

PHYSICAL EDUCATION

Roll No.:

Total No. of Questions: 28]

Total No. of Printed Pages: 3

Paper I

Time: 3 Hours

Maximum Marks: 60

Section-A (1 mark each)

1. The type of athletic event where participants throw a spear-like object is:
(A) Javelin Throw (B) Shot Put
(C) Discus Throw (D) None of these
2. A batsman in cricket is declared out if the ball hits the stumps and dislodges:
(A) One bail (B) Both bails
(C) One or both bails (D) The stumps only
3. Dynamic strength is also called:
(A) Static Strength (B) Isotonic Strength
(C) Explosive Strength (D) None of these
4. Physical fitness is defined as:
(A) The ability to perform daily tasks with vigor
(B) Only the ability to run long distances
(C) The flexibility of joints only
(D) The ability to lift heavy weights
5. Which quality is essential for a good leader?
(A) Arrogance (B) Humility
(C) Impatience (D) None of these
6. Sociology is also referred to as:
(A) The study of cultures (B) The science of society
(C) The science of economics (D) None of these
7. What does Patanjali refer to Yoga as?
(A) The Unification of mind and body
(B) Attaining the pose
(C) Spiritual Kamdhenu (D) None of these
8. Leading a life with minimal requirements aligns with:
(A) Ahimsa (B) Aparigraha
(C) Saucha (D) Tapa
9. Who is credited with developing the Fartlek training method in 1937?
(A) Arthur Lydiard (B) Gosta Holmer
(C) Dr. Ernst van Aaken (D) Emil Zatopek
10. What type of exercise is recommended for injured individuals?
(A) Isometric (B) Isotonic

- (C) Aerobic (D) None of these
11. Sports Medicine aims to prevent injuries by:
 - (A) Ignoring Fitness (B) Training and Stretching
 - (C) Reducing Effort (D) Quick Surgery
 12. Tendinitis is commonly treated with all of the following except:
 - (A) Ice-therapy (B) Anti-inflammatory drugs
 - (C) Rest (D) Resuming activities immediately
 13. Moral Education is enhanced through Sports and Physical Education. Which of the following is also developed through these activities?
 - (A) Friendship (B) Compassion
 - (C) Team Spirit (D) All of these
 14. The ability to put oneself in the shoes of others is referred to as:
 - (A) Empathy (B) Courage
 - (C) Self-discipline (D) Sympathy
 15. Parents can improve Sports Environment by:
 - (A) Ignoring Games
 - (B) Providing Emotional Support and Positive Feedback
 - (C) Limiting Involvement in Sports
 - (D) Criticizing other Team Members
 16. Exposure to extreme cold may cause conditions such as:
 - (A) Heat Exhaustion (B) Dehydration
 - (C) Frostbite (D) None of these

Section-B (3 marks each)

17. What are diuretics and why are they used in Sports?

Or

What is the R.I.C.E. Method and how does it help treat sports injuries?

18. Explain the significance of Asana in Yoga Practice.
19. Explain Strength and Flexibility as the components of Physical Fitness.
20. In what ways do games and sports play a role in socializing individuals?

Or

What is the concept of Group Dynamics?

21. Mention moral values developed through Physical Education.
22. What are the desirable qualities of a leader?
23. List any six common terminologies used in Cricket.

Or

Write down the basic skills of Table Tennis.

24. What is the primary objective of warming up before Sports Competitions?

Section-C (5 marks each)

25. Explain Circuit Training. Design a six station workout and describe its advantages.

Or

What is the Fartlek Training Method? Discuss its structure and benefits.

Class 12

* Explain how games and sports are considered Man's cultural heritage. Provide examples from different countries, including India.

* How can individuals contribute to reducing the risk of sports-related accidents?

* Sketch and label the shot put sector and describe its dimensions.

Or

What are the fundamental skills required to play Basketball? Explain in detail.

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Paper 2

Time: 2 Hours

Maximum Marks: 60

Section-A (1 mark each)

1. Which of the following is isokinetic type exercise?
(A) Swimming (B) Jumping
(C) Throwing (D) None of these
2. Who defined sports training as the basic form of preparation of a sportsman?
(A) Charles R. Lamb (B) Andrew Selmon
(C) J.F. Cuber (D) None of these
3. Which of the following refers to morality?
(A) Socialization (B) Polarization
(C) Exploitation (D) None of these
4. The process of acquiring social value for survival of culture is said to be:
(A) Motivation (B) Recreation
(C) Socialization (D) None of these
5. Which of the following are short-time activities?
(A) Aerobic (B) Anaerobic
(C) Marathon race (D) All of these
6. Which of the following factors usually does not affect physical fitness?
(A) Heredity (B) Stress
(C) Diet (D) Dress
7. 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
8. "Sociology is a well managed and systematic study of human interactions." This definition was given by:
(A) Gidding (B) McMillan
(C) Durkheim (D) None of these
9. Which of the following is the Sanskrit root for the etymological derivation of word 'Yoga'?
(A) Yug (B) Yuga
(C) Yuj (D) None of these
10. The word 'Dharna' refers to:
(A) Development and control of senses
(B) Meditation development
(C) Superconsciousness
(D) None of these

The chemicals which have direct effect over central nervous system and cardiovascular system are said to be:

- (A) Narcotics
- (B) Stimulants
- (C) Steroids
- (D) None of these

Strain is the injury of:

- (A) Skin
- (B) Bone
- (C) Tissue
- (D) None of these

2024 Summer Olympic will be held in Paris, France. It will be which edition?

- (A) 32nd
- (B) 33rd
- (C) 34th
- (D) None of these

Which is the largest cricket stadium of the world?

- (A) Eden Garden
- (B) Lord Stadium
- (C) Melbourne C. Stadium
- (D) None of these

The environment which prevents a sportsman from sports-related accidents is called:

- (A) Natural environment
- (B) External environment
- (C) Biotic environment
- (D) None of these

Biotic environment consists of:

- (A) Living things
- (B) Non-living things
- (C) External things
- (D) None of these

Section-B (3 marks each)

Explain Heat Stroke and Tendinitis. Or

What is the importance of Sports Medicine?

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

Describe any two factors affecting physical fitness.

Discuss the importance of sociology in Physical Education.

Or

How do games and sports help in promoting national integration?

Write the significance of moral education.

Explain any four preventive steps for sports-related accidents.

Write a short note on Athletics. Or

Make a list of the defensive strokes of Table Tennis and explain.

Fartlek means 'Speed play'. Discuss.

Section-C (5 marks each)

Describe the importance of training method in Games and Sports.

Or

Write Isometric and Isotonic exercises in detail. Give their advantages and disadvantages.

Explain the concept of sports environment. Describe the essential elements of sports environment.

Describe Group Dynamics through Physical Education.

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.

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Paper 3

Time: 3 Hours

Maximum Marks: 60

Section-A (1 mark 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
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 for sports injuries?
(A) Error in sports training (B) Improper sports equipment
(C) Poor coaching (D) All of these
7. Which elements are essential for making sports environment?
(A) Infrastructure (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

- (B) Immoral
 (D) None of these
- Defined leadership as the capacity to rally people for common purpose?
 (B) Mazumdar
 (D) None of these
- R.M. Snodgill
 Why environment is the foundation of good:
 (B) Wealth
 (D) None of these
- Habit
 Health
 Environment which represents the influence of society, community, and religion refers
 (B) Socialization
 (D) None of these
- Environment
 Culture
 leader who earns the qualities of leadership by becoming a teacher,
 administrator, or manager is called:
 (B) Ring leader
 (D) None of these
- Mature leader
 Professional leader

Section-B (3 marks each)

- Why are moral values eroding? Or
 Write the significance of moral education in present era.
 Mention the various elements of Yoga and elaborate any two of them.
 What is Circuit Training? Prepare six station programme.
 Briefly express your views on need of environment in Physical Education
 programme.
 Or
 Enumerate the essential elements of Sports Environment.
 Write a brief account of doping in sports.
 Differentiate between isometric and isotonic exercises.
 Describe general rules and regulations of cricket.

Or

- What are the fundamental skills of shot put throw? Explain.
 Explain Fartlek training method of endurance development with the help of
 examples.

Section-C (5 marks each)

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

Or

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

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Paper 4

Time: 3 Hours

Maximum Marks: 60

Section-A (1 mark 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 when body is at stationary position?
(A) Active flexibility (B) Static flexibility
(C) Passive flexibility (D) None of these
3. Training methods are process for enhancing the:
(A) Activity (B) Performance
(C) Sports (D) None of these
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 surroundings 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
12. Yoga is a science as well as:
(A) Physical purity (B) Meditation

- (C) Art of living
 (A) Japan
 (C) America
 (A) Ping Pong
 (C) Ding Dong
 (A) Doping
 (C) Tobacco
 (A) Dislocation
 (C) Fracture
- (D) None of these
 (B) Berlin
 (D) None of these
 (B) Sing Song
 (D) None of these
 (B) Medicine
 (D) None of these
 (B) Sprain
 (D) None of these
- Drugs used by sportspersons for enhancing their performance is called:
- When a bone cracks or breaks is called:

Section-B (3 marks each)

Explain the following terms:

- (i) Pen hold grip
 (iii) Shake hand grip

(ii) Chop service

Or

Define the following terms:

- (i) Sweep shot
 (iii) Lofted shot

(ii) Hook shot

Write down the meaning of Sociology.

Write down any four definitions of Physical Fitness.

Explain the cultural heritage in games and sports of India and England.

Or

Write down any four definitions of Leadership.

Write down the prevention and treatment for Dehydration.

Explain the History of Yoga.

Write down the types of Environment in detail.

Or

Explain the role of spectators in Sports Environment.

Write down the advantages and disadvantages of pace run method.

Section-C (5 marks each)

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

Or

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

Write down all the important elements of Positive Environment in detail.

Discuss the measurement of Table Tennis table in detail and its equipment specifications.

How can we revive the moral value system in modern sphere? Discuss in detail.

Or

Discuss Immorality in detail.