

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*) : $1 \times 10 = 10$

- (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*) : $1 \times 11 = 11$

- (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 : $2 \times 7 = 14$

(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 : $7 \times 5 = 35$

(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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