

Total No. of Printed Pages—8

**HS/XII/A. Sc. Com. V/PE/24**

**2 0 2 4**

**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) The first version of AAHPERD motor fitness test was published in 1958.
- (b) Angular motion is a motion which moves towards vertical direction.
- (c) Stroke volume is the amount of blood ejected per beat from the left ventricle.

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- (d) Fine motor development involves the development of large muscles in the child's body such as sitting, walking, running, etc.
- (e) Proper sports environment hinders sports performance.
- (f) An object covers maximum distance if the initial velocity is less.
- (g) Red muscle fibres result in good sprinting.
- (h) Knock-knee is a type of deformity related to spine.
- (i) About 20% of water intake comes from food and remaining intake comes from drinking water.
- (j) Due to the deficiency of vitamin A poisonous substances develop in spinal cord.
- (k) LDL is also called 'good cholesterol'.
- (l) Females tend to be more flexible than males.

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

- (a) Lack of vitamin  $\gamma$ /riboflavin decreases immunity power of
  - (i) white blood corpuscles (WBC)
  - (ii) red blood corpuscles (RBC)
  - (iii) Both of the above

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(b) RBC (red blood corpuscles) carry which of the following to the working muscles/muscles?

- (i) Haemoglobin
- (ii) Oxygen
- (iii) All of the above

(c) Which of the following body's stress hormones reduces due to regular exercises?

- (i) Adrenaline
- (ii) Cortisol
- (iii) All of the above

(d) What was the reason behind less participation of women in sports?

- (i) More female role model
- (ii) Sports and games are considered masculine
- (iii) None of the above

(e) About how many percent of the energy can be saved in swimming if the movements are correct?

- (i) 10% to 20%
- (ii) 20% to 30%
- (iii) 60% to 70%

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(f) Sitting, standing and walking in bending position may result in

- (i) round shoulders
- (ii) bow legs
- (iii) flat foot

(g) First time in the USA the intramural of baseball was organised in

- (i) 1864
- (ii) 1925
- (iii) 1930

(h) According to \_\_\_\_\_, 'Personality is the integration of all habits which determine the role and status of the person in society'.

- (i) Burgess
- (ii) Freeman
- (iii) Warren

(i) Which of the following methods is used to develop strength?

- (i) Isometric
- (ii) Isotonic
- (iii) None of the above

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(j) Arm curl test, equipment required \_\_\_\_ weight for women.

- (i) 5 pounds
- (ii) 8 pounds
- (iii) 9 pounds

(k) In which of the following periods a child becomes perfect in various fundamental movements such as running, jumping, throwing and acquires the ability to unite or combine these movements?

- (i) Early childhood (2 to 6 years)
- (ii) Middle childhood (7 to 10 years)
- (iii) Late childhood (11 to 12 years)

(l) Games like football, volleyball, basketball, cricket, hockey, athletics, etc., are categorized in

- (i) major games
- (ii) creative games
- (iii) minor games

(m) The inward curvature of the spine is

- (i) scoliosis
- (ii) lordosis
- (iii) kyphosis

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**3.** Answer any *seven* of the following questions :  $2 \times 7 = 14$

(a) What do you mean by oxygen intake and oxygen uptake?

(b) What is physical environment?

(c) Enlist the equipments required for camping.

(d) What do you understand by self-esteem and body image?

(e) What are colour compounds?

(f) What is autogenic technique?

(g) What do you mean by correct posture?

(h) What are the disadvantages of weight training?

(i) Define flexibility.

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( PART : B—DESCRIPTIVE )

( Marks : 35 )

4. Answer the following questions :  $7 \times 5 = 35$

(a) (i) What are the good qualities of a leader in the field of physical education? Explain them briefly. 7

Or

(ii) Explain in detail the factors affecting motor development. 7

(b) (i) What are the food myths? Explain any six food myths prevailing in the contemporary society.

$2+5=7$

Or

(ii) Explain in detail the objectives of planning in physical education and sports. 7

(c) (i) Role of physical activities in improving the quality of life. Explain in detail. 7

Or

(ii) What is muscular strength? Briefly explain the procedure of Harvard step test.  $2+5=7$

(d) (i) What is muscle composition? Briefly explain the immediate effects of exercises on cardiovascular system.  $2+5=7$

Or

(ii) Explain in detail the mechanical analysis of running. 7

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(e) (i) What is extrinsic motivation? Briefly explain the types of personality. 2+5=7

*Or*

(ii) What is speed? Briefly explain the types of speed.

2+5=7

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