

Total No. of Printed Pages—8

HS/XII/A. Sc. Com. V/PE/23

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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 Part—A (Objective Questions) serially.
- (iii) Attempt all parts of a question together at one place.

(PART : A—OBJECTIVE)

(Marks : 35)

- 1.** Write whether the following statements are *True* or *False*
(any *ten*) : 1×10=10

- (a) Favourable spectators are those whose behaviours and attitude are not positive and appropriate.
- (b) Easy trekking needs a lot of physical effort, energy and determination.
- (c) Protein regulates the balance of water and acids.
- (d) Round-robin fixture is also known as 'Berger system'.

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[P.T.O.

(2)

- (e) If the initial velocity is less, the object covers maximum distance.
- (f) The length of the muscles can be increased by isokinetic exercises.
- (g) Rikli and Jones test is used to test the functional ability amongst senior citizens.
- (h) Due to ageing, there is no change in efficiency of respiratory system.
- (i) Starting a throwing event in athletics is an example of Newton's first law of motion.
- (j) Acceleration run and pace run can be the two methods of improving speed.
- (k) Sports environment consists of physical environment and social environment.
- (l) Leadership is the capacity and will to rally men and women to a common purpose.

2. Choose and write the correct answer from the choices given below (any *eleven*) : 1×11=11

- (a) Which one of the following is **not** an essential element of sports environment?
 - (i) Transportation facility
 - (ii) Normal climatic condition
 - (iii) Culture and tradition of society
 - (iv) Drugs, tobacco and alcohol-free environment

(3)

(b) Which out of the following is **not** an adventure sports?

- (i) Trekking
- (ii) River rafting
- (iii) Mountaineering
- (iv) Marathon

(c) Energy can be changed from

- (i) potential to kinetic only
- (ii) kinetic to potential only
- (iii) Both (i) and (ii)
- (iv) None of the above

(d) How many byes will be given if there are 8 teams in the league tournament?

- (i) 7
- (ii) 5
- (iii) 4
- (iv) 0

(e) Halasana is used for curing which of the following deformities?

- (i) Kyphosis
- (ii) Scoliosis
- (iii) Lordosis
- (iv) Flatfoot

(4)

- (f) Select the correct development during infancy state.
- (i) Moral values
 - (ii) Various senses
 - (iii) Fine motor skills
 - (iv) Writing skills
- (g) Rockport one-mile test is used to check/observe the development of the individual's
- (i) VO_2 max
 - (ii) VO_3 max
 - (iii) speed
 - (iv) endurance
- (h) Vital capacity of a trained athlete ranges from _____ litres.
- (i) 2–3
 - (ii) 3–4
 - (iii) 4–5
 - (iv) 5–6
- (i) Which motor skill is involved in smashing volleyball?
- (i) Gross motor skills
 - (ii) Fine motor skills
 - (iii) Cross motor skills
 - (iv) Open skills

(5)

- (j) Motivation is the direction and intensity of
- (i) efforts
 - (ii) behaviour
 - (iii) skill
 - (iv) technique
- (k) In which form of exercise, resistance is accommodated throughout the range of motion and the contractions are performed at a dynamic present fixed speed?
- (i) Isokinetic exercise
 - (ii) Isometric exercise
 - (iii) Isotonic exercise
 - (iv) All of the above
- (l) What is the other name for vitamin B₂?
- (i) Niacin
 - (ii) Thiamine
 - (iii) Folic acid
 - (iv) Riboflavin
- (m) "Personality is the sum total of the actual or potential behaviour patterns of the organism." According to
- (i) Eysenck
 - (ii) Cattell
 - (iii) Warren
 - (iv) Freeman

(6)

3. Answer any *seven* of the following questions : 2×7=14

- (a) Briefly explain about two reasons of low participation of women in sports.
- (b) Enlist the materials required for rock climbing.
- (c) What is stress?
- (d) Briefly explain about any two importance of tournaments.
- (e) Define adventure sports.
- (f) What do you mean by activities?
- (g) What is cardiovascular fitness?
- (h) Explain linear motion and angular motion.
- (i) Define positive body image and negative body image.
- (j) Suggest two corrective exercises for flatfoot.

(7)

(PART : B—DESCRIPTIVE)

(Marks : 35)

4. Answer the following questions : 7×5=35

- (a) (i) What is sports environment? Explain the role of spectators and media for creating positive/proper sports environment. 2+5=7

Or

- (ii) What is a bye? Briefly explain the significance of intramural competition. 2+5=7

- (b) (i) Explain the administration of AAPHERD Youth Fitness Test. 7

Or

- (ii) What is non-purging bulimia? Explain the treatment of bulimia nervosa. 2+5=7

- (c) (i) What are the long-term effects of exercises on cardiovascular system? Explain them in brief. 7

Or

- (ii) Explain in detail the physiological factors determining strength as a component of physical fitness. 7

- (d) (i) Define planning. Draw a fixture of 8 teams on League basis according to cyclic method. 2+5=7

Or

- (ii) What is projectile? Explain the factors affecting projectile trajectory. 2+5=7

(8)

- (e) (i) Explain the causes, precautions and remedies of knock knees. 7

Or

- (ii) Briefly explain the advantages and disadvantages of Interval training and Fartlek training. 7

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