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# DAWN

## GUESS PAPER

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12th Class

# SCIENCE



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| 1. English               | 2. Physics             |
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By

PANEL OF EXPERTS

2024

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## PHYSICAL EDUCATION

Time: 3 Hours

Maximum Marks: 60

### SECTION - A

(1 mark each)

- Q.1. Dynamic strength is also known as:  
 (a) Isotonic strength (b) Isometric strength  
 (c) Mesotonic strength (d) Microtonic strength
- Q.2. Flexibility exercises performed from stationary position is known as:  
 (a) Static flexibility (b) Dynamic flexibility  
 (c) Strength flexibility (d) Speed flexibility
- Q.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
- Q.4. Isotonic exercises were introduced in the year:  
 (a) 1945 (b) 1946 (c) 1845 (d) 1846
- Q.5. The leaders with voluntary service are known as:  
 (a) Mature leaders (b) Amateur leaders  
 (c) Political leaders (d) Powerful leaders
- Q.6. Morality may also defined as synonymous with:  
 (a) Arrogance (b) Sufferings (c) Ethics (d) All of these
- Q.7. The school curriculum should include:  
 (a) Moral education (b) Value education  
 (c) Both (a) and (b) (d) None of these
- Q.8. Which of the following is not a leisure time activity?  
 (a) Camping (b) Fishing (c) Mountaineering (d) None of these
- Q.9. Sports environment includes:  
 (a) To earn money (b) Proper infrastructure  
 (c) To harm people (d) All of these
- Q.10. To keep away from causing harm to any organism:  
 (a) Ahimsa (b) Himsa (c) Satya (d) Asatya
- Q.11. Santosh means:  
 (a) Unhappiness (b) Displeasure (c) Contentment (d) Discontent
- Q.12. The distance of steeple chase race for men is:  
 (a) 2,000cm (b) 2,000 m (c) 3,000cm (d) 3,000m
- Q.13. Position of the body at the marked starting point:  
 (a) Approach run (b) Initial stance (c) Take-off (d) Flight
- Q.14. Weight of Table-tennis Ball is:  
 (a) 2.7 gm (b) 2.7 kg (c) 7.2gm (d) 7.2 kg



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

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- Q.1. Explosive strength is a combination of:  
 (a) Agility and flexibility (b) Strength and endurance  
 (c) Strength and speed (d) None of these
- Q.2. Proper training increases:  
 (a) Physical inefficiency (b) Physical efficiency  
 (c) Physical weakness (d) Mental weakness
- Q.3. Fartlek is a 'Swedish' term which means:  
 (a) Speed play (b) Slow play (c) Best play (d) Better play
- Q.4. Scientific arrangement of exercises performed systematically is known as:  
 (a) Fartlek training (b) Interval training  
 (c) Internal training (d) Circuit training
- Q.5. Sociology helps in improving:  
 (a) Sympathy (b) Co-operation (c) Respect (d) All of these
- Q.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
- Q.7. Effective value education in schools and colleges will help students to understand:  
 (a) Responsibility (b) Dishonesty (c) Disrespect (d) Irresponsibility
- Q.8. For positive sports environment play fields should have:  
 (a) Ditches and holes (b) Enough noisy  
 (c) Industries around (d) Enough open space
- Q.9. Essential protective equipments must be used by:  
 (a) Sports person (b) Coaches (c) Fitness trainer (d) All of these
- Q.10. Satya means:  
 (a) Truthfulness (b) Diet (c) Hygiene (d) None of these
- Q.11. The main aim of Yoga is:  
 (a) Control over mind (b) Control over opponent  
 (c) Control over enemy (d) None of these
- Q.12. How many field events are there in athletics?  
 (a) 4 (b) 6 (c) 8 (d) 10



- Q.13. Falling in a pit is:  
 (a) Take off (b) Approach run (c) Flight (d) Landing
- Q.14. Follow-on is a term used in:  
 (a) Football (b) Cricket (c) Hockey (d) Badminton
- Q.15. The best treatment for stress fracture is:  
 (a) Sauna bath (b) Rest (c) X-ray (d) Jumping
- Q.16. Which of the following is not a common Heat-related Illness?  
 (a) Dehydration (b) Heat Stroke (c) Sunburn (d) Fracture

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- Q.1. Isometric exercise develop:  
 (a) Strength (b) Endurance (c) Speed (d) All of these
- Q.2. The benefit of sports training is to:  
 (a) Make the body strong (b) Increase muscle power  
 (c) Improve the general performance (d) All of these
- Q.3. 2024 Summer Olympic will be held in Paris, France. It will be which edition?  
 (a) 32nd (b) 33rd (c) 34th (d) None of these
- Q.4. Who was the flag bearer in opening ceremony of the Tokyo Olympic, 2020?  
 (a) Mc Mary Kom (b) Manpreet Singh  
 (c) Sajjan Parkash (d) Both (a) and (b)
- Q.5. There are various forms of ..... such as family neighbourhood school and colleges etc.  
 (a) Social Institution (b) Cultural Institution  
 (c) Religious Institution (d) None of these
- Q.6. "Sociology is about relationship the network of relationship we call society". defined by"  
 (a) Giddings (b) MacIver and Page  
 (c) Ward (d) Gillin and Gillin
- Q.7. Which Asana can be practiced immediately after eating food?  
 (a) Vajraasana (b) Padmaasana  
 (c) Paschimottanasana (d) None of these
- Q.8. Who defined "Yoga as evenness of temper"?  
 (a) Satypal (b) Swami Digambarji  
 (c) Shrimad Bhagwat Geeta (d) None of these
- Q.9. 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
- Q.10. Social environment is represented by:  
 (a) Social value (b) Physical value  
 (c) Biological value (d) None of these



- Q.11. Work and recovery principle is of which method?  
 (a) Interval training method (b) Fartlek method  
 (c) Continuous method (d) All of these
- Q.12. Sports training is based on:  
 (a) Scientific principle (b) Systematic load  
 (c) Continuous method (d) All of these
- Q.13. It is said that ..... are just like fields where speeds of high character are sown and a harvest of better man reaped.  
 (a) Culture and heritage (b) Sports and games  
 (c) Religious beliefs (d) All of these
- Q.14. Participation in games and sports is one of the best means to maintaining the optimum health from childhood to adulthood this indicates the ..... aspects of games and sports.  
 (a) Emotional development (b) Physical development  
 (c) Psychological development (d) All of these
- Q.15. Which cricket team is called 'The Kiwis'?  
 (a) Australia (b) South Africa (c) New Zealand (d) None of these
- Q.16. Height of table tennis table above floor surface is:  
 (a) 76 cm (b) 75 cm (c) 74.5 cm (d) None of these
- \*\*\*\*\*  
 MODEL PAPERS, NCERT BOOKS, EXEMPLAR & OTHER
- Q.1. The ability to overcome resistance is called:  
 (a) Dynamic strength (b) Static strength  
 (c) Strength endurance (d) None of these
- Q.2. Three second rule is applied in game of:  
 (a) Basketball (b) Kabaddi (c) Kho-kho (d) None of these
- Q.3. Which team has India defeated to reach the Semi-Finals of Olympics Hockey, 2020?  
 (a) Japan (b) Britain (c) Pakistan (d) None of these
- Q.4. The definition "Environment is an external force which influence us" is given by:  
 (a) E.J. Ross (b) Johnson (c) I.F. Ward (d) None of these
- Q.5. Which Asana is known as upward facing bow pose?  
 (a) Dhanurasana (b) Chakrasana (c) Tadasana (d) None of these
- Q.6. Which of the following is element of Yoga?  
 (a) Yama (b) Uttansana (c) Halasana (d) None of these
- Q.7. Who defined sociology as the scientific knowledge of the human relationship?  
 (a) J.F. Cuber (b) I.F. Ward (c) Max Weber (d) None of these
- Q.8. 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
- Q.9. The training method which develops both aerobic and anaerobic endurance is called:  
 (a) Weight training (b) Circuit training (c) Fartlek training (d) None of these



- Q.10. The capacity to rally the people for common purpose is called: (d) None of these  
 (a) Sportsmanship (b) Fellowship (c) Leadership
- Q.11. "Sociology in its broadest sense may be said to be the study of interactions arising from the association of living beings". defined by (d) None of these  
 (a) Giddings (b) MacIver and Page (c) Ward
- Q.12. The diameter of Discus Throw Circle is: (d) 2.135 m  
 (a) 1.35 m (b) 2.5 m (c) 3.5 m
- Q.13. The process of acquiring social values for survival of culture is said to be: (d) None of these  
 (a) Socialisation (b) Motivation (c) Recreation
- Q.14. Which of the following is a quality of leadership? (d) All of these  
 (a) Cooperation (b) Co-ordination (c) Discipline
- Q.15. The ideal angle of release in Shot Put Throw is: (d) 90°  
 (a) 30° (b) 40° (c) 45°
- Q.16. Strain is the injury of: (d) None of these  
 (a) Bone (b) Muscle (c) Joint

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1. The number of players in cricket is: (d) None of these  
 (a) 18 (b) 16 (c) 17
2. The height of table in table tennis is: (d) None of these  
 (a) 76 cm (b) 78 cm (c) 80 cm
3. Who defined Leadership as, "The capacity to rally people for common purpose?" (d) None of these  
 (a) R.M. Snodgill (b) Montogomery  
 (c) P.M. Joseph
4. The dimension of Basket-ball court is: (d) None of these  
 (a) 28×15 mts (b) 27×16 mts (c) 26×15 mts
5. The weight of javelin for men is: (d) None of these  
 (a) 900 gms (b) 800 gms (c) 600 gms
6. Who defined sports training as, "the basic form of preparation a sportsman"? (d) None of these  
 (a) Martin (b) Charles R. Lamb (c) Matjew
7. Who said, "Yoga is the union of Atma and Partmatma"? (d) None of these  
 (a) Shankaracharya (b) Swami Digumbergi (c) Satyapal
8. The distance between the stumps in cricket is: (d) None of these  
 (a) 22 yds (b) 20 yds (c) 21 yds
9. Weight of Javeline for men and women are: (d) None of these  
 (a) 500 gms and 300 gms (b) 800 gms and 600 gms  
 (c) 800 gms and 200 gms
10. Who devised the technique for sort put, in which there was an increase in propulsion and improvement in the performance? (d) None of these  
 (a) Andrew Silnow (b) Parry O'Brien (c) Milkha Singh



11. Hurdle races for men is :-  
 (a) 110 m - 400 m (b) 100 m - 400 m  
 (c) 110 m - 100 m (d) 110 m - 410 m
12. Length of Cricket pitch is:  
 (a) 21.44 Yards (b) 22 Yards (c) 22.20 Yards (d) 24.20 Yards
13. Which among the following is "speed" development training method?  
 (a) Circuit training (b) Fertlek training  
 (c) Pace races (d) Interval training
14. What is the length of a Cricket bat?  
 (a) 90-0 cm (b) 96-5 cm (c) 100 cm (d) 90-5 cm
15. What is the time for changing every innings in test cricket?  
 (a) 10 minutes (b) 30 minutes (c) 20 minutes (d) 15 minutes
16. The Minister of Youth Services and sports of J&K is:  
 (a) Mr. Ali Mohd. Sagar (b) Mr. Ajay Sadhotra  
 (c) Mr. Taj Mohi-ud-din (d) None of these

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1. What is the weight of Cricket ball?  
 (a) 156 gm (b) 170 gm (c) 150 gm (d) 175 gm
2. What is the length of a Cricket bat?  
 (a) 40 inches (b) 38 inches (c) 28 inches (d) 35 inches
3. Where take off board is placed in triple jump for men?  
 (a) 11 m (b) 13 m (c) 1 m (d) 9 m
4. Length of Cricket pitch is:  
 (a) 20.20 m (b) 20.01 m (c) 20.12 m (d) 20.15 m
5. Length and breadth of Table Tennis table is:-  
 (a) 5 ft × 9 ft (b) 6 ft × 9 ft (c) 2.5 ft × 5 ft (d) None of these
6. Hurdle races for men is:  
 (a) 100 m - 400 m (b) 110 m-400 m  
 (c) 110 m-100 m (d) 4×100-4×400 m
7. How much is the weight of Shot Put for men:  
 (a) 4.500 kg (b) 4.200 kg (c) 6.260 kg (d) 7.260 kg
8. What can be the maximum length of Cricket bat:  
 (a) 34" (b) 36" (c) 38" (d) 40"
9. The dimension of long Jump pit is:  
 (a) 9 m × 2.75 m (b) 9 m × 2.50 m (c) 7 m × 2.75 m (d) None of these
10. The length of cross-bar in High Jump is :  
 (a) 3.98 m × 2.75 m (b) 4.00 m × 2.50 m  
 (c) 4.98 m×2.75 m (d) 4.98 m × 5.04 m
11. The number of players who take the court in basketball:  
 (a) 12 players (b) 10 players (c) 05 players (d) 07 players



12. The length of Bowling crease in Cricket is:  
 (a) 2.63 m (b) 8.64 m (c) 2.64 m (d) None of these
13. The distance between end line and Backboard in Basketball is:  
 (a) 1.50 m (b) 1.30 m (c) 1.20 m (d) 2.90 m
14. The length of Table Tennis net is:  
 (a) 1.25 m (b) 0.76 m (c) 1.83 m (d) 2.74 m
15. Where take off board is placed in Triple Jump for women is:  
 (a) 13 m (b) 9 m (c) 11 m (d) 2.75 m
16. Sprain is the injury of:  
 (a) Ligaments (b) Muscles (c) Joint (d) None of these

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- Q.1. The resistance ability against fatigue is called:  
 (a) Speed (b) Flexibility (c) Endurance (d) Strength
- Q.2. The fatigue is the result of accumulation of  
 (a) Lactic acid (b) Sulphuric acid (c) Carbonic acid (d) All of these
- Q.3. Fartlek training is used to develop:  
 (a) Flexibility (b) Strength (c) Endurance (d) None of these
- Q.4. Isometric exercise is one in which muscle length is:  
 (a) Constant (b) Shorten (c) Lengthen (d) None of these
- Q.5. Sociology deals with:  
 (a) Functions of the body  
 (b) Activities of the mind  
 (c) Movements of the body  
 (d) Behaviour of man in relation to society
- Q.6. Which leadership style takes full charge of his team?  
 (a) Permissive (b) Autocratic (c) Directive (d) Democratic
- Q.7. By which of the following means do we acquire values, beliefs and behaviour?  
 (a) Culture (b) Recreation  
 (c) Socialization (d) Physical education
- Q.8. A person having both traits of introvert and extrovert is known as?  
 (a) Extroversion (b) Ambiverts (c) Endomorph (d) Mesomorph
- Q.9. Adaptation to training load at high altitudes is known as:  
 (a) Thermoregulation (b) Super compensation  
 (c) Acclimatization (d) None of these
- Q.10. High Altitude Training at 8000 ft  
 (a) Enhances performance (b) Deteriorates performance  
 (c) Decreases muscle strength (d) None of these
- Q.11. The word asana refers to-  
 (a) A yoga pose or posture (b) A breathing practice  
 (c) A relaxation technique (d) None of these



- Q.12. The word "Pranayama" refers to-
- (a) Meditation (b) Relaxation  
(c) Breath control exercise (d) A yoga posture
- Q.13. What is the length of pitch in cricket:
- (a) 21 days (b) 22 yds (c) 23 yds (d) 24 dys
- Q.14. Formen, 110m hurdle race the height of the hurdle is:
- (a) 1.11m (b) 0.92 mc (c) 1.067 m (d) 0.84
- Q.15. Spain is injury to
- (a) Bone (b) Ligament (c) Brain (d) Tendon
- Q.16. What are the causes of muscle cramps?
- (a) Salt deficiency (b) Any injury to muslce  
(c) Hyper ventilation (d) All of these

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1. Length and breadth of Table Tennis table is:-
- (a) 5 ft × 9 ft (b) 6 ft × 9 ft (c) 2.5 ft × 5 ft (d) None of these  
Ans. (a) 5 ft × 9 ft
2. What can be the maximum length of Cricket bat:
- (a) 34" (b) 36" (c) 38" (d) 40"  
Ans. (c) 38"
3. The dimension of long Jump pit is:
- (a) 9 m × 2.75 m (b) 9 m × 2.50 m (c) 7 m × 2.75 m (d) None of these  
Ans. (a) 9 m × 2.75 m
4. The length of cross-bar in High Jump is:
- (a) 3.98 m × 2.75 m (b) 4.00 m × 2.50 m  
(c) 4.98 m × 2.75 m (d) 4.98 m × 5.04 m  
Ans. (a) 3.98 m × 2.75 m
5. The number of players who take the court in basketball:
- (a) 12 players (b) 10 players (c) 05 players (d) 07 players  
Ans. (c) 05 players
6. The length of Bowling crease in Cricket is:
- (a) 2.63 m (b) 8.64 m (c) 2.64 m (d) None of these  
Ans. (c) 2.64 m
7. The distance between end line and Backboard in Basketball is:
- (a) 1.50 m (b) 1.30 m (c) 1.20 m (d) 2.90 m  
Ans. (c) 1.20 m
8. The length of Table Tennis net is:
- (a) 1.25 m (b) 0.76 m (c) 1.83 m (d) 2.74 m  
Ans. (c) 1.83 m



9. Where take off board is placed in Triple Jump for women is:  
 (a) 13 m (b) 9 m (c) 11 m (d) 2.75 m  
**Ans. (c) 11 m**
10. Length of Cricket pitch is:  
 (a) 20.20 m (b) 20.01 m (c) 20.12 m (d) 20.15 m  
**Ans. (c) 20.12 m**
11. Hurdle races for men is:  
 (a) 100 m - 400 m (b) 110 m - 400 m  
 (c) 110 m - 100 m (d)  $4 \times 100 - 4 \times 400$  m  
**Ans. (b) 110 m-400 m**
12. How much is the weight of Shot Put for men:  
 (a) 4.500 kg (b) 4.200 kg (c) 6.260 kg (d) 7.260 kg  
**Ans. (d) 7.260 kg**
13. The length and breadth of Table Tennis table is:  
 (a) 9 ft $\times$ 5 ft (b) 9ft $\times$ 7 ft (c) 1.5.ft $\times$ 2.7 ft (d) None of these
14. The weight of shot put for women is:  
 (a) 2 kg (b) 4 kg (c) 7.260 kg (d) None of these
15. The Radius of Basket ring is:  
 (a) .15 m (b) .225 m (c) 1.20 m (d) 1.57 m
16. The thickness of Javelin Arc is:  
 (a) 7 cm (b) 8 cm (c) 6 cm (d) 5 cm

### SECTION - B

(3 marks each)

Q.17. Why moral values are eroding?

Or

How to revive value system?

Q.18. Define strength and its types.

Q.19. What is limbering down? Write its benefits.

Q.20. Explain, how physical education promotes social values?

Or

Write down the various qualities gained through games and sports.

Q.21. Is there any need for proper environment in physical education programme? Give your views.

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

Q.23. Define relay races.

Or

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

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

- \* Draw and label the sector of shot put throw. Give its specification/measurement also.
- \* Draw the Arena of Cricket Ground showing Cricket pitch in the middle. Also show all the crease marking with their measurement.



- \* What is the importance of Physical Education for leadership training?
- \* "Games and sports are man's cultural heritage". Comment.
- \* What is periodisation and how to distribute the sports training year into periods?
- \* How does yoga benefit the sports person? Explain.
- \* Write a short note on safe drinking water and clean air.
- \* Describe the fundamental skills of basketball games.
- \* What are the fundamental skills of Javelin throw? Explain.
- \* What is Circuit Training? Prepare six-station programme.
- \* Write down the differences between Aerobic and Anaerobic means of physical fitness.
- \* Explain the principles which helps in developing of physical fitness.
- \* Why moral values are eroding in modern sphere?
- \* Write down the differences between Asana and Exercise.
- \* How can we prevent heat related illness? Explain in detail.
- \* Write down the prevention and treatment of Exercise Induced Asthma.
- \* Write down any three definition of training method.
- \* Explain the student leadership qualities.
- \* Draw a neat and clean diagram of Basket Court with measurement.
- \* Write down the rules and regulations of Basketball.
- \* Write down the meaning of Sports Environment.
- \* Write down the meaning and importance of physical fitness?
- \* Explain those factors which have adverse effects on physical fitness?
- \* Explain iso-kinetic exercises along with its advantages?
- \* Discuss the importance of sociology in the field of physical education?
- \* How physical education programme leads to value Education. Explain?
- \* What are the main effects of high altitude on physical performance?
- \* Enlist the elements of yoga and explain any three of them?
- \* Write a short note on athletics?
- \* Write about the history of table tennis?
- \* What is dehydration its causes and symptoms?
- \* Discuss the role of aerobic endurance in Physical Fitness.
- \* Elaborate the continuous training method.
- \* Explain need of Moral Education in the modern sphere.
- \* Discuss the essential elements of Positive Sports Environment.
- \* How would you prevent sports related accidents.
- \* Write a brief account of doping in sports.
- \* Give an elaborate account of Fartlek training.
- \* Explain briefly the method of Circuit Training.
- \* What is periodization and how can you distribute the sports training for a year into periods?
- \* Describe briefly the Moral Education through Physical Education and Sports.



- \* How can individual help in preventing and minimising sports related accidents?
- \* Explain briefly the importance of Yoga in modern times.
- \* What is the importance of sports medicine in games and sports?
- \* Explain the man's cultural heritage of sports and games in India and Greece.
- \* Enlist the elements of Yoga and explain any two elements in detail.
- \* Describe three components of Physical fitness.
- \* Explain any three sports related injuries.
- \* Discuss how you can develop leadership qualities through the medium of sports.
- \* How the culture heritage of game and sports is carried in various countries?
- \* Explain the method of using Acceleration Run for developing speed.
- \* Write down the factors affecting physical fitness.
- \* Mention various methods of endurance training with a brief explanation.
- \* Give important qualities of a good captain.
- \* Explain briefly some essential elements of sport environment.
- \* Give a brief account of Yoga.
- \* Briefly explain dehydration, heat stroke and exercise induced asthma.
- \* What do you mean by continuous training method?
- \* Explain the importance of sociology in Physical Education.
- \* Write an essay on "Sports and Games" as man's cultural heritage.
- \* What are the essential elements of positive environment?
- \* Explain heat stroke and tendonitis.
- \* Enlist the elements of Yoga and explain any two elements in detail.
- \* Explain the meaning of Physical fitness and list down its importance.
- \* What are essential elements of Environment? Explain.
- \* Define Leader, What are the important qualities of a good leader?
- \* Differentiate between isometric and isokinetic exercise.
- \* Describe the importance of Sociology in Physical Education and Sports.
- \* What are the desirable qualities of a good Leader?
- \* Why we need moral education in Schools? Discuss.
- \* What do you mean by Yoga? Explain the role of Yoga in sports.
- \* Explain how you can develop your endurance through continuous training method.
- \* What is Fartlek Training Method? Give its advantages.

### SECTION - C

(5 marks each)

Q.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.

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

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



Q.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.

- \* Define Exercise Induced Asthama? Write down its symptoms causes and treatment.
- \* What is sports medicine? Explain the importance of sports medicines in modern sports.
- \* Explain in detail the role fo individual in improvement of environment for prevention of Sports Related Accidents.
- \* Explain the need and importance of moral education in modern sphere.
- \* Write down the meaning and importance of Physcial Fitness.
- \* Explain those factors which have adverse effects of Physical Fitness.
- \* Explain Fartlek training method in detail with the help of diagram.
- \* What is Continuous Training Method? Explain its purpose, advantages and disadvantages.
- \* Write down the importances of sociology in Physical Education and Sports.
- \* Explain the role of spectator and media in sports environment.
- \* Write down the history of Table Tennis.
- \* Write down the fundamental skills of Table tennis.
- \* Explain the method of circuit training and its advantages and disadvantages.
- \* What is Endurance? How you can improve Endurance?
- \* Games and sports are our cultural heritage. Elaborate?
- \* Explain the role of individual in improvment of environment for sporta related accidents?
- \* Explain fundamental skills of baskteball and also draw a labelled diagram of basketball court?
- \* Give a brief history of cricket. Explain the fundamental skills of cricket?
- \* Specify the role of Sociology in sports. How Physical Education Programme leads to leadership and value education?
- \* What is the role of Yoga in sports with specific reference to Asanas Pranayam and Meditation?
- \* Explain the Ashtanga Yoga in detail.
- \* Give the history of Athletics. Write down the various Athletic events conducted in 400 m track.
- \* Write the history of cricket and draw the clean diagram of cricket pitch showing its all crease marking.
- \* Describe the importance of sociology in Physical Education and Sports.
- \* How can you develop leadership qualities and group dynamics through Physical Education?
- \* Explain how you can develop strength as well as edurance through circuit training. Write its advantages also.
- \* Highlights the main features of Interval and Fartlek training.



- \* What do you mean by Endurance? How can you prove it to be an ability to resist against fatigue?
- \* Describe interval training in detail. Give its merits and demerits.
- \* What is Physical Fitness? Explain the importance of physical fitness in sports.
- \* What is the aim of circuit training method? Describe this method of training in detail.
- \* Explain how can you develop speed through acceleration and pace run training methods.
- \* Discuss in detail the various factors which influence the physical fitness.
- \* Describe various components of Physical Fitness in detail.
- \* What is Cardio-vascular Endurance? Explain the components of Physical Fitness also.
- \* Highlights the meaning and need of environment. Explain why good environmental Condition are essential for Physical Education Programme.
- \* Explain how can social qualities be developed through medium of physical education and sports.
- \* Write the significance of Sociology in the field of Physical Education.
- \* Define Sociology. Explain how sociology can help in developing sports ethics.
- \* Define strength. Explain isometric, isotonic and isokinetic strength exercises briefly.
- \* What is circuit training? Prepare six-station programme and mention its benefits.
- \* Explain essential elements of positive environment and give its importance in games and sports.
- \* Discuss the need of environment in Physical Education Programme.
- \* Mention the various Throwing and Jumping events. Draw and label the sector of Discus Throw with its measurements.
- \* Write the history of Cricket. Draw and label the arena of Cricket showing the various field positions.
- \* Mention various Running events in Athletic. Explain any one events with Technique.
- \* What is positive environment? Elaborate any three important elements of it.
- \* Enumerate the role of an individual for improvement of positive environment.
- \* Plot the sector of shot put with a brief explanation of its techniques.
- \* Draw a labelled diagram of Basket-ball Court. Write its dimensions and historical background.
- \* Explain the basic rules of cricket.
- \* Make a list of the defensive strokes of Table Tennis and explain any three.
- \* Mention various jumping events, Explain any one event with the help of diagram.
- \* Plot the sector of Javellin throw with the explanation of its techniques.