26. Write down all the important elements of Positive Environment in detail.
- 27: Discuss the measurement of Table Tennis in detail and its equipments specification.
28. How can we revive the moral value system in modern sphere ?
Discuss in detail.

Or

Discuss Immorality in detail.

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12th ARJKLK23-9623-C

D-23-C

A-41-B

Roll No.....

Total No. of Questions : 28]

[Total No. of Printed Pages : 7

12thSZARJD22

6041-B

PHYSICAL EDUCATION

Time : 2.10 Hours]

[Maximum Marks : 60

Note :- Attempt All questions.

Section-A

1 each

1. Which of the following is not a type of endurance ?
(A) Aerobic endurance
(~~B~~) Anaerobic endurance
(C) Strength endurance
(D) None of these
2. Which of the following factors influence physical fitness ?
(~~A~~) Diet
(B) Age
(C) Climate
(~~D~~) All of these

12thSZARJD22--6041-B

Turn Over

A-41-B

3. Pushing the wall is an example of :
- (A) Isometric exercise
 - ~~(B) Isotonic exercise~~
 - (C) Isokinetic exercise
 - (D) Isosystematic exercise
4. The method of training usually used by cross-country runners is :
- (A) Fast pace continuous method
 - (B) Slow pace continuous method
 - ~~(C) Single pace continuous method~~
 - (D) Double pace continuous method
5. Which of the following is not a quality of good leader ?
- (A) Loyal
 - (B) Unbiased
 - ~~(C) Biased~~
 - (D) Disciplined

6. The need of value education is constantly :
- ~~(A)~~ Increasing
 - (B) Decreasing
 - (C) Both (A) and (B)
 - (D) None of these
7. Participation in physical education and sports activities inculcates :
- (A) Sympathetic attitude
 - (B) Co-operation
 - (C) Helpfulness
 - ~~(D)~~ All of these
8. Which of the following is not an essential element of positive environment ?
- (A) Climatic conditions
 - (B) Clean air
 - ~~(C)~~ Filthy surroundings
 - (D) Low level of noise

9. This is responsible for accidents in schools :
- (A) Safe equipment
 - ~~(B)~~ Ditches and holes in ground
 - (C) Safe class rooms
 - ~~(D)~~ Clean water
10. It is the process of complete constancy of mind :
- (A) Samadhi
 - (B) Dharna
 - (C) Dhyana
 - (D) Brahmacharya
11. Yoga improves :
- (A) Mental stress
 - (B) Physical stress
 - (C) Psychological stress
 - ~~(D)~~ Concentration power
12. Pole vault is a :
- (A) Running event
 - ~~(B)~~ Jumping event
 - (C) Throwing event
 - (D) Hopping event

13. Long step or the length of a step is known as :
- ~~(A)~~ Stride
 - (B) Take-off
 - (C) Landing
 - (D) Finish
14. Basketball rings should have inside diameter of :
- (A) 44 m
 - ~~(B)~~ 45 m
 - (C) 0.45 m
 - (D) 0.40 m
15. The main cause of dehydration is :
- (A) Vomiting
 - ~~(B)~~ Sweating
 - ~~(C)~~ Diarrhoea
 - (D) All of these
16. Diuretics are used to :
- (A) Gain weight quickly
 - ~~(B)~~ Reduce weight quickly
 - (C) Both (A) and (B)
 - (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

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.

A-41-B

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12thSZARJD22

6041-B

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12thSZARJD22--6041-B

Turn Over

A-41-B

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Section-B

3 each

17/ Why moral values are eroding ?

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How to revive value system ?

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20. Explain, how physical education promotes social values ?

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Write down the various qualities gained through games and sports.

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

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

12thSZARJD22-6041-B

A-41-B

Section-C

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

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A-41-C

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12thSZARJD22

6041-C

PHYSICAL EDUCATION

Time : 2.10 Hours]

[Maximum Marks : 60

Note :- Attempt All questions.

Section-A

1 each

1. Explosive strength is a combination of :

- (A) Agility and flexibility
- (B) Strength and endurance
- (C) Strength and speed
- (D) None of these

2. Proper training increases :

- (A) Physical inefficiency
- (B) Physical efficiency
- (C) Physical weakness
- (D) Mental weakness

12thSZARJD22-6041-C

A-41-C

Turn Over

3. Fartlek is a 'Swedish' term which means :

- (A) Speed play
- (B) Slow play
- (C) Best play
- (D) Better play

4. Scientific arrangement of exercises performed systematically is known as :

- (A) Fartlek training
- (B) Interval training
- (C) Internal training
- (D) Circuit training

5. Sociology helps in improving :

- (A) Sympathy
- (B) Co-operation
- (C) Respect
- (D) All of these

6. In its normative sense morality refers directly to :
- (A) Good and bad
 - (B) Right and wrong
 - ~~(C) Both (A) and (B)~~
 - (D) None of these
7. Effective value education in schools and colleges will help students to understand :
- (A) Responsibility
 - (B) Dishonesty
 - (C) Disrespect
 - (D) Irresponsibility
8. For positive sports environment play fields should have :
- (A) Ditches and holes
 - (B) Enough noisy
 - (C) Industries around
 - ~~(D) Enough open space~~

9. Essential protective equipments must be used by :
- (A) Sportspersons
 - (B) Coaches
 - (C) Fitness trainers
 - (D) All of these
10. Satya means :
- (A) Truthfulness
 - (B) Diet
 - (C) Hygiene
 - (D) None of these
11. The main aim of Yoga is :
- (A) Control over mind
 - (B) Control over opponent
 - (C) Control over enemy
 - (D) None of these
12. How many field events are there in athletics ?
- (A) 4
 - (B) 6
 - (C) 8
 - (D) 10

13. Falling in a pit is :

- (A) Take-off
- (B) Approach run
- (C) Flight
- (D) Landing

14. Follow-on is a term used in :

- (A) Football
- (B) Cricket
- (C) Hockey
- (D) Badminton

15. The best treatment for stress fracture is :

- (A) Sauna bath
- (B) Rest
- (C) X-ray
- (D) Jumping

16. Which of the following is not a common Heat-related Illness ?

- (A) Dehydration
- (B) Heat stroke
- (C) Sunburn
- (D) Fracture

Section-B

3 each

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B-54-B

Roll No.

Total No. of Questions : 28]

[Total No. of Printed Pages : 8

XIIKDAR21

5054-B

PHYSICAL EDUCATION

Time : 2.10 Hours]

[Maximum Marks : 60

Section-A

1 each

1. The ability to sustain or continue activity is called :
 - (A) Endurance
 - (B) Speed
 - (C) Flexibility
 - (D) None of these
2. The time taken by the body to reach to the maximum speed is called :
 - (A) Reaction time
 - (B) Acceleration
 - (C) Speed
 - (D) None of these

XIIKDAR21-5054-B

B-54-B

Turn Over

3. Who says, "Sports training is the basic form of preparation of a sportsman ?"
- (A) Martin
- (B) Hardiyal Singh
- (C) Mathew
- (D) None of these
4. Endurance is an ability to resist against :
- (A) Fatigue
- (B) Flexibility
- (C) Strength
- (D) None of these
5. Sociology is the youngest discipline among the :
- (A) Physical Sciences
- (B) Social Sciences
- (C) Chemical Sciences
- (D) None of these

6. Leadership is the ability to build up :
- (A) Confidence
 - (B) Power
 - (C) Stress
 - (D) None of these
7. Moral Education is the necessity of the hour in :
- (A) Dark age
 - (B) Present age
 - (C) Ancient age
 - (D) None of these
8. Each and every person belief or worship one :
- (A) God
 - (B) Good
 - (C) Code
 - (D) None of these

9. Natural Environment consists of surrounding like :

(A) Forest, Rocks, Plants

(B) Buildings, Roads, Bridges

(C) Industries, Schools, Colleges

(D) None of these

10. Protective equipment must be used during sports activity by :

(A) Non-sports person

(B) Sports person

(C) People

(D) None of these

11. Dharna refers to :

(A) Development and control of senses

(B) Meditation development

(C) Superconsciousness

(D) None of these

12. Today man is not living in happy state of :

- (A) Yoga
- (B) Mind
- (C) Brain
- (D) None of these

13. Length of cricket bat is :

- (A) 40 inches
- (B) 36 inches
- (C) 38 inches
- (D) None of these

14. The bowler gets three wickets in three consecutive ball is called :

- (A) Duck <https://www.jkboseonline.com>
- (B) Century
- (C) Hat trick
- (D) None of these

15. Who says, "Sports medicine is the biological of man in motion ?"

(A) Porte

(B) Couert

(C) Z. Appall

(D) None of these

16. Growth hormones are used for inceasing the :

(A) Muscle mass

(B) Pain killer

(C) Beta blockers

(D) None of these

Section-B

3 each

17. Write down the differences between Aerobic and Anaerobic means of physical fitness.

Or

~ Explain the principles which helps in developing of physical fitness.

18. Why moral values are eroding in modern sphere ?
19. Write down the differences between Asana and Exercise.
20. How can we prevent heat related illness ? Explain in detail.

Or

Write down the prevention and treatment of Exercise Induced Asthma.

21. Write down any *three* definitions of training method.
22. Explain the student leadership qualities.
23. Draw a neat and clean diagram of Basketball Court with measurement.

Or

Write down the rules and regulations of Basketball.

24. Write down the meaning of Sports Environment.

Section-C

5 each

25. Explain Fartlek training method in detail with the help of diagram.

Or

What is Continuous Training Method ? Explain its purpose, advantages and disadvantages.

26. Write down the importances of Sociology in Physical Education and Sports.
27. Explain the role of spectator and media in sports environment.
28. Write down the history of Table Tennis.

Or

Write down the fundamental skills of Table Tennis.

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B-54-B

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B-54-C

Roll No.

Total No. of Questions : 28]

[Total No. of Printed Pages : 8

XIIKDAR21

5054-C

PHYSICAL EDUCATION

Time : 2.10 Hours]

[Maximum Marks : 60

Section-A

1 each

1. A physical fit person perform his job :
 - (A) Happily
 - (B) Efficiently
 - (C) Effectively
 - (D) None of these

2. Dynamic strength is also known as :
 - (A) Explosive strength
 - (B) Static strength
 - (C) Isotonic strength
 - (D) None of these

XIIKDAR21-5054-C

Turn Over

B-54-C

3. The training is a process of preparing an individual for any :
- (A) Activity
 - (B) Scheme
 - (C) Strategy
 - (D) None of these
4. Endurance is one of the most important factor for :
- (A) Yoga
 - (B) Physical fitness
 - (C) Leadership
 - (D) None of these
5. Every individual on the earth wants company, one cannot live :
- (A) Alone
 - (B) Society
 - (C) Logos
 - (D) None of these

6. Who says, "The voice of the people is the voice of the God."
- (A) Aristotle
 - (B) Marshall Jones
 - (C) Mahatma Gandhi
 - (D) None of these
7. Moral Education is never ending :
- (A) Process
 - (B) Sense
 - (C) Value
 - (D) None of these
8. Parents should tell the children about our culture and :
- (A) Value system
 - (B) Attitude
 - (C) Tolerance
 - (D) None of these

9. Cramp is the injury of :
- (A) Bone
 - (B) Joint
 - (C) Muscle
 - (D) None of these
10. Lack of physical fitness may cause sports :
- (A) Injury
 - (B) Stress
 - (C) Anxiety
 - (D) None of these
11. The origin of Yoga is a matter of :
- (A) Wisdom
 - (B) Yoke
 - (C) Debate
 - (D) None of these

12. Who says, "The knowledge about Shiva and Shakti is Yoga ?"

- (A) Lord Krishan
- (B) Agam
- (C) Swami Sampurnanand
- (D) None of these

13. The length of Basketball court is :

- (A) 15 m
- (B) 28 m
- (C) 16 m
- (D) None of these

14. The length of Table Tennis Table is :

- (A) 2 m 74 cm
- (B) 2 m 86 cm
- (C) 3 m 74 cm
- (D) None of these

15. An injury of ligament is called :

- (A) Sprain
- (B) Strain
- (C) Muscle pull
- (D) None of these

16. When a bone crack or break is called as :

- (A) Dislocation
- (B) Sprain
- (C) Fracture
- (D) None of these

Section-B

3 each

17. Write down the differences between Aerobic and Anaerobic means of physical fitness.

Or

Explain the principles which helps in developing of physical fitness.

18. Why moral values are eroding in modern sphere ?
19. Write down the differences between Asana and Exercise.
20. How can we prevent heat related illness ? Explain in detail.

Or

Write down the prevention and treatment of Exercise Induced Asthma.

21. Write down any *three* definitions of training method.
22. Explain the student leadership qualities.
23. Draw a neat and clean diagram of Basketball Court with measurement.

Or

Write down the rules and regulations of Basketball.

24. Write down the meaning of Sports Environment.

Section-C

5 each

25. Explain Fartlek training method in detail with the help of diagram.

Or

- What is Continuous Training Method ? Explain its purpose, advantages and disadvantages.

26. Write down the importances of Sociology in Physical Education and Sports.
27. Explain the role of spectator and media in sports environment.
28. Write down the history of Table Tennis.

Or

Write down the fundamental skills of Table Tennis.

Kashmir Student Alerts

D-48-A

Roll No.....

Total No. of Questions : 28]

[Total No. of Printed Pages : 7

XIIARKDN20

2048-A

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 60

Note :- (i) All questions are compulsory.

(ii) Question Nos. 1-16 carry 1 mark each and are Multiple Choice Questions.

(iii) Question Nos. 17-24 carry 3 marks each and should not exceed 100 words.

(iv) Question Nos. 25-28 carry 5 marks each and should not exceed 200 words.

Section-A

1 each

1. The ability of a joint to move in maximum range is called :

(A) Endurance

(B) Speed

(C) Flexibility

(D) Strength

XIIARKDN20-2048-A

D-48-A

Turn Over

2. Which of the following are short-time activities ?
- (A) Aerobic (B) Anaerobic
(C) Marathon Race (D) All of these
3. Which of the following prepares the mental attitude towards practice or competition ?
- (A) Psychological warming-up (B) Physiological warming-up
(C) Sociological warming-up (D) None of these
4. Which type of training method is used by cross country runners ?
- (A) Fast pace continuous method
(B) Slow pace continuous method
(C) Variable pace continuous method
(D) All of these
5. Who said, "Sociology is a science of society or social phenomenon" ?
- (A) J.F. Cuber (B) Johanson
(C) Max Weber (D) None of these

6. A type of motivation for followers of a leader is :
- (A) Group discussion (B) Group distribution
(C) Group dynamics (D) Group settings
7. Morality means :
- (A) Rightness (B) Virtue
(C) Truthfulness (D) All of these
8. The value system can be revived by :
- (A) Telling the children about culture and value system
(B) Taking good things from western culture
(C) The inclusion of various topics on value system in school curriculum
(D) All of these
9. During hot climate practice should be done :
- (A) Early morning (B) Late evening
(C) Both (A) and (B) (D) None of these

10. The factors which include sports equipments, climate, facilities etc. are known as :

- (A) Extrinsic factors (B) Intrinsic factors
(C) Internal factors (D) All of these

11. Which of the following means to keep away from causing harm to any organism or human being ?

- (A) Satya (B) Ahimsa
(C) Asteya (D) Brahmacharya

12. The union of individual's soul with supreme soul refers to :

- (A) Asana (B) Dharana
(C) Samadhi (D) Pratihara

13. The measurement of standard track is :

- (A) 400 Inches (B) 400 Feet
(C) 400 Yards (D) 400 Metres

14. The size of backboard in basketball is :

(A) 1.20 mtr. \times 1.05 mtr.

(B) 1.40 mtr. \times 1.05 mtr.

(C) 1.80 mtr. \times 1.05 mtr.

(D) 1.60 mtr. \times 1.05 mtr.

15. The full form of EIA is :

(A) Exercise Inducted Asthma

(B) Exercise Induced Asthma

(C) Energy Induced Asthma

(D) Energy Inducted Asthma

16. Use of performance-enhancing drugs is known as :

(A) Drugging

(B) Dodging

(C) Doddering

(D) Doping

Section-B

3 each

17. Define Fitness and describe its importance in the field of sports.

Or

State the different training methods for developing strength.

18. Explain briefly the types of Yoga.

19. Why moral values are eroding ? Comment.

20. Explain, how physical education promotes social values ?

Or

Discuss the importance of sociology in physical education and sports. <https://www.jkboseonline.com>

21. How does warming-up differ from cooling-down ? Write down advantages of warming-up.

22. Write any six basketball related terminologies.

23. Explain the meaning of environment in detail.

Or

Discuss the need of proper environment in physical education programme.

24. What do you mean by heat related illness ? How will you prevent it ?

Section-C

5 each

25. Write Isometric and Isotonic exercises in detail. Give its advantages and disadvantages.

Or

Explain interval training method and state its advantages.

26. Describe the development of leadership qualities through participation in games and sports.
27. How can an individual play a vital role in the improvement of positive environment ? Discuss.
28. Draw a labelled diagram of Javelin Arena.

Or

Write down history of Table Tennis and briefly define the terminology of said game.

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MARKDN20-2048-A
D-48-A

D-48-B

Roll No.....

Total No. of Questions : 28]

[Total No. of Printed Pages : 7

XIIARKDN20

2048-B

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 60

- Note :-*
- (i) All questions are compulsory.
 - (ii) Question Nos. 1-16 carry 1 mark each and are Multiple Choice Questions.
 - (iii) Question Nos. 17-24 carry 3 marks each and should not exceed 100 words.
 - (iv) Question Nos. 25-28 carry 5 marks each and should not exceed 200 words.

Section-A

1 each

1. Which of the following factors usually does not affect physical fitness ?

- (A) Heredity
- (B) Stress
- (C) Diet
- (D) Dress

XIIARKDN20-2048-B

Turn Over

D-48-B

2. The inflammation of a tendon is also called as :

- (A) Tendonitis
- (B) Tendinitis
- (C) Both (A) and (B)
- (D) None of these

3. When a person do exercise daily and regularly without any long break, is known as :

- (A) Principle of over-loading
- (B) Principle of regular exercise
- (C) Principle of recovery
- (D) Principle of transfer

4. The warming-up which is commonly used for a particular activity, is called as :

- (A) General warming-up
- (B) Specific warming-up
- (C) Both (A) and (B)
- (D) None of these

5. When we use natural resources for a training method we call it :
- (A) Fartlek training method (B) Circuit training method
(C) Interval training method (D) Weight training method
6. "Sociology is a well managed and systematic study of human interactions." This definition was given by :
- (A) Giddings (B) McMillan
(C) Durkheim (D) None of these
7. Which one of the following is not a good quality of a Captain ?
- (C) A good attitude (D) None of these
8. The tendency of a group to be in unity while working towards a goal refers to :
- (A) Group cohesion (B) Group action
(C) Group leader (D) Group compulsion

Turn Ove

9. Only value education would lead us to attain :

- (A) Peace on earth (B) Violence on earth
(C) Destruction (D) Disturbance

10. Accidents or injuries are common in the field of :

- (A) Engineering (B) Sports
(C) Management (D) None of these

11. Camping, fishing and mountaineering are the examples of :

- (A) Major game activities (B) Leisure time activities
(C) Minor game activities (D) None of these

12. Aparigraha means :

- (A) To lead a life with minimum requirements
(B) To lead a life with maximum requirements
(C) To be truthful
(D) To be untruthful

13. Which of the following is the Sanskrit root for the etymological derivation of word 'Yoga' ?

(A) Yug

(B) Yuga

(C) Yuj

(D) Yuje

14. Width of lane in athletic track is :

(A) 1.20 mtr.

(B) 1.20 inches

(C) 1.22 cms.

(D) 1.22 mtrs.

15. The height of the net from the playing surface in Table Tennis is :

(A) 15.25 cms

(B) 15.25 inches

(C) 16.25 cms

(D) 16.25 inches

16. The aim of first-aid is to :

(A) Preserve life

(B) Prevent harm

(C) Promote recovery

(D) All of these

Section-B

3 each

17. Define Fitness and describe its importance in the field of sports.

Or

State the different training methods for developing strength.

18. Write the relationship of Yoga with physical and mental health.

19. Why moral values are eroding ? Comment.

20. Explain, how physical education promotes social values ?

Or

Discuss the importance of sociology in physical education and sports. <https://www.jkboseonline.com>

21. How does warming-up differ from cooling-down ? Write down advantages of warming-up.

22. Write any six basketball related terminologies.

23. Explain the meaning of environment in detail.

Or

Discuss the need of proper environment in physical education programme.

24. What do you mean by heat related illness ? How will you prevent it ?

Section-C

5 each

25. Write Isometric and Isotonic exercises in detail. Give its advantages and disadvantages.

Or

Explain interval training method and state its advantages.

26. Describe the development of leadership qualities through participation in games and sports.
27. How can an individual play a vital role in the improvement of positive environment ? Discuss.
28. Draw a labelled diagram of Javelin Arena.

Or

Write down history of Table Tennis and briefly define the terminology of said game.

D-48-C

Roll No.....

Total No. of Questions : 28]

[Total No. of Printed Pages : 7

XIIARKDN20

2048-C

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 60

Note :- (i) All questions are compulsory.

(ii) Question Nos. 1-16 carry 1 mark each and are Multiple Choice Questions.

(iii) Question Nos. 17-24 carry 3 marks each and should not exceed 100 words.

(iv) Question Nos. 25-28 carry 5 marks each and should not exceed 200 words.

Section-A

1 each

1. Physical fitness involves the performance of :

(A) Heart

(B) Lungs

(C) Muscles

(D) All of these

XIIARKDN20-2048-C

D-48-C

Turn Over

2. The literal meaning of aerobic is :
- (A) Oxygen or Air (B) Carbon dioxide
(C) Fitness (D) Health
3. The process of heating the body muscles and making them ready to start activity is known as :
- (A) Limbering-down (B) Cooling-down
(C) Warming-up (D) Sitting-down
4. On spot jumping and sit-ups are examples of :
- (A) Fartlek training (B) Weight training
(C) Interval training (D) Circuit training
5. According to whom, "Sociology is a body of scientific knowledge and human relationships" ?
- (A) I.F. Ward (B) J.F. Cuber
(C) Max Weber (D) None of these

6. A political leader is a :
- (A) Mature leader (B) Amateur leader
(C) Immature leader (D) Academic leader
7. Morality may also be defined as synonymous with :
- (A) Immorality (B) Evil
(C) Wickedness (D) Integrity
8. Moral values are eroding now-a-days because :
- (A) There are many lessons of moral values in school curriculum
(B) Children are learning moral education in schools
(C) Parents have hardly time to teach their children value system
(D) All of these
9. Protective equipments in sports must be of good quality and according to :
- (A) Fitness (B) Norms
(C) Play field (D) System

10. Which one of the following may hinder sports performance ?
- (A) Safe drinking water
 - (B) Pollution
 - (C) Feasible climatic conditions
 - (D) Quality protective equipments
11. 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
12. This is the control of process of breathing :
- (A) Dhyana
 - (B) Asana
 - (C) Pratyahara
 - (D) Pranayam

13. The blade of the cricket bat should not be more than :
- (A) 4 inches (B) 4.25 inches
(C) 4.50 inches (D) 4.75 inches
14. The 7 cm line marked in Javelin throw event is also known as :
- (A) Screw line (B) Straight line
(C) Scratch line (D) Swing line
15. The treatment of a sports injury often begins with :
- (A) PRIZE (B) RISE
(C) RACE (D) RICE
16. Sports medicine is a branch of medicine deals with :
- (A) Injury prevention (B) Treatment of athletes
(C) Sports related surgeries (D) All of these

Section-B

17. Define Fitness and describe its importance in the field of sports.

Or

State the different training methods for developing strength.

18. What is the meaning of Yoga ? Write down its aims.

19. Why moral values are eroding ? Comment.

20. Explain, how physical education promotes social values ?

Or

Discuss the importance of sociology in physical education and sports.

21. How does warming-up differ from cooling-down ? Write down advantages of warming-up. <https://www.jkboseonline.com>

22. Write any *six* basketball related terminologies.

23. Explain the meaning of environment in detail.

Or

Discuss the need of proper environment in physical education programme.

24. What do you mean by heat related illness ? How will you prevent it ?

Section-C

5 each

25. Write Isometric and Isotonic exercises in detail. Give its advantages and disadvantages.

Or

Explain interval training method and state its advantages.

26. Describe the development of leadership qualities through participation in games and sports.
27. How can an individual play a vital role in the improvement of positive environment ? Discuss.
28. Draw a labelled diagram of Javelin Arena.

Or

Write down history of Table Tennis and briefly define the terminology of said game.

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D-48-C

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B-38-X

Roll No.....

Total No. of Questions : 18]

[Total No. of Printed Pages : 4

XIIKDRO/N19

24838-X

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.

XIIKDRO/N19-24838-X

Turn Over

B-38-X

(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. Write a short note on isometric exercise.
15. Explain the term RICE.

16. What do you mean by Heat Stroke ?

17. Define leadership. Give *two* qualities of a leader.

1 each

(Multiple Choice Type Questions)

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

(i) Which among the following style is used in long jump ?

(A) Peri O Brien Style (B) Fosbury flop style

(C) Hitch Kick Style (D) None of these

(ii) Who defined Sociology as "Sociology is the Science of Society or Social Phenomena" ?

(A) J.F. Cuber

(B) Max Weber

(C) I.F. Ward

(D) None of these

(iii) Who among the following introduced the isokinetic method of training for strength development ?

(A) Plato

(B) J.P. Parrine

(C) Jacobson

(D) None of these

(b) Fill in the blanks with appropriate answer :

(iv) Internal environment is also known as

(v) Circuit training method develops strength along with other components of

(vi) Limbering down also means

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

(vii) A track consists of one straight and one circle.

(True/False)

(viii) Sociology is the science of Individual behaviour.

(True/False)

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

(ix) Give one definition of Sociology

(x) Define Running Radius.

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.

XIIKDRO/N19-24838-Z

Turn Over

B-38-Z

(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.

XIIKDRO/N19-24838-Z

B-38-Z

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.

D-38-Y

Roll No.....

Total No. of Questions : 18]

[Total No. of Printed Pages : 4

12thRKDO18

20338-Y

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 60

(Long Answer Type Questions) 5 each

- 1 Explain how strength can be developed through isometric and isotonic type of exercises.

Or

Explain how can you develop endurance through interval training method and continuous training method.

2. Define sports environment. Explain the importance of sports environment

Or

How does value education developed through physical education programme ? Explain.

3. Enlist the element of Yoga and explain in detail.

Or

Write an essay on 'Yoga as an Indian Heritage'.

12thRKDO18—20338-Y

Turn Over

D-38-Y

(Short Answer Type Questions)

3 each

4. Describe the importance of Physical fitness.
5. Explain Leadership Qualities.
6. Describe the need of moral education in modern sphere.
7. Explain the essential elements of positive sports environment.
8. Elaborate the role of media for creating positive sports environment.
9. Explain the importance of sports medicine.
10. Mention main fundamental skills of Cricket. Explain any *two*.

(Very Short Answer Type Questions)

2 each

11. Write a short note on circuit training.
12. How can a sports person prevent sports related accidents ?
13. Write any *two* definitions of Sociology.
14. Give the types of sports injuries in brief.
15. Make a list of the defensive strokes in Table-Tennis.
16. Write briefly the importance of moral education.
17. Draw a labelled diagram of Javelin Throw.

(Multiple Choice Type Questions)

1 each

18. (A) Fill in the blanks with appropriate words :

- (i) training method was developed by R.E. Morgan and G.T. Admson.
- (ii) The sports environment should developed at school, college and university level.
- (iii) warming up may cause injury to the sports person.

(B) Choose the correct/most appropriate answer :

- (i) Who said 'Endurance is the ability to resist fatigue' ?
 - (a) Dr. K. Landerson
 - (b) D. Harre
 - (c) Edward Bortz
 - (d) None of these
- (ii) Weight of Javelin Throw for men is :
 - (a) 800 gm
 - (b) 600 gm
 - (c) 850 gm
 - (d) None of these

(iii) Diameter of Basket ball ring is :

- (a) 28 cm (b) 4 cm
(c) 45 cm (d) None of these

(iv) Pushing a wall is a Isometric method. (True/False)

(v) Short-term endurance is called anaerobic endurance.

(True/False)

(C) Answer the following questions in a few words :

(i) What is sports medicine ?

(ii) Define popping crease.