

Total No. of Printed Pages—8

HS/XII/A. Sc. Com. V/PE/25

2 0 2 5

PHYSICAL EDUCATION

Full Marks : 70

Time : 3 hours

The figures in the margin indicate full marks for the questions

General Instructions :

- (i) Write all the answers in the Answer Script.
- (ii) Attempt Section—A (Objective Questions) serially.
- (iii) Attempt all parts of a question together at one place.

SECTION—A

(Marks : 18)

All questions are compulsory

Choose and write the correct answer from the choices given below :

$1 \times 18 = 18$

1. Psychological factor contributing to talent identification is

- (a) cognitive
- (b) emotional
- (c) All of the above

(2)

2. Mesocycle is a training of

- (a) one week
- (b) 3 to 6 weeks
- (c) 3 months

3. Transitional phase is a

- (a) rest and recovery period
- (b) training period
- (c) fitness period

4. The founder of Special Olympics was

- (a) Eunice Kennedy Shriver
- (b) John F. Kennedy
- (c) Donald Trump

5. Which of the following is a water-soluble vitamin?

- (a) Vitamin A
- (b) Vitamin B
- (c) Vitamin K

(3)

6. 50 meter dash is conducted to test

- (a) acceleration
- (b) strength
- (c) endurance

7. _____ system provides energy during 5000 m race.

- (a) Aerobic
- (b) Anaerobic
- (c) ATP-CP

8. Slow twitch fibres are of _____ colour.

- (a) red
- (b) white
- (c) black

9. In which of the following fractures bone 'breaks diagonally'?

- (a) Oblique
- (b) Green stick
- (c) Comminuted

10. Which one of the following is not a result of regular exercise?

- (a) Strong immune system
- (b) Increased bone density
- (c) Increased cholesterol level

11. The isokinetic method was developed by

- (a) J. J. Perrine
- (b) Joy Perry
- (c) Charles A. Butcher

12. The amount of blood pumped out of the heart per beat is called

- (a) cardiac output
- (b) stroke volume
- (c) tidal volume

13. Right to education provides free education for all children within the age of

- (a) 5–10 years
- (b) 6–14 years
- (c) 10–18 years

(5)

14. What are the necessary steps in improving flexibility?

- (a) Proper warm-up
- (b) Proper stretching
- (c) All of the above

15. Personality is derived from a Latin word ‘persona’ means

- (a) shape
- (b) mask
- (c) philosophy

16. The National Sports Day is celebrated on

- (a) 29th August
- (b) 9th August
- (c) 19th August

17. A sprain is an injury to

- (a) tendon
- (b) ligament
- (c) bone

18. Which of the following is effective for prevention of coronary heart disease?

- (a) Sedentary lifestyle
- (b) Dieting
- (c) Regular exercise

(6)

SECTION—B

(*Marks : 10*)

Attempt any *five* questions of the following : $2 \times 5 = 10$

- 19.** What do you mean by passive flexibility? Give example.
- 20.** Define speed endurance with one example.
- 21.** Define intrinsic motivation and self-esteem.
- 22.** Define extramural. Write any two objectives of extramural tournaments.
- 23.** What is balanced diet? How to calculate BMI?
- 24.** Define air resistance. List any four factors.

SECTION—C

(*Marks : 15*)

Attempt any *five* questions of the following : $3 \times 5 = 15$

- 25.** What do you understand by the word 'equilibrium'? What are the types of equilibrium?
- 26.** Enlist different types of physical impairment in Paralympics.
- 27.** What is comminuted fracture? Write its cause and treatment.
- 28.** What are the methods to develop speed?

(7)

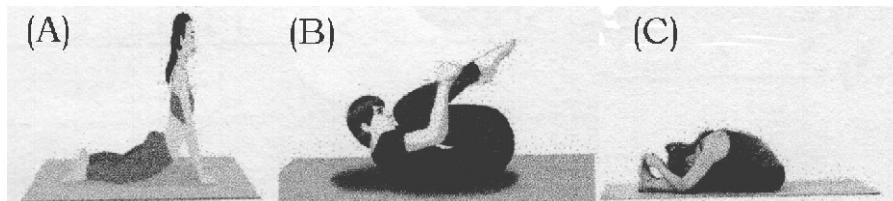
29. Enlist different soft tissue injuries.

30. What are the contraindications of Dhanurasana?

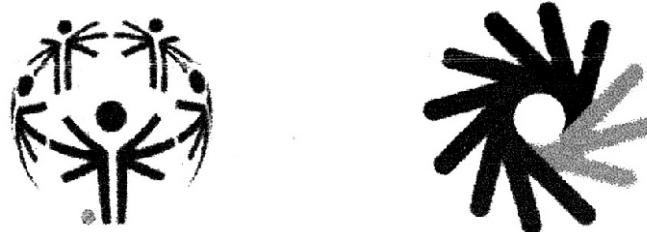
SECTION—D
(Marks : 12)

(Internal Choices Available)

31. Identify any one Asana from the pictures and write its benefits. $1+3=4$



32. In relation to the following pictures, answer the following questions : $1\times 4=4$



(a) What is the mission of the first organization?

(b) What is the motto of the first organization?

(8)

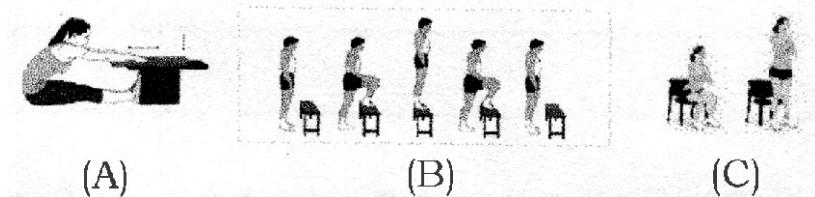
(c) Fill in the gap :

Until 1965 the games in the second picture were known as ____.

(d) Fill in the gap :

Second picture games are conducted after every ____ years.

33.



Identify any one test from the above pictures and explain that test.

4

SECTION—E

(Marks : 15)

Attempt any *three* of the following :

$5 \times 3 = 15$

34. Discuss various types of friction.
35. What is vitamin? Briefly explain any five types of vitamins and write down their sources.
36. Explain any five postural deformities with one of its corrective measures.
37. Draw a fixture for 15 teams on knock-out basis.

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